

ALLIGATOR NEWS

FORGET THE NEW YEARS RESOLUTIONS!

DATES TO REMEMBER

- Jan. 6–8 NSSC Super Teams Meet (Northbrook, IL)
- Jan. 27–29 Blue Devil Meet (Gurnee, IL)
- Feb. 3–5 Schroeder A+ Meet (Brown Deer, WI)
- Feb. 19 Gold Conference Meet (Northbrook, IL)
- Silver Championships TBA

JAN. / FEB. BIRTHDAYS

Nicole Otero	1/5
Mary Cleary	1/9
Bobby Pelican	1/14
Sam Nowak	1/18
Isabel Moroney	1/19
Jonathan Morar	1/23
Lindsay Flanagan	1/24
Andrew Bengsten	1/31
Marc Pontello	2/2
Jeffrey Ruffin	2/7
Maryclare Zimmerman	2/8
Kasey Mika	2/9
Emily Zimmer-	2/12
Eric Sutton	2/13
Danae James	2/20
Rebecca Ruffin	2/25

It always seems that a beginning of a new year requires reflection on the past year and commitment to change for the better in the coming year. We're supposed to take inventory of the successes and failures and apply them positively going forward. All in all, not a bad idea. I only have one comment.....WHY WAIT A WHOLE YEAR?!

I know in my own life there are too many successes and failures every month, every week, heck, even every day to try to remember all of them and put them to good use in 2006. Every day at school we are bombarded with knowledge and don't have to wait a whole year to use that information (that's why they invented pop quizzes).

In swimming, it's the same principle. We practice to get better, and the pay-off is usually just over the horizon. Rarely do we as coaches blindly walk through a season and then simply look

in the rearview mirror to see how we did. When we're dealing with hundredths of seconds between winning and losing, we just don't have that kind of time to waste!



Swimming with integrity!

Every practice, every set, there is something to strive for, respond to, adapt, and apply. Every stroke you take that is incorrect takes two strokes to correct (hopefully). Every day

your not getting better is a day you're getting worse!

Every athlete has something to work on and something to work towards. At the beginning of the season, our Extreme Alligators set their season ending performance goals and have targets along the way to show them if they're on pace or need to 'step it up' to reach them.

The rest of the Alligators can use this same concept and apply it to improvements like knowing how to use the clock, leading a lane on a set, asking a coach for some help on a Breaststroke turn, and of course....getting my best times!

When 2006 strikes, 2005 is long gone. Every day from January first on is a day you can get better, so don't wait till December 31, 2006 to look back and resolve to make next year a good one.

GROUP FOCUS FOR THE MONTH

GREEN: Kick, kick, KICK!!!!

Those legs aren't there just to put you on the block, you've got to use them. The more you kick in practice, the stronger you'll be at the end of every race.

SILVER This is a repeat from last time—we've got to work on knowing how to use the clock. Also, never breath in or out of every (yes, every)

turn.

GOLD: Breath every third stroke in freestyle. This should be automatic and not difficult. Also, get your bathroom breaks and water drinks BEFORE practice, not during.

BLUE: Finish each set with your best effort. Focus on where you want to be at the

end of the set, and make it happen.

Xtreme: Set challenges between you and the clock. The clock should always be your competitor, and when you beat the clock, you win in the long run.

MASTERS: Lanes are open! Hey, we miss some of you guys. It's time to work off that Holiday tire.

COACHES CORNER

These are parts II and III of the ten part series published by USA Swimming for swimming parents.

"Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. Never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

"These are words to live by for a long and happy career in the sport."

Ten Commandments of Swimming

II. Thou shalt be supportive no matter what.

There is only one question to ask your child after a practice or a competition -

III. Thou shalt not coach thy child.

You are involved in one of the few youth sports programs that offers professional coaching. Do not undermine the professional coach by trying to coach

ATHLETE SPOTLIGHT



Jimmy Pelican— BLUE GROUP

What is your favorite stroke?

Backstroke, just like my older brother Bobby.

How did you learn to swim?

Mostly from the Alligators, but I swam a little with my family when I was really little.

(Jimmy's Dad, Bob, swims on the Masters team with the Alligators)

What is your favorite part about being an Alligator?

I really like going to meets because I get to race and meet kids from other groups that I don't get to train with

everyday.

What are your goals this season?

I want to meet more people. I just moved up into Blue this season so it's been fun getting to know the bigger kids.

Favorite food?

Pizza, duh!?

Give us a couple of interesting facts about you.

I am a big Calvin and Hobbes fan, is that interesting enough?

Age: 13 years old

Been and Alligator since: 5 years

Started swimming when: I was 8 years old

Residence: Arlington Heights

School: 8th Grade @ Thomas Jr. High

Parents: Jill & Bob (both grew up in A.H. area)

Pets: Bearded Dragon Lizard named Smiley

★ SWIMMER SUPERSTAR ★

A PEEK INTO THE LIFE OF A SWIM STUD

"I just try to stay humble. You know, I didn't start off as this child prodigy in the water."



Cullen Jones

National "B" Team Member

STATS

Height: 6'5"
 Weight: 197 lbs.
 From: New Brunswick, NJ
 Birthday: 2/29/84
 Club/College: North Carolina State University

2005 BIOGRAPHY

Set a World University Games (WUG) record (22.17) during prelims of the 50m free before coming back and winning gold with a similarly fast swim (22.22) later that evening ... finished fifth in the 50m free at World Championship Trials.

QUICK INTERVIEW WITH: CULLEN JONES

Cullen, you just made it on the USA Swimming National Team, what helped you break through?

Cullen: Well, it definitely helped to have both a sprint and distance background. After doing distance, you really get to feel and know your body. But I never felt as good in the water as I did that morning (of the 50 free) at WUG. I felt like I was cutting through the water. Another thing I thought about is that I stayed really hydrated in Turkey and that really worked for me. It was so important to drink water there – you couldn't take three steps without finding water, or a water vendor, so I con-

stantly had water in my body. I was over-hydrated probably – if that's possible. I also got a rubdown before I swam, and stretched really well.

You're a pretty humble person, how do you hold onto that if you become a superstar?

Cullen: I just try to stay humble. You know, I didn't start off as this child prodigy in the water. I was the one getting the purple or pink ribbon, the kid in Lane 7 going slow. So it is nice to have all the hard work I've done through the years paying off, but I still remember what it was like not to be fast. So I'll stay as humble as possible.

Obviously you are probably aiming toward

the 2008 Olympic Trials – is that your big goal?

Cullen: Actually, I have both short-term and long-term goals. My long-term is 2008. I will train for it. But I'm not done swimming at NC State yet. My teammates made me a team captain this year, and we have a lot of potential on our team – a lot more than people think. Last year, our guys swam their hearts out, and we've only gotten stronger heading into this year. So we're excited to get going!

NUTRITION CORNER

HOLIDAY SNACK MIX

Ingredients:

- 1 (16 ounce) jar dry roasted peanuts
- 2 (14 ounce) packages red and green candy-coated chocolate
- 1 (14 ounce) package chocolate covered peanuts
- 1 (7 ounce) jar wheat nuts

Directions:

Mix together the peanuts, red and green candy-coated chocolate pieces, red and green candy-coated chocolate covered peanuts, chocolate covered peanuts and wheat germ nut snacks.



We like any excuse to eat peanuts!

2006 SCHROEDER A+ TIME STANDARDS

girls time standard		event	boys time standard	
scy	lcm		scy	lcm
5.06.79	5.48.09	14 & U 400 IM	5.02.89	5.46.79
5.00.99	5.42.69 3	senior 400 IM	4.49.09	5.29.99
6.09.29	5.32.39 5	12 & U 500 free	6.05.99	5.30.89
5.38.29	5.03.49 7	13-14 500 free	5.40.09	5.05.59
11.25.99	10.15.19 9	senior 1000 free	11.12.19	10.04.59
58.89	1.07.19 11	senior 100 free	55.39	1.04.09
59.99	1.08.39 13	13 - 14 100 free	58.09	1.06.59
1.05.29	1.15.39 15	senior 100 back	1.01.79	1.11.99
1.06.89	1.17.09 17	13 -14 100 back	1.04.89	1.15.59
1.13.59	1.24.09 19	senior 100 breast	1.09.19	1.20.59
1.14.79	1.25.39 21	13 -14 100 breast	1.12.29	1.23.59
1.04.49	1.12.89 23	senior 100 fly	1.00.79	1.09.09
1.05.59	1.14.39 25	13 - 14 100 fly	1.04.09	1.12.69
2.20.09	2.39.19 27	senior 200 IM	2.15.69	2.37.19
2.23.49	2.43.05 29	13 - 14 200 IM	2.22.49	2.44.59
5.27.19	4.52.13 35	senior 500 free	5.25.29	4.53.29
42.39	xxxx	8 & under 50 free	42.39	xxxx
32.39	36.49 39	9 - 10 50 free	31.89	36.19
1.05.19	1.14.19 41	11/12 100 free	1.02.99	1.11.59
54.99	xxxx 43	8 & under 50 br	54.99	xxxx
41.99	48.29 45	9 - 10 50 br	42.49	48.49
1.22.19	1.33.79	11/12 100 br	1.21.29	1.33.89
2.36.39	2.59.89	9 - 10 200 free	2.31.89	2.52.39
01:49.6	xxxx	8 & under 100 IM	01:49.6	xxxx
1.14.09	1.24.09	11/12 100 fly	1.12.49	1.22.59
1.23.19	xxxx	9 - 10 100 IM	1.21.29	xxxx
2.38.89	3.00.19	11/12 200 IM	2.36.69	2.58.09
2.20.19	2.39.69	11/12 200 free	2.16.89	2.36.19
50.69	xxxx	8 & under 50 back	50.69	xxxx
38.19	43.69	9 - 10 50 back	38.49	44.19
1.14.89	1.26.29	11/12 100 back	1.13.09	1.23.59
2.55.99	3.20.59	9 - 10 200 IM	2.55.29	3.18.89
01:38.6	xxxx	8 & under 100 free	01:38.6	xxxx
29.89	33.69	11/12 50 free	28.69	33.09
1.12.39	1.21.89	9 - 10 100 free	1.10.79	1.20.59
54.19	xxxx 81	8 & under 50 fly	54.19	xxxx
37.29	42.09	9 - 10 50 fly	36.69	40.99
1.14.39	xxxx	11/12 100 IM	1.12.79	xxxx
27.19	30.99	senior 50 free	94 25.49	29.39
27.59	31.49	13 - 14 50 free	96 26.59	30.69
2.21.19	2.37.79	senior 200 fly	98 2.14.59	2.32.19
2.22.39	2.42.49	13 - 14 200 fly	100 2.22.29	2.41.59
2.20.49	2.40.59	senior 200 back	102 2.12.69	2.34.89
2.23.39	2.44.89	13 - 14 200 back	104 2.19.49	2.42.09
2.06.99	2.23.19	senior 200 free	106 2.00.79	2.19.19
2.08.59	2.26.19	13 - 14 200 free	108 2.06.69	2.24.99
2.38.39	3.00.59	senior 200 breast	110 2.30.09	2.54.29
2.40.99	3.03.99	13 - 14 200 breast	112 2.36.29	3.02.39
18.35.59	18.58.36	**senior 1650 free	118 18.00.99	18.34.49



MARK YOUR CALENDARS...AND MAKE THE TIMES

FEBRUARY 3-5, 2006 AT SCHROEDER YMCA-BROWN DEER, WI