

7/8/09

## Coach's Corner

Congratulations on yet another win against Pinegate last weekend! I hope you've all been practicing hard while I've been gone! Over the next few weeks, we're refining the swimmers' techniques and entering into a more intense level of practices.

I'm glad to tell you that my girls danced very well at the Nationals. Brenna is qualified to compete in Glasgow, Scotland next spring at the World Championship of Irish Dance (it's like the Olympics of Irish Dance). Kate missed the same qualification by just 3 places. She'll have one more chance, though, in the fall to qualify.

This weekend we will be swimming Willowick at their pool. Willowick has grown by leaps and bounds; their team is bigger than ours this year so please don't take them for granted. The coaches want to see good, quality swims with hard finishes. Remember, the way that you practice is the way that you will swim in a meet. If you do your flipturns at every wall during practice, chances are that you will do phenomenal turns at a meet. If you streamline during practice, you'll naturally streamline at a meet. So let's continue to improve all of our practice swims so that we can swim well at the meet on Saturday! Don't forget your Spirit Buddy on Saturday, if you have one. Posters will be hung up at the pool to remind your swimmers how to spread some Stinger pride to fellow swimmers.

Swim hard, cheer harder for your teammates, and represent Willoughby well by showing good sportsmanship at the meets!

Go Stingers!