

Flip Turn



Who is the oldest swimming Olympian still alive?

BE PERSISTENT AND WORK HARD....

Success is a marathon; never give up.

WHAT DOES THAT MEAN TO YOU?

It is hard to believe it is November and we expect you're pretty tired at this point of the fall season.

You have never missed a practice, had several meets and have had the time to evaluate your strengths and weaknesses. What did you learn?

NOW it is time to really dig in and push through the last stretch of this season. Giving up is not an option.

Make sure you are taking steps to prepare for successful racing:

Sleep enough. Teens need between 8-10 hours a day

Eat properly. You must fuel yourself with the 'right' food to step up in practice and meets

Drink Water. Plenty of water to stay hydrated. You sweat in the pool!

Mentally prepare. Visualize your race. Talk to yourself. Play music. Positive thinking.

You must do this all the time, not a week before your races. Get in the habit of learning what makes your training and racing the best.

These tools are essential for college too!

IMPORTANT DATES

NCAA Dead Period: November 6-9, 2023

(Not Permissible to have any face to face/in-person recruiting contact or evaluations with prospective.)

Toyota U.S. Open: 11/29-12/02

Speedo Winter Juniors: 12/06-12/09

Greensboro, NC

Multi-Sites

TRIVIA ANSWER: Carol Pence (Penny) Taylor, Born May 11, 1929.

Penny was a breaststroke and Olympian in the 1948 Olympics. She became the first female owner of an AAU swim club, Parkway Swim Club in St. Louis.

She was Olympian Tom Jaeger's Coach for 12 years and went on to become a fabulous masters swimmer. Penny will be honored at the Olympic Trials in 2024.

https://swimmingcoach.org/page/HOF_pennytaylor