

RAILS SWIMMING NEWS

September/October 2011

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UPCOMING EVENTS

9/15/11: Carroll & S.E. Polk vs. Lincoln @ 5:30 p.m. (HSW)
9/20/11: Away vs. North @ 5:30 p.m. (HSW)
9/24/11: Lincoln Invite @ 9:00/11:00 a.m. (HSW)
9/26/11: Team dinner @ Simpson's (HSW)
9/27/11: Hoover vs. Lincoln @ 5:30 p.m. (HSW)
10/3/11: Club Swimming (CST) registration due

High School Women's Team *Small in Numbers, Big in Talent*

The High School Women's team only has 14 swimmers and divers on it. But don't let the small numbers fool you! The team is deep in talent and hard work. Plus - they are off to a great start with a 3-1 record. The team recently participated in Dowling's Sprint Classic Invitational. Though this is a fun meet to swim because of all the unique events, the girls took it seriously and set out to swim well. Their focus paid off with most girls holding their seed times, some even bettered them!

In the next few weeks, the Rails will face some stiff competition, but they are hoping to come away with great swims from the S.E. Polk & Carroll double dual meet. Plus - they want to finish in the top 3 at the Lincoln Invite.

To keep up-to-date on the rest of the women's season, be sure to check out www.railswimming.com. We post recaps about all the meets and the team's performance on the home page.

Go Rails!

SUCCESS STORIES

Autum Song - Earned a second spot in the Top Five List for her 100 Fly time of 1:07.29

Brittany Purscell - Started off the season right, breaking Lincoln's pool record in the 100 yard breaststroke

Valeria Santiago - Swimming a personal best, 1:18.47, 100 Fly

Jordan Greenwood - Anchored the winning 400 Free Relay and achieved a new personal best

Emilie Skartvedt - Earned a six dive score of 185.70, 20 points above her former best score.

Olivia Simpson - Swim a 28.07 50 Free anchoring the medley relay.

"Perfection is not attainable. But if we chase perfection, we can catch excellence."

-Vince Lombardi

RAILS SWIMMING ONLINE

Rails Swimming has launched the [new website](http://www.railswimming.com)! Be sure to check it out. It's updated a few times a week with posts about recent meets, info about off-season programs and swim tips!

Plus - we have real time tweets during some meets. While there aren't messages after every race, a few times during each meet there will be an update on the score, places and races for the meet.

This is great for fans that may not be able to attend every meet but would still like to be part of the action! To get real-time meet updates: follow us on Twitter @RailSwimming!

NEWSLETTER ABBREVIATIONS

HSW - High School Women's
HSM - High School Men's
MSG - Middle School Girls'
MSB - Middle School Boys'
CST - Club Swimming Team

COACHES

Head Coach -
Brayton Weber

Assistant & Dive Coach -
Tereca Weber

Assistant & Club Coach -
Stefanie Hendrickson

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SWIM

CLUB CORNER

Club season begins in 5 weeks, October 17th! To sign-up for the new season, fill out the [registration form](#). Drop off your completed form at the Southside YMCA with payment.

Be sure to register by October 3rd!

Check out the [Club pages](#) on the revamped website. There is important information on practice times and locations since there have been a few changes since last season.

Don't forget, Rails swimming is the club team for the South Des Moines Metro area, including the Southside of Des Moines, Norwalk and Carlisle.

If you know someone from these areas interested in swimming, have them [email Coach Brayton Weber](#) for more details!

SWIM TIPS

Swimming is 80% mental and 20% physical. If you just swim all-out without engaging your brain – you'll waste a lot of energy!

Focus on the race elements while you swim, like sharp turns and tight streamlines. Or stretching for the finish and not breathing inside the flags.

Remember to swim smart in practice too. In a race, your body uses muscle memory to perform. You can't just turn off bad habits so focus on creating good ones in practice. Then you'll have them in races!

MEN'S TEAM

The Men's team is currently holding team-led practice. It takes place Mondays, Tuesdays and Thursdays from 6:00-7:30 p.m. By getting in the water now – you'll be better prepared for the start of season.

THE DIVING BOARD

NEWS

Diving has its [own page](#) on the new website. There you will find key-terms and some basic rules info.

With four meets already over, the divers have come a long way in their abilities.

Cat Wruck now knows 10 dives. Once she learns 11, she can compete in meets like the Johnston Invite, the Conference meet and Regionals.

Torie Dotts knows dives in four of the five categories. She's excels at Inwards and Twists. She now knows seven dives in multiple positions.

Emilie Skartvedt dove well these first few meets. She also dove her first 11-dive meet of the year, Saturday 9/10, at the Dowling Sprint Classic Invite.

EVENTS

The divers play key roles in the next few meets – beginning with the S.E. Polk & Carroll double duel.

The next big meet will be the Lincoln Invite, where Cat will dive 11 dives for the first time. Plus – Emilie is vying for 1st place in diving overall.

Hoover is just a couple days later, where each diver will play a key role in earning a big win for the team. This is especially true on Reverse week – as each diver will have to perform them.

Go Rails Diving!

Passion.
Persistence.
Performance.

