



# Heatwaves Streamlines

SPRING 2020

## Heatwaves Team News

### Ojai Heatwaves Swimmers Make a Splash at Coastal Championships

12 swimmers from the Ojai Heatwaves swim team qualified and competed at the 2020 Southern California Swimming Short Course Coastal Championships in Lompoc, CA, on February 7-9. The Ojai swimmers all competed in the morning Preliminary sessions, and many swam fast enough to qualify for the afternoon Finals. Certain events had multiple Heatwave Swimmers represented in the same Final. Based on the 90% personal best times achieved at this championship meet, the event represented an important turning point for the team, which has only been competing at USA Swimming Events for the past two years.

The top Heatwave scorers included: Quin Seider (14) placing first in the 50 Freestyle :23.55, first in the 100 Freestyle :50.69, first in the 200 Freestyle 1:51.34, first in the 500 Freestyle 5:04.22, second in the 200 Individual Medley 2:13.06, and second in the 100 Butterfly 58.38; Amelie Pinkernell (13) placing third in the 200 Individual Medley 2:27.04, fourth in the 200 Freestyle 2:07.87, and fifth in the 50 Freestyle :27.29; Isabella Coleman (13) placing seventh in the 200 Individual Medley 2:33.52 and seventh in the 100 Breaststroke 1:18.41; Rian Aquila (12) placing fifth in the 50 Backstroke :32.07, fifth in the 50 Butterfly :32.18, and sixth in the 100 Backstroke 1:11.57; Ija Burton (8) placing second in the 50 Backstroke :41.84 and third in the 100 Individual Medley 1:39.19. Also scoring points and representing Ojai were Dahlia Bates Torres, Flynn Van Auken, Danielle Jowell, Meghan Roney, Maximilian Pinkernell, Melina Seider and Kirra Fink.

### Ojai Heatwaves Achieved Time Standards at Coastal Champs

#### BLUE Times

Rian (100 free, 50 fly, 200 free, 50 free), Dahlia (200 free, 100 back), Ija (50 back), Isabella (100 free, 200 IM, 100 breast, 200 free, 100 back, 50 free), Amelie (100 free, 200 IM, 100 breast, 200 free, 100 fly, 50 free), Flynn (50 back

#### CCS JO Times

Isabella (100 free, 200 IM, 100 breast, 200 free), Amelie (100 free, 200 IM, 100 breast, 200 free, 100 fly, 50 free), Flynn (50 back), Quin (500 free, 100 free, 200 IM, 100 fly, 50 free)

#### JAGs Times

Rian (50 back, 100 back), Quin (500 free, 100 free, 200 IM, 100 fly, 50 free)

#### Junior Group Scoop

Swimmers, we are all missing one another and looking forward to being in the pool in the future. During this time at home do your best to eat healthy foods, stretch, and take care of yourself. Know that I am thinking about all of you & eagerly await the day we can be in the pool together again. Coach Laura

#### Novice News

Hi swimmers, I miss you all! I hope everyone is staying healthy and happy during this tough time. We will swim once again but, in the meantime, try to stay active and keep your muscles moving. I just wanted to reflect on our last swim meet and let you all know how well you did! You all were amazing and worked really hard! It's such a pleasure to watch all of you grow and improve with all your hard work. We will be able to reach our swim goals once again as soon as it's safe. Take care! Coach Meg



### Junior/Senior Comp Report

These unprecedented times requiring a break from our normal swimming routine are challenging for everyone. Our athletes have been working hard to achieve different personal goals, whether that meant dropping time at a meet or in practice, getting a new cut, or moving up to a new training group.

As coaches we miss working with our swimmers and being part of the fun and challenging training atmosphere. At this time, it is important to remember that none of the work we all put in will be lost. When we do get back in the pool it won't be long, and the swimmers will be right back where they left off. Right now is a great time to work on personal goal setting, eating healthy, getting good amounts of sleep, and working on a solid dry land exercise routine. The more we can improve on those different aspects, the faster we will get back in shape when we go back to swimming

We have put in place a fitness challenge log where the swimmers can log their daily work outs, as well as a discord channel with swim articles, videos on stroke technique, dry land cardio and strength exercises, and chat for the swimmers to exchange thoughts and ideas. We have been posting weekly free webinars through Fitter and Faster to keep the swimmers engaged in the sport and give them even more ideas and options for alternate work out routines. As coaches we hope that these are helpful tools that all our swimmers can take advantage of. Coach Wenke

I hope you are all doing well! I miss seeing your shining faces at the pool. I hope you are staying fit and doing whatever you can to be active. I've been biking, running, hiking, and doing online yoga classes. Don't forget that we are all in this together and we will all start at the beginning again when we get back in the pool. Enjoy being with your families and see you soon!! Coach Elin

#### Social Kick Quote

*Wins and losses come a dime a dozen. But effort, nobody can judge effort. Because effort is between you and you. Effort ain't got nothing to do with nobody else.*

Ray Lewis

### Message from 1976 Olympian John Naber

John Wooden once said that the bench was his most powerful teaching tool. The inability to practice is almost unacceptable to an athlete with his or her "eye on the prize." That's why this Corona virus is making so many swimmers so frustrated. We want to work out because we believe that without training, we can't get better. Well, let me share a couple of stories that might shed some light on our current situation.

I once heard a story about Liu Shikun, a famous concert pianist from China. During the cultural revolution in the 1960s, Liu was imprisoned for eight years... without a piano.

Upon his release, his playing skills seemed even better than when he was taken away. When asked how he was able to accomplish this, he replied that he was able to practice in his mind, even without the piano. He worked on his memorization, his fingering and even his tempo. He was able to devote more time to these skills, because he had nothing else to do.

His story was helpful to me, when I faced a similar situation:

In March 1972, on the day before my first dual meet of my junior year in high school (the recruiting season), I broke my collar bone diving off the one-meter springboard, and hitting the side of the pool. I was suddenly out for the season. I was not allowed in the water for weeks, but I kept my head in the game by assisting the head coach on the deck. I watched the other swimmers, occasionally making suggestions. I imagined doing the workouts that my teammates were doing. When my recovery was complete, I returned to the water, and within weeks, I was doing personal best times.

We all have the ability to train in our brains. I called it mental rehearsal, and it taught me a lot about pacing, and focus and positive thinking. I did not need to be in a pool for this to be effective.

Bottom line: There are lots of ways we can improve, and just because we cannot do one thing, does not mean we cannot do \*any\* thing. Besides, aren't most of your competitors also in the same boat?

Keep up a good attitude and that attitude will never let you down.

In the Olympic spirit,

John

## Swim Meet Dates

(tentative)

**May 23-24** Memorial Day Meet  
in Simi Valley (Junior and  
Senior Competition)

**June 11-14** JAGs in Ventura  
(JAGs Qualifiers)

**June 26-28** BRW Semana  
Nautica in Santa Barbara  
(Junior and Senior  
Competition)

**July 23-26** CCS Junior  
Olympics in Clovis (JO  
Qualifiers)

**Junior and Novice Meet TBD**

### Wacky Lap Fun Fact

**The oldest known swimming pool is in Pakistan.**

The world's oldest known swimming pool is The Great Bath, located in Mohenjo-Daro, Pakistan. Situated amongst the ruins of the ancient Indus Valley Civilization, this pool is estimated to date all the way back to the 3<sup>rd</sup> millennium BC.

Please make sure you wear team caps and swimsuits at USA Swimming meets. You can purchase team caps at the swim meets from our coaches and everything else at our team store at: [www.swimoutlet.com](http://www.swimoutlet.com)

Follow us @ojaiheatwaves on Instagram!

