

Federal Way Kings

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M A S T E R S S W I M M I N G

MAY 2007

VOL. 9, ISSUE 5

PRESIDENT'S LETTER

By Hugh Moore

Dear Federal Way Masters Swimmers,

The past few weeks have been very busy for me as the national championship meet rapidly approaches. I'd like to figure out how to stretch days to 36 hours so that I can get everything done. As I was thinking about the thousands of hours of work required to put on a successful national meet I was once again reminded how fortunate Masters swimming is to have plenty of volunteers step forward. Our meets and other activities simply could not happen without significant volunteer efforts. I'd like to thank everyone who stepped forward to help with Champs and Nationals.

The organizing committee for Nationals includes six Federal Way Masters. In addition to myself, Holly Bork, Steve Freeborn, Lynn Gross, Julie Montiel, and Dan Smith have been working to make sure that the meet is a success. Holly received all of the entries and did data entry for Champs as well as check-in and awards. For

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COACH'S COLUMN

By Wendy Neely

In lieu of my regular letter this month, I would like you to all read this article published in February's ASCA Newsletter. Good luck at Nationals, put all that great swimming to use!

NATIONALS:
Much help is still needed at Nationals. If you are not entered but still want and be a part, come and ask. There is a job for you!

ROUTINE EXCELLENCE

Author not listed

That word pair, routine excellence, may seem contradictory. Excellence is certainly not ordinary. It is special. It is also however, for the most part, not a chance or accidental occurrence. Excellence results from consistent preparation, positive beliefs and an attention to detail. Excellence occurs when we make it the standard for our daily routine. If we practice well, we can be pretty sure we will have results consistent with that level of preparation. If we practice carelessly or in-

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TEAM OFFICERS

- President:
Hugh Moore
- Vice President:
Gregg Metzler
- Secretary:
Judy Williams
- Treasurer:
Holly Bork
- Membership:
Julie Montiel

Webmaster: Dan Smith

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2007 SCY US NATIONALS



2007 USMS NATIONALS May 17-20

The time has come. We have been training and working hard to prepare ourselves for some excellent swims at Nationals. We have been in full taper and will continue to be right up to Thursday, the opening day of the meet.

Federal Way Masters is well represented. Out of the 339 total PNA swimmers registered for Nationals, we are boasting 35 of them! Be sure to wish the following the best of luck at the meet, and mark them down on your heat sheets so they can hear their teammates cheering for them.

FEDERAL WAY MASTERS SWIMMING AT NATIONALS:

(If we missed you on this list, please forgive the editor and send an email to greysmoke@juno.com so we can publish the results correctly!)

Name	Sex	Age
23 Blackburn, Jean L	W	55
28 Bork, Holly D	W	30
29 Boytler, Bruce J	M	48
54 Collins, Greg	M	58
59 Courtney, Zena H	W	47
77 Ducolon, David	M	43
78 Duggan, Patricia (Pat) M	W	54
80 Durban, Eric	M	51
82 Dybdahl, Eric T	M	47

83 Dymerski, Yvonne	W	46
86 Elkington, Colleen P	W	46
91 Euker, Carolyn E	W	42
101 Freeborn, Stephen L	M	51
115 Gross, Lynn M	W	46
124 Havick, Paul M	M	46
129 Hickel, Jessie J	W	48
130 Hinds, Christopher R	M	31
135 Igawa, Allen D	M	45
156 Kennedy, Keith C	M	44
172 Lautman, Scott M	M	54
175 Leet, John W	M	61
183 Littlefield, James R	M	47
213 Menkens, Michelle	W	50
214 Mesler, Jennifer L	W	36
222 Moore, Hugh C	M	52
223 Moore, Jane A	W	56
270 Roberts, Taunya M	W	34
285 Simpson, Rebecca R	W	38
288 Smith, Daniel C	M	44
298 Stanley, Phillip	M	54
299 Stoermer, Paul F	M	46
300 Sullivan, Linda E	W	51
303 Taylor, Thomas T	M	76
332 Williams, John M	M	38
333 Williams, Judy K	W	59



FEDERAL WAY KINGS FOURPEAT

FOUR—PEAT n. {For-peat} (eng). 1. To consecutively win PNA Champs. 2. A term of utter domination. 3. A quadratic accumulation of bronze, wood, marble and plastic gratification articles for display. 4. Federal Way Kings!!!

Congratulations once again to the Federal Way Kings who came out to show the entire PNA the size and speed of the best team in the Northwest. We actually had a great challenge this year from the North End Otters who actually led the meet at times.

Congratulation and thanks to Coach Wendy who spent two days trying to keep tabs on all the FWM swimmers who were firing off at both ends of the pool at the same time. Thank you also Wendy for putting together so many fun and fast relays. Those relay points really made the difference in the meet, as did the large Kings representation in the 200 Fly and the 1650 Free, both named Federal Way Kings team events. How about next year we make the team event the 50 Free. Phew!

OPEN WATER SWIMMING IS COMING

"It's the time of the season for swimming!" (*sung to the tune of the old 60's Zombies song*).

Open Water swimming that is. On May 1, the temperature in Steel Lake was a whopping 58 degrees. Pretty soon it will be time to take the plunge again. We like to start wet suit swimming when we hit 64 degrees and you non-wet suiters can join in at 68 degrees. Many of us look forward to the freedom that open water swimming brings,

no lane lines, no walls, and the exciting mystery of not knowing exactly what lies beneath.

There are three great open water swims in Lake Washington alone; the Fat Salmon in July, and the Emerald City and Park to Park in August. Not to mention an Open Water Championship in Idaho this year. So dust off your wetsuit, leave your kickboard at home, and watch your email for our first Steel Lake swim being potentially the last month in May. See you at the shore.

BUSINESS LISTINGS FOR KINGS MEMBERS

Thank you to all of you that have sent me information on your business so that we can list and promote them in the newsletter. My apologies to you that I did not have a chance to get them in this month's newsletter. I am bit maxed out getting out Nationals Newsletters each day of the meet. Be assured I have your information and it will be listed in next month's newsletter and every month following.

Swimmers, especially lane-mates, are a close, friendly group and I have often noticed many of us who would love to have fellow swimmers help them out once they are aware of what they do for a living.

Do you have a business, service, idea or skill that you would like to make known to other Federal Way Kings? You can put your business contact information here for free.

Send your info to greysmoke@juno.com and next month see your names in print. (at least in pixels)



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nationals she is in charge of on-site check-in. Steve is acting as assistant meet director and in charge of announcers. Lynn is our liaison with Group Health, who is a major sponsor for the event. She is also the medical coordinator and in charge of the welcome bags. Julie is in charge of arranging hotels. Dan is compiling newsletters, both before and during the meet.

The work for the meet is being distributed among PNA teams. Federal Way Masters will be doing two significant tasks. Thank you to everyone who came and helped on Saturday, May 12th to stuff the 1450 welcome bags that will be distributed to swimmers. With over 30 helpers, we got the job done in two hours.

We can still use your help for the second task. Beginning on Wednesday, May 16 and continuing through the meet we will be performing swimmer check-in. If you can help, please contact Holly Bork at holly.d.bork@boeing.com.

Thanks in advance for you help.

Sincerely,

Hugh



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consistently we will probably have a result consistent with that (low) level of preparedness. The exciting message is that if we practice consistently well, we usually have successful results.

"Stoppiness is a disease. Nobody ever built a great organization just worrying about the big things. It's the little things that give you the edge. The important thing is to find people who are committed to details and to standards of excellence" (Coach Joe Paterno)

Let's recognize by the way, that successful results are not just a best time. Best times are the goal. They are the result of incremental improvements. Bits of excellence such as executing fast turns and breakouts or splitting a race evenly lead to our ultimate goals. Consistently tend to details and excellence will become part of your routine.

When we make excellence a part of our routine, we tend to have repeated successes. This is fun and powerful in two ways. First, repeated success means we are doing things well. Doing things consistently well lets a correct skill become second nature. When a skill becomes second nature, we do not expend time and effort thinking about it. Things simply flow. Another benefit of doing things consistently well is that we receive positive feedback. Success feels good. Success is fun, it raises our confidence and it motivates us to keep improving.

There is one catch. People sometimes make the mistake of confusing excellence with perfection. Excellence is simply doing something the very best that you know how to, and then looking for ways to improve upon that. Do not aim for perfection. We all make mistakes, and we all can improve. If perfection is our only acceptable standard we may not let our self enjoy the satisfaction of otherwise excellent efforts. Swimming can get frustrating and not be much fun if we demand perfection. We run the risk of beating our self up mentally if we expect (demand) perfection. Seek excellence, not perfection.

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*People sometimes
make the mistake
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tion...
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not Perfection*

In the process of learning and improving, we make mistakes. Mistakes are not the goal. We probably do not enjoy making mistakes. They are however part of almost any process aimed at being the best that you can be. This is true in all areas of life, not just swimming. Requiring perfection risks acting to avoid mistakes rather than seeking excellence because mistakes become unacceptable yet virtually unavoidable. Mistakes are part of the learning process. Perfection is an unrealistic and an unfair standard.

ON ULTIMATUM -

Some argue that ultimatums present choices and associated consequences. The choices we make have consequences, some more obvious than others are. Legal system is pretty much a series of ultimatums. Breaking a law carries penalties. Violating a school's honor code usually carries consequences following a form of due process.

Standards are important for individuals and communities. Standards suggest expectations with possible consequences. This is true throughout life. In fly or breaststroke one must touch the wall with both hands at the same time or risk getting disqualified. We understand and accept rules and the consequences relative to them.

Goals reflect standards and expectation. It is a mistake however to frame goals as ultimatums. "I have to make my cuts at this meet" or "I have to make championship finals" are examples of ultimatums. There is a difference between wanting and intending to achieve something versus having to achieve something. Wanting to achieve a time or to make it into the top eight is good. Unfortunately, framing things as "I have to" is usually counter-productive. First, your focus is on a result (outcome) - a time or a place. Focus on the process. Successful execution of the process is the surest way to achieve your goal. Second, ultimatums usually refer to things you cannot control. You cannot control how other people swim. If you get a lifetime best but eight people in the event swim faster, you risk being frustrated despite your great swim. All you can control is how well you swim.

Focusing on things you cannot control (competitors, results) usually hurts your performance by taking your focus off yourself and out of the now. You can only control your effort (the process). We talked about using routines to calm and "center" you. We cautioned against getting so dependent on a routine that you get anxious if part of your preferred routine goes awry. Feeling too dependent on a routine is like giving yourself an ultimatum that says you can only succeed if everything goes exactly as you want it to. You are better and stronger than that. Do not limit yourself that way. Third, there is nothing wrong with failure. Failure is not fun, and it is not the goal. Unfortunately we all fall short of some goals along the journey toward excellence. When we frame goals as ultimatums however, failure is not simply a matter of falling short. It has an air of finality to it. "I had to do something and I failed". Go for it and be excited about it. But let yourself focus on the process and frame the goal as something you want to do and are excited to go for, but not as something you have to do - (or else), Finally, ultimatums tend to frame things as either or, acceptable or unacceptable. There is no gray area or real joy in the success - only relief if we do not fail. Have high goals. Be excited and determined to go after your goals, but do not frame them as ultimatums.



Local and Regional Events Calendar

Date	Event	Type	Contact or Link	Location	Entry Deadline
April 20-22, 2007	Oregon Masters Champs and Northwest Zone Champs	SCY	Entry Form	Juniper Swim & Fitness Center Bend, Oregon	3/30/2007

National and Postal Events Calendar

Date	Event	Type	Contact or Link	Location	Entry Deadline
Jan 1 - Dec 31, 2007	USMS Check-off Swim Challenge	POSTAL	Hugh Moore Entry Form	POSTAL	2/28/2007
Jan 1 - Dec 31, 2007	Go The Distance	FITNESS	Entry Form Spreadsheet	POSTAL	the 5th following each
May 15 - Sep 15, 2007	USMS 5 and 10 Km Postal Championships	POSTAL	Susan Ingraham 210-493-0388 aquatex101@aol.com	POSTAL	9/15/2007
May 17 - 20, 2007	USMS National Short Course Championships	SCY	Entry Form or Online	Weyerhaeuser King County Aquatic Center,	4/05/2007



OUR LONG LOST FRIEND:

**THE
LANE
LINE**

SOON TO BE RE-UNITED.

(Sorry, yellow rope but you are just not the same)