

Upcoming Events

February	
19-21	13& over spring Champs TWST
26-28	12& Under spring champs SPA
March	
4-7	Sectionals AGS
11-14	TAGS TWST
Spring Break	
March 10 – 22 all groups	

TTST Summer League Clinic



March 1 – 9

March 22 – 30

Details on the website

We will be hosting 2 six day clinics
Tell you friends, and bring one to this event.

Mardi Gras Swim Meet

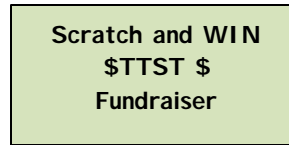


The Mardi Gras Meet was full of great swims and fun experiences. There were a ton of best times, and team spirit. Many thanks go out to Jo Crowder for making all the arrangements for this extravaganza. We had a team dinner that was standing room only! Just a few examples of the work she's done for the team.

- Hotel accommodations
- Pep Rally
- T-Shirts
- Team Dinner

Thanks a bunch Jo!

Scratch Card Money due March 15th



Lessons anyone? - Coach Candice

Parents, you may have seen me in the water after practice. I am providing in water lessons from 6:15-6:45 p.m. If you are interested please sign-up online or send me an e-mail. Thank you parents!

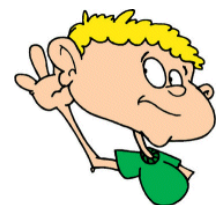
Blue Group Swimmers Immersed in Learning



This month we have been working hard on butterfly. We learned 3 words to help us remember arm movements for the stroke. They are Diamond, Swing, and Angel. The swimmers learned to take a breath as they make the diamond. All of the kids are able to demonstrate the movements, on land, with the words. I have found that it really helps them develop awareness of their technique when I provide simple familiar terms. I am starting to see some attempts to make an over the water arm recovery, which is the most difficult part of the stroke. Occasionally, the kids are still flutter kicking with their legs. Although a pull buoy is not on the equipment list, I prefer to use them to teach them to keep their legs together on the butterfly. Please consider purchasing one to help your swimmer get the best out their instructions; they will use them as they progress to the higher groups, so it is worthwhile purchase.

We also continue perfecting our technique in the freestyle and working on the initiation of the flip turn. The children have been working on keeping their elbows high in the recovery and "shooting their arrows forward," to practice extending the arm before entry into the water. As a group, the kids are doing a much better job of focusing and listening to their coach.

If the kids listen and complete their workout early, they are rewarded with game time at the end of practice. They really look forward to this time of socialization and it motivates them to work hard during practice.



TTST New Year Inter-Squad

Many blue swimmers attended this month's Inter-squad meet. I am proud of many of them for coming and doing their best! Please remember that the goal for these meets is to have fun, meet new friends and to provide an opportunity for swimmers to experience what a meet feels like and to practice their technique in a race situation. The swimmers have an opportunity to try a new skill before applying it in a competitive race. The speed will come as a result of mastering each swimming skill. It is fun to see the kids carry their first ribbon back from the blocks. I had swimmers who were so fearful before their swims that they were crying. What a sense of accomplishment these swimmers felt when they finished their race! I believe these inter-squad meets provide a valuable opportunity to new swimmers to learn without the added pressure of a more competitive environment.

Woodlands 8&Under

This month, our young Terrapins traveled to the Woodlands. Once again the swimmers showed up ready to race. Our only six year old, Allie Thome, had two 1st place finishes in the 25 free and back, and two 2nd place finishes in the butterfly and 50 freestyle. Our seven years olds had some awesome races as well. Georgia Redwine finished in the top ten for all of her races including a 1st place finish in the 25 breast. Lane Hovorka placed 3rd in the 25 Breast with a time of 27.74. Byron Keller raced his way into four 2nd place finishes in the 50, and 100 freestyle, the 50 back, and 50 butterfly. Our 8 year olds kept the trend going with several top ten finishes. Delaney Crowder dropped six seconds in her 100 freestyle and placed 2nd in the 25. Beth McNeese swam three BB times and placed 1st overall in the 50 butterfly. Danica Gubic got a B time in the 50 freestyle and a 5th place finish in the backstroke.



Max Harbour placed 4th in the 25 Freestyle while Collin Stewart had a 3rd place finish in the 25 breast. Jackson Dement had a 2nd place finish in the 25 butterfly and a 4th in the backstroke with a 24.72. The boys swam an awesome freestyle relay and placed 6th overall. The girls relay gave us a very exciting and extremely close race, pulling of a first place finish

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Green Group



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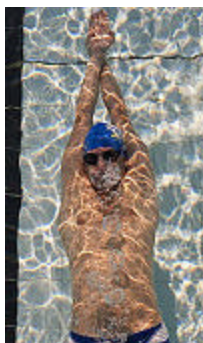
Bronze Group



This short course season has been a great one for the Bronze group. We have worked hard on getting our swimmers caught up on technique and pushing them hard to increase their endurance. We have also done our best to make this year as much fun as possible and seeing the results from our swim meets this year I would say we have accomplished a lot. In the last few months of our short course season we have been working on pushing forward. Our swimmers are coming to the point in their season where they

will be the fastest and strongest swimmer of their entire short course season. We have our spring champs meets coming up on February 19th (13 and over) and February 26th (12 and under) and I hope to see everyone there.

The last couple of weeks our Bronze group has been working on perfecting our turns and have begun to learn a new type of backstroke to breaststroke turn. The swimmers have done a really great job of listening to their coaches and I have seen a lot of improvements in their races. The next few weeks our focus will be more geared towards pushing the swimmers hard and letting them use what they have learned. The coming weeks will be rough for the swimmers but I am sure they will all hold strong and we will be at our best in the last meet - spring champs.

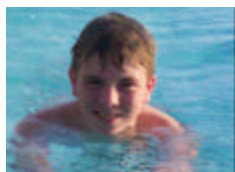


One of the things we have been stressing a lot to our swimmers this year is stream line. The importance of stream line in swimming is bar none the most important thing a swimmer can learn. Right now the only thing faster than a tight stream line and dolphin kick in the water is freestyle. I am always looking around for things that we can use to help our swimmers out and I have found this awesome video that I think everyone should watch <http://www.youtube.com/watch?v=afpN9fOGu9s>

Gold Group

Gold group swimmers are swimming mainly with their High School teams in preparation for the High School Championship season - Districts, Regional – and state. Best of luck!

Celestrium Group



The size of the group is continuing to grow. These swimmers are working on all turn techniques, and have put in some great sets. They are continuing to build their endurance as the championship season approaches.

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Silver Group



This lively and sometimes loud group has been doing a super job.

We have added a few swimmers in the month of January. Emily Strautman, Megan Tupa and Kaitlin Keys have been welcome additions to the group.

Silver swimmers have been placing a major focus on IM pacing and transitions. Several of the swimmers now have a legal back to breast cross over turn – turns that are used at the Olympics. Paige Fery, Abbie Jones, Becca Taylor, and Korey Bernard have attempted and had success at meets with the new turn. It is very important to master these techniques at a young age; because once you get a bit older you ingrain habits that are very hard to change. We also use the beepers on several sets. They are small metronome devices that fit behind your ear that can be set for stroke tempo, as well as lap time.

Attempting to beat the beeper can be fast fun, and sometimes frustrating.

The silver group continues to have outstanding practices, dry-land routines, and most of all improvements at meets.

SPA Elite Age Group Meet

Abbie Jones was our lone representative at this meet, but is pushing others in practice to join her. Her 6 best times demonstrate her ability and work ethic. She was victorious in the 100 free, with a 57.9 and a TAGS cut, 2nd in the 50 free, 5th in the 100 IM, with the first crossover turn in competition, and 6th in 200 free.

Cy Fair Junior Meet

The silver swimmers all had big improvements at this meet.

Korey Bernard was 6 for 6 in best times, demonstrating her work ethic, Lexi Bruno hit 8 best times and 2 first place finishes in the 100 breast, and 200 free; Paige Fery grabbed 7 best times, and placed 7th in the 500 free, and 8th in the 200 back; Elizabeth Hoffman was 4 for 5 in the best time department, continuing to improve in

all strokes; Kaitlin Keys was 100% in best times, with a 4 second drop in the 100 free; Emi Strautman was 3 for 4 and placed 8th in the 200 breast, and split a blazing 31.1 on the 200 free relay; Becca Taylor had major improvements in the 100 and 200 IM, and sped to 2nd place finishes in both the 100 fly, and 200 IM; Rylan Schroeter nabbed 4 best times with an awesome lead off split in the 50 back on the relay; Shelly Culver battled in the 500 free in her first attempt, but also battled the bug for the rest of the weekend. The bug won that weekend!

Celestrum Swimmers hit the stage for the first time this season. Christian Knox destroyed his old times and had a 30 second improvement in the 100 free; Dylan Richard improved all events and placed in every event he swam. He had at least a 5 second improvement in almost every event; Kyle Simmons another is 100% improvements snatched 2 8th place finishes in the 100 breast and 200 free.



Terrapin of the Month

Winners receive a "Terrapin of the Month" swim cap. For those previous "Terrapins" that still need to get a cap, please see Coach Jason!

Blue Group

Ava Amadeo. Ava has really made some significant improvements in December and January. At the beginning of the season, Ava enjoyed socializing with her teammates and her sister. Recently, she has shown much more focus and works harder at practice. This hard work has provided a payoff for Ava. She has been working hard to master the breaststroke and is very close to a legal swim. With continued hard work and dedication she is a candidate for the green group. Congratulations Ava, it is a joy to have you in my group!

Justin Ngyuen works hard every single practice. He is always willing to receive constructive criticism in improving his stroke technique and applies recommended changes to his swimming. Justin is also mastering the breaststroke and is a candidate for the green group. Justin has been a quiet member of the group who has struggled with his technique, but his hard work is paying off. Justin is starting to really open up socially and enjoy being with his teammates. He is a pleasure to have on the team and always brings a positive attitude to the group!

Our swimmers of the month this month happen to be brother and sister. This whole family is full of kids that have great personalities and a lot of love for this sport so it was hard only picking two of them.

Green Group

Jackson Dement



Jackson has been with the Terrapins for a couple of years and is one of our Green group veterans. This month Jackson has been working really hard at swim practice. He is not only increasing his speed and endurance but

has been really improving on his technique as well. All that hard work paid off for him at our January swim meet in the Woodlands. Jackson, who has been working on his backstroke, got fourth place in the 25 Backstroke event. He did even better in butterfly and placed 2nd overall in the 25. Keep up the good work!

Georgia Redwine. Georgia is a newer member of our team and it has been a joy to have her. Georgia is consistent in her practice habits and always shows up ready to work. She is a great listener and concentrates hard on her technique. At our Woodlands swim meet this month she was rewarded for her hard work with a 3rd place finish the 25 Backstroke and a 1st place finish in the 25 Butterfly! She is a great teammate and was a member of the girls 200 Free Relay which placed 1st overall.

Bronze

The bronze female Terrapin of the month is Jade Kelly. Jade love the sport and has a thirst for knowledge. She always seems to want more that will make her better. Her strokes have improved all season long. She has super attendance and is a great listener.

The male Terrapin is Patrick Kelly. Like his sister, he has great attendance, love for the sport, and is a listens to the coach. Patrick is always looking for ways improve his power and speed.

Not only are these swimmers great kids, but good friends, and fun to be around. The entire Kelly clan has great personalities and a lot of love for this. Keep up the great work you two and continue showing everyone how much you love to swim.

Celestrium Group

Kyle Simmons



Kyle is fairly new to the group as he has been participating in football and basketball, but has had a big impact on the group. He is a breaststroker and freestyle specialist. His work ethic is tremendous, something that is very hard to teach.

Silver Group

Lexi Bruno has always been an extremely hard worker, and the work is paying off as she excels in all events, favoring distance free, IM and breaststroke. She was victorious in the past Cy-Fair meet. She keeps practices fun while churning up the waters!



Dana Vollmer – Age Group Super Star to Olympian!



Dana was a super star at the age of 12 making Olympic Trial cuts. His priority was swimming at a high level, so she skipped the Texas Age Group Championship (TAGS) during her young career to compete on the big stage – at senior nationals, and the Olympic Trials. She appeared only once and smashed all records at the time at 2006. Her commitment to the next level paid off. At the age 12, she was the youngest competitor at the 2000 Olympic Trials ... at age 13, she was the youngest member of 2001 Goodwill Games team ... took fifth in the 100m fly at 2003Spring Nationals, just 11 days after a minor heart surgery .

Dana now holds the American Record in the 100 meter fly and 200 yard freestyle. She is a master at all strokes.

Dana is a great example of how you swimmers stay motivated when successful at a young age by searching for challenging competition and striving for new heights.

She could have easily stayed at the TAGS level winning every time she dived off the blocks. Her

decision to go to senior nationals allowed her to become the major force in swimming that she is today.

Technique Tip – Backstroke Starts

Watch the Olympians' and NCAA Swimmers when the take off. They seem to jump high in the air and actually dive into the water. This is much different from what most age group swimmers do. The kind of fall back smacking their head and back in a loud thud!

A proper back stroke start like anything takes much perfect practice to achieve.



Swimmers need to learn to JUMP UP! Placing your feet high on the wall and not pulling up on the bar too high is the key. Swimmers not using the bar will have a difficult time with this motion.

Jump into a high arching position, streamlined, with your head back.



Enter the water in a small hole – fingers, then arms, head, torso, legs and then feet.

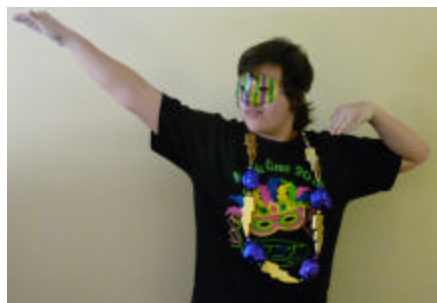
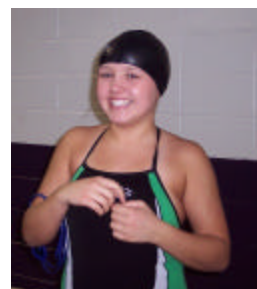
Finally a perfect streamline with fast dolphin kicks.



Proper execution of this will give you a huge advantage.



Mardi Gras!



"Who DAT"