

RAMS SWIMMING CLUB

DATES TO REMEMBER

- April 27 Last day to enter Kingfish Invite, NSSC Meet, & MAG Meet.
- May 4 Kingfish Distance Kick-Off
- May 17-18 NSSC Team Specialty Meet (Pending Entry)
- May 30—June 1 MAG Team Specialty Meet

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The RAMS Horn

VOLUME 1, ISSUE 1

APRIL

Long Course 2008 Season Kicks Off!!

The 2008 Spring/Summer Long Course season is now in full swing with all groups working out. First, we'd like to welcome back all returning Rams Swimmers & their families. We are very excited about the start of another season and can't wait to build off of the momentum we gained with a very successful short course season.

Welcome to all new swimmers and their families to the club this season. This is a very exciting time to be a member of our club there are no better facilities to train out of in the summer than URI and the St. George's school.

We are bringing back Coaches office hours this season. Matt will be in the office on Mondays & Wednesdays from 2-4pm. You

can reach Matt at 339-5482 or by e-mail swimrams@cox.net. Keri will be in the office on Thursdays from 1-3pm. You can reach Keri at 480-5595. By bringing back



2007 MA Senior Champs Team

office hours we hope to open up more lines of communication and make ourselves more accessible. Also, we hope this will help clear up any confusion about our training programs and give parents a direct source of information.

Our JR Rams program will be coming back as well. This group will meet 2x week for 5 weeks. We're hoping to run at least 2 sessions throughout the summer. Please spread the word about this program for any, possible swimmers who maybe remotely interested in competitive swimming. This is a great way to ease younger swimmers into the sport. Being an Olympic year, we want to promote the sport and attract as many swimmers as we can.

Finally, we will be running the 2008 Rams Surfside Swim Camp from Aug. 11-15 at the St. George's school in Newport. This will be a great way for swimmers to improve their strokes prior to the next season.

Welcome Tara Donovan to the Rams!

We are pleased to announce the addition of Tara Donovan to our coaching staff. Her main responsibilities will be as the developmental coach at St. George's. Tara comes to our club after serving as the head coach for the Newport Blues Swim team since 2003. She played an integral part

in establishing the Portsmouth High School Boys & Girls swim teams and also served as their Head Coach. She currently works as a marine biologist at the McLaughlin Research Corporation at the Naval Undersea Warfare Center in Newport.

We are very pleased to have a coach with Tara's experience working with the future of the RAMS. Please take the time to introduce yourself and welcome her to our club when you see her after practice!

Coach's Corner

Making the best out of Long Course— By Keri Cunningham

“How can I go faster” is a question every swimmer asks. Unfortunately, there is no single answer to this question. However, the athlete who is coachable, committed, and courageous will continue to improve and get closer to obtaining their goals. Although being coachable and committed are two very important traits and seen in most swimmers that have successful seasons, **courage** is what sets great swimmers apart from the rest. Fortunately you are all capable of possessing these three essential traits.

Swimming is a sport where technique is crucial. With coachability, changes can be made to develop the most powerful and efficient stroke. Often swimmers think they are coachable when they listen to instructions; however, coachability means much more.. To be coachable means not only

remembering the instruction and corrections from the previous day but remaining focused on them for the practices to follow. I once asked a developing swimmer to maintain a stroke count of 18 for three weeks (his previous count was 21). For three weeks I counted his strokes at varying points in the workout. I thought I would find him off his count and in need of reinforcement of the stroke count. I found him taking 18 strokes a lap every time. This is the type of coachability that brings about permanent change and improved speed.

The committed swimmer will have events that will cause him/her to miss an occasional practice but they do not allow them to disrupt their training. I am impressed by the time management skills of all the Rams swimmers. They have consistent attendance while maintaining their school work and other interests. However, repeated absences are hard for

swimmers, especially the older ones, to overcome. The key is to stay organized and be realistic about the number of activities you can undertake. Committed swimmers are confident at meets because they know they've put in the hours of hard work.

In my opinion, the final ingredient, courage, is the most important, yet most overlooked. In swimming, courage means pushing yourself outside your comfort zone. Every older swimmer knows “the feeling”, when you've give more than you thought you could, when you go home exhausted knowing you have nothing left. That “feeling” is you getting faster. At meets courage is paramount-it lets you swim your races with passion and purpose-it lets you swim fast.

I hope that this season you are coachable, committed, and courageous in all you do.

“A group is a bunch of people in an elevator. A team is a bunch of people in an elevator, but the elevator is broken.”

Get your equipment at Beach Party Swimwear

Beach Party has been specializing in swimwear since 1988. As a family business. Kathy & Sylvia, a mother daughter team, specialize year-round in quality customer service, knowledge, and selection. They carry the latest to most traditional styles for the entire family for all sizes, shapes, tastes, and budgets. As a TYR sponsored team we are

entitled to many perks & special rates for most of our equipment. Being sponsored does have it's benefits, but it means RAMS swimmer must be exclusively in TYR gear.

Beach Party is our local TYR vendor and will accommodate your RAMS swimmer with suits, goggles, training equipment, Rams bags, &

warm-ups. The store is located in the brick market place on Thames street in downtown Newport. They can be reached by phone at 401-847-9300.



“I can't wait to get out and put on my RAMS warm-ups from Beach Party!!”

Staying Hydrated - USA Swimming Tip of the Week



“I need some Gatorade after that race!”

No matter your age or the length of your workout, all swimmers need fluids during practice to stay hydrated. A couple of sips of water every 15 to 20 minutes should do the trick, but a workout longer than 90 minutes requires an additional fuel

source like a sports drink, which provides electrolytes.

Drinks that are too concentrated can inhibit fluid absorption and lead to stomach cramping, Boudreau says.

Drinks that are 6 to 8 percent carbohydrate by weight, such as Gatorade and Powerade, are recommended. Boudreau warns swimmers to stay away from energy drinks, such as Red Bull, Sobe and others.

After a workout, drink at least one cup of water. Competitive swimmers also need slightly more than 1 gram of carbohydrate for every kilogram of body weight each hour after a workout, beginning immediately within the first hour after a workout.

Below are some simple points to remember in staying hydrated:

During practice, keep a full water bottle by the side of the pool and sip between repeats and sets. For workouts 90 minutes or longer, choose sports drinks like Gatorade that stimulate fluid absorption, maintain proper fluid balance and provide energy to working muscles. Avoid carbonated drinks, which can cause stomach bloating and may reduce fluid intake.

“Its amazing how much you can accomplish when it doesn’t matter who gets the credit.”

Boosters Blog

We would not be able to have a successful club without parental support. Parents are a very critical part to the success of all great USA swimming clubs and the coaching staff would like to thank you for your continued support.

Here are just a few reminders. If you have a question or wish to talk to a coach about a swimming issue, please refrain from disrupting prac-

tice and coming on deck. First, try to utilize the office hours established. Second, try to set-up a meeting time outside of practice to address your question. We never want to take away from the most important aspect of the club and that’s our swimmers training. Please utilize the stands areas at both facilities to view practice. Having parents on deck can be-

come disruptive to the swimmers and impact their focus.

Within the next newsletter we will have more information about parent volunteers and committees we will be looking to form. Your support is critical to our club’s success. It is also a great demonstration of teamwork to our most valuable assets, our swimmers!

YNS Team Travel Meet

We are in the process of finalizing all of our details for a team travel trip to the YNS Prelims/Finals meet in Beverly, MA. The travel side will be limited to 13&over swimmers,

This is a great opportunity for our 13&over swimmers to travel together, compete together, and get a taste for championship meets

that are generally in the prelim/final format. That type of format can be very taxing both physically and mentally. We learned our lesson about that last winter at the Bowdoin Open.

We hope that by attending a travel meet each season that it will prepare our swimmers better for that format and hopefully lead to a Bowdoin Open Cham-

pionship in the near future!!

This is also a great opportunity for our younger swimmers to compete during the day, but then cheer on and watch our older swimmers prepare for finals.

Right now we are limited to only 30 entries for the meet, so attendance and other qualifications will weigh heavy on who we bring to the meet.



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"Developing Athletes who succeed in Life!"

MISSION STATEMENT

The Rams Swimming Club prides itself on being a positive environment of teaching and training its swimmers to enjoy compete and excel in the sport of swimming. In addition, the Rams seek to cultivate in its athletes an appreciation of personal and team commitment. Through this commitment a sense of camaraderie in ones self and team will be contagious!

Visit us on the Web:

www.ramsswimming.com

We're always looking for new & creative ideas for our newsletter. If you have any suggestions feel free to call or e-mail Matt.

What does the future hold for the Rams?

There is no limit to what our club can accomplish in the near future. Our philosophy of cultivating a strong team environment, wherein each athlete is required to work together towards a common goal has proven successful already.

Now with our foundation in place, we need too keep raising the bar with our own standards for success. That starts with you the parents, helping to build a strong infrastructure through parental committees. This will be the first step towards building up from our foundation.

The next step will be to grow our membership to at least 120 year round swimmers by the end of the 2008 year. This a very conservative & attainable goal for us to achieve. Our current membership is the best

advertisement for our club. If each swimmer brought in 1 additional member, we would have a total of 184 swimmers by the end of 2008. That would be a pretty dominate club.

The [Toyota Virtual Club Championships](#) can serve as a team goal for our



club to improve our final standing. The 07-08 Short Course season, our club finished 15th out of 82 teams with a total of 79,733pts. To improve our score, we'll need hard work,

determination, & a little bit of courage to have the races of our lives.

Since 2004, we have qualified swimmers for the Junior National Championships every season. This is a great sign of the strength of our club, but we need to keep improving our numbers at all championships meets. That includes; Regionals, NE 12&unders, NE Opens, Sectionals, JR Nationals, Senior Nationals, & Olympic Trials. We should never be complacent with what our club has accomplished, but keep trying to have more and more swimmers qualified for these championship meets.