



Rossi Swim Team Champions Win Big

Congratulations Rossi Manta Rays. This year 44 Rossi swimmers competed in the Zone 3 Championship, up from 34 Rossi swimmers last year. The team received over 75 awards for individual and relay swims.

The real stars of the meet were the kids who swam on relay teams. Relays provide a unique opportunity for four swimmers to work together to achieve a goal. Swimmers showed respect for their teammates by swimming their best and being good sports.

In some cases, kids and their parents were gracious enough to show up on Saturday and Sunday just to join the relay teams. Remember, a relay team without one of its swimmers is like a car missing one wheel—it's not going anywhere! Thanks to all the swimmers for participating in their relays.

Special thanks to Head Coach Mike Wong. Without his dedication, enthusiasm, and leadership, the team could not continue to improve as it does. Mike spends an enormous amount of time and energy on the swim team and parents and kids alike appreciate the results.

For complete meet results, use the link to Pacswim's web site <http://www.pacswim.org/0501z3.htm> and search for "sfrp" to find Rossi swimmers.

Rossi swimmers awarded in every age group

8 & Under

BOYS: Joshua Lu in the 100 IM, 25 and 50 free, 25 fly, and 50 back; Jerry Phan in the 25 Back.

GIRLS: Megan Tsang in the 100 IM, 25 and 50 back, and 25 and 50 free.

9-10

BOYS: Justin Horng in the 100 breast and 50 fly; Bo Krucik in the 100 back; Tony Lau in the 100 IM, 100 fly, 50 back, 50 fly, and 50 breast; Justin Leung in the 100 fly; James O'Brien in the 100 IM, 50 back, 50, 100 and 200 free; Jeffrey Phan in the 100 IM, 100 fly, 50 and 100 free, and 50 fly; and Jared Vu in the 50, 100, and 200 free, 100 back, and 100 breast.

GIRLS: Verna Huang in the 50 fly and 100 back; Stephanie Li in the 100 back; Michelle Tang in the 100 IM and 100 breast; and Emily Woo in the 100 and 200 free, and 50 and 100 fly.

11-12

BOYS: Derek Gong in the 100 breast and 500 free; Stanton Huang in the 100 free, 50 and 100 back; Jonathan Lu in the 50 and 100 breast and 50 fly; and Anthony Phan in the 100 IM and 50 fly.

GIRLS: Cynthia Tran in the 400 IM.

13-14

Samson Gong in the 200 fly, 400 IM, 200 back, and 500 free; Anthony Li in the 200 breast and the 400 IM; Henry Szeto in the 50, 100, 200, and 500 free and 200 IM.

15-16

Justin Fong in the 100 back, 50 and 100 free.

17 & Up

Brandon Chow placed in the 100 and 200 breast, 400 IM, and 500 free; and Tim Wong in the 500 free.

The Coach's Corner

By Mike Wong

Congratulations to everyone on a very successful 2004 year! Everyone worked hard to achieve new personal goals and showed great improvement. This success is also reflected in the number of existing team records which were broken last year. Continue to

work hard and we should have an outstanding season in 2005!

I would like to take this chance to thank some individuals for their commitment and involvement with our team:

Tina Vu, President for her time and assistance in the organization of team meets and ordering of awards.

Lynn Anne Holden, Treasurer for her time and efforts in managing team funds, and organizing team meets and team awards dinners. This year let's make it easier on Lynn by making all dues payments by the 10th of each month.

Marvin Tang for all his work and creativity as our website and records manager.

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Swimmers achieve personal best times

The following swimmers showed improvement by achieving new personal best times at the Zone III Championship Meet.

Katy Chee for the 50 and 100 breast; Patrick Huynh in the 25 back; Stephanie Huynh in the 100 back; Davey Krucik in the 50 breast and 100 free; Jeffrey Lau in the 100 and 200 free and the 100 breast; Melody Li in the 50 back; Chris Pot-hong in the 100 back, 50, 100 and 200 breast, and 100 free; Joyce Sun in the 100 back, 50 breast, and 200 free; Nicole Tsang in the 100 IM, 50 and 100 fly; Jordan Vu in the 50 breast and free and the 100 I.M.; Herman Xiao in the 100 IM, 50 and 100 breast; and Brian Yao in the 50 back, breast, fly and free.

Coach's Corner

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Bonny Krucik for volunteering to edit our newsletter.

And of course, our coaching staff, Kelly Schwantz and Jonathan Chow for their excellent work. Kelly for working so well with all our age group lanes and Jon who we can always count on for additional coaching whenever needed!

But especially my thanks and the teams' thanks go out to Gregorio Edmisten who has put his heart into coaching and recruiting for our team for so many years! Greg co-founded the team with me in 1994 and has been our main recruiter and a coach with us for all these years! During this time, Greg has shown us dedication, patience and an admirable work ethic. He is always willing to help out all our kids! We are sorry to say that Greg will be leaving our team for health reasons but wish him every happiness, success and most importantly regained good health. We will miss him but will of course continue to see him at the pool. We can only hope he will rejoin our team when he is feeling better! Please join me in thanking him for all his hard work when you have a chance.

At the same time please also join me in welcoming Alvin Tang to our coaching staff. Alvin will be following in Greg's footsteps and will be coaching our beginners from M-F 3:45-5:15 pm. For those of you who do not know Alvin, he is an alumni of the Rossi Swim Team, just graduated last year and is currently attending SF State University.

That's all for now. See you all at the pool! And I mean that!

Kids Contribute

To contribute to an upcoming issue of the newsletter, answer the following questions on a separate piece of paper and place it in the dues box.

1. name
2. age
3. favorite stroke (tell why)
4. favorite activity at practice (tell why)
5. favorite meet (tell why)
6. other interests
7. What would you like everyone to know about you?

First preference will be given to older swimmers, second preference will be given to new swimmers.

Prepare for Your First, or Next Meet

By Kelly Schwantz

Swim meets are an excellent opportunity to learn good sportsmanship and self discipline while developing athleticism and competitiveness.

Meets allow swimmers to gauge their improvements by competing in events, dropping time and competing against all levels. This is why it is important to go to meets, to show yourself and your coach the progress you are making, to give meaning to practice, and to accomplish goals. There are important things to remember when you go to meets:

1. Make sure that you arrive on time for warm-ups or at least fifteen minutes before the scheduled warm-up time begins.
2. Upon arrival, check yourself in, usually at the clerk of course. Then change into your suit and find your team. Here you will be getting ready to go warm-up, and not just by doing 100 yards freestyle followed by a start. You need more than that to prepare you for a day's worth of racing. If you need suggestions for warm-up, ask your coach.
3. After warm-up, go back to the area where your team is sitting and stay there, keeping warm, until it is time to swim your race. Pay attention to the meet, what the events are, and when your race is. Swimmers are

responsible for getting to the blocks on time. Parents of younger swimmers may need to help them determine when and where they need to be. When you're not paying attention, meets run fast and you could miss your event. You don't want the penalty of having to skip a race because you didn't show up to the blocks on the race before that. Meets are not for mindless entertainment and sensory bombardment of playing gameboy. Keep your mind on why you're at a meet, to race and to race with effort.

4. After your swim, find out what your time was, then go immediately to your coach to discuss your swim. Here you will get comments on technique and your race and suggestions for improvements, which you should store in your brain for practice and future meets.

For the parents of swimmers, it would be appreciated if you would guide your swimmers and keep them informed about the meet by seeing that they are paying attention. Also, make sure you put your part into volunteer timing for the meet. Meets do not run without timers and teams do not work with the same parents always timing. Do your part by timing your share. You will not miss your child's swims. If anything, you get a better view and a break from your kids.

Parents Help Swimmers

Rossi will pay for a limited number of adults to join USA Swimming to receive training and become meet officials. The next officials clinic for our zone will be on March 5, 2005 in Santa Rosa.

Parents usually participate first as stroke and turn judges. At the clinics, you receive training on the rules for each swim meet event. Learn how to look for errors in a swimmer's stroke as well as what makes a good turn in swimming.

After you receive training, you will be expected to volunteer at two or more meets yearly, including championship meets where the team is required to provide officials.

If you are working as an official at a

meet, you will not be expected to volunteer as a timer at that meet.

For volunteer opportunities or to share your talents, please talk to a coach or to swim team member parent Tina Vu.

Newsletter Volunteers

Masthead design: Marvin Tang

Contributors: Tina Vu, Bonny Krucik, Ed and Amy Woo.

Pacific and USA Swimming Announce New Time Standards

Both Pacific Swimming and USA Swimming have updated their age group time standards. Pacific Swimming A times, AA times and AAA times now correspond to the USA Swimming time standards for swimmers 9-years old and older.

This means that the A and AA times are more difficult to achieve, but that they are recognized nationally, not just in the Pacific region.

If you noticed any of your AA or A times disappear on January 1, it is because of this change. The new A time standard for Pacific Swimming is closer to the old AA time.

You might think that using the USA Swimming time standards would simplify standards for Pacific Swimming. It does not.

Two new time standards have been created by Pacific Swimming for entry into Junior Olympic meets and Far Western Championship meets. Qualifying times for Junior Olympics will usually correspond to *the old* Pacific Swimming AA times and so many swimmers who only have A times under the new standard may be qualified for Junior Olympics. Junior Olympic time standards are referred to as JO times. Far Western time stan-



dards are referred to as FW times and are similar to the old Q time standard.

In addition, Pacific Swimming kept its PRT time standard, which is somewhere around the new AA and AAA times.

Beware if you usually check your times using the Swim Connection website. It currently does not show JO, FW or PRT times for swimmers over 8-years old.

Swimmers in the "8 and under" category are mostly unaffected by changes to the time standards because USA Swimming only offers standards for the under 10 age group.

Swimming 101: Who Are These People?

If you are new to swimming, USA Swimming is the national organization that regulates swimming competitions from those attending their first meets all the way to Olympic swimmers.

Pacific Swimming is our Local Swim Club (LSC) operating in cooperation with USA Swimming. Rossi Swimmers join USA Swimming and are administered by Pacific Swimming.

Pacific Swimming divides our region into several zones and all teams in San Francisco, Marin, and counties north to Oregon are grouped in Zone III. Rossi competes in Zone III under the club name "San Francisco Recreation and Park" or SFRP. We sometimes see swimmers from other rec. and park pools also competing as "SFRP" swimmers at meets.

Swimming competitions are sometimes limited according to zones. Occasionally, you may not be allowed to sign up for meets sponsored by other zones. Remember, we are in Zone III and most of our zone's meets are north of San Francisco. Read the meet sheets for other zones carefully to find out if they allow swimmers from outside their zone.

To find out what meets are upcoming, check the schedule in your Pacific Swim Guide. More current information can be found on the Pacific Swimming website. Use the site link <http://www.pacswim.org/meets.htm> or follow the "meets" link on the Pacific Swimming home page.

Swimming 101: Get Better Times

For a record of your swimming times, use websites for Pacific Swimming, Swim Connection, or USA Swimming. Each website has something unique to offer, so you should visit them all to find the one you like the best.

Pacific Swimming

Pacific Swimming has complete swim meet results from the most recent meets back through 1996. Use the link to find recent meets, <http://www.pacswim.org/results.htm> or follow the "results" link on the Pacific Swimming home page. You can also find information about the time standards and discover whether you have achieved a JO or FW time at your recent meet by accessing this site.

In addition, the Pacific Swimming site maintains a list of upcoming meets and provides on-line access to meet sheets and meet registration. This is the site to go to in order to plan for upcoming meets.
Continued on page 4—"Times"

Address <http://www.pacswim.org/0501z3.htm>

Licensed to Zone 3 - Championship Meet Hy-Tek's Meet Manager 1/17/2005 12:39 PM
2005 Zone 3 Short Course
Winter Championships
Results

Girls 8 & Under 25 Yard Freestyle

15.69 PRT

Name	Age Team	Seed	Finals	Points
1 Sadie Irvine	8 SEBASTOPOL-PC	16.81	17.01	9
2 Celine Sargis	8 SRN-PC	18.10	17.04	7
3 Megan Tsang	8 SFRP-PC	16.92	17.07	6
4 Daisy Sheff	8 NBA-PC	18.10	17.10	5
5 Erin Whitehead	8 SRN-PC	17.44	17.12	4
6 Megan Hoch	8 HSC-PC	18.17	17.34	3

The Pacswim website offers complete results from all of the Pacific Swimming meets. This includes Rossi swimmers and others as in this example.

Swimming Times Found on the Internet

The screenshot shows the ClubPages Pacific Swimming website interface. At the top, there are navigation links like 'LSC', 'Pacific Swimming', 'Enter Meets', 'Meet Results', 'Top Results', 'Teams', 'Swimmers', and 'Help'. Below that, there's a 'MEMBER' section with 'Login' and 'Standards' options. The main content area displays the profile for 'VU, JARED D M 9.9 SFRP'. It includes a 'Best Times' section with a table of results for various events (Free, Back, Breast, Fly, IM) and a 'Next Goal' section with a table of motivational times. The motivational table has columns for Event, Time, C, S, Age, S, Time, Secs, and %.

Swim Connections website displays any swimmer's best times for the current meet season. It also displays motivational times as goals.

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Swim Connection

Swim Connection lists the best times for any swimmer in Pacific Swimming that you specify by name. Those best times might reflect the most recent meet or any meet during this swimming season (Sept. 2004- Sept. 2005). Use the SwimConnection web link <http://www.swimconnection.com/pc/exc/Swimmers> and fill in a swimmer's last name. Once you retrieve your times, you should add the page to your list of favorites for future reference.

Swim Connection does not currently note whether a time is within the JO or FW standard. Currently, it notes B, A, AA, and AAA, PRT (for 8 and under), and NRT.

Also, notice that you can convert your times from short course to long course at the Swim Connection site. Simply access the screen with your times, look for the "convert" option, and select "50 M" from the list to get long course times for your events. (The 100 IM and 25 yard events cannot be converted because they aren't swum during long course.)

Swim Connection also provides meet sheets and online registration for a very limited number of meets. It does not provide a complete list of upcoming meets the way Pacific Swimming does.

For a fee, the Swim Connection site will also provide archive records, that

is records of a swimmer's times from previous years, but please note that similar information is available for free at the Pacific Swimming and USA Swimming sites. Even so, some people prefer the ease of use at the Swim Connection site.

USA Swimming

USA Swimming offers best times, a record of all times for the last couple of years, and performance graphs showing how your times improve over the course of several swim meets. This information can be found for any swimmer registered with USA Swimming and is totally free. Use the link <http://www.usaswimming.org/usasweb/DesktopDefault.aspx> and select "My USA Swimming" on the left side of the screen to set up your free account and have access to your records and graphs.

USA Swimming notes whether a time is B, A, AA, or AAA times, which correspond to Pacific Swimming standards. In addition, B times are divided into B and BB. There is also a AAAA standard.

At this site, swimmers can find out how they rank nationally or just within their LSC on any event they swim this season. Use the link <http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=82&Alias=Rainbow&Lang=en> and select from the options to find an individual's rank or to rank all swimmers for a specific event. You can retrieve best times for any swimmer from this site as well.

When short course season ends in a couple of months and swimmers begin competing in 50 meter pools, swimmers will need to convert their times to sign up for long course events. In addition to the Swim Connection site mentioned above, swimmers can use the time conversion utility found by following the link <http://geocities.com/jrholman@sbcglobal.net/calculators/timecalc.html> to convert any specified time from short course to long course and back again.

The screenshot shows the USA Swimming website search interface. It includes a search bar with filters for 'Specified', '50', 'FR', 'SCY', and a 'Cut' dropdown set to 'All'. Below the search bar, there's a table titled 'Individual Events' with columns for Event, Date, Meet, Age Group, Time, Alt Adj Time, Lifetime Best, Delta From Life Best, and Cut. The table shows three entries for the 50 FR (SCY) event. Below the table is a line graph titled 'Times from 10/9/2004 to 1/15/2005' showing the swimmer's progress in seconds over time.

Event	Date	Meet	Age Group	Time	Alt Adj Time	Lifetime Best	Delta From Life Best	Cut
50 FR (SCY)	10/9/2004	2004 PC CUDA 10-9-04 SC	10 & under	37.53	37.53	35.75	+01.78 (+4.98 %)	"B"
50 FR (SCY)	10/24/2004	2004 PC WCAB 10/23/04	10 & under	36.58	36.58	35.75	+00.83 (+2.32 %)	"B"
50 FR (SCY)	1/15/2005	2005 PC FOG Z3 CHAMPS	10 & under	35.75	35.75	35.75	0.00	"B"

USA Swimming graphs a swimmer's progress for every stroke to demonstrate progress from meet to meet.