

TERM 2

January-April 2017

SWIMMING NEWSLETTER



TERM 2 SWIM MEET RECAP

Jan 28: ASIJ HS Meet

11 BST swimmers started off the year with a small meet at ASIJ. The focus here was to have fun, have strong relays, and get back into the spirit of swimming. BST came 4th out of 11 teams overall.

Feb 4: Winter Kanto Plains Championships

61 BST swimmers kicked off the first big swim meet of the year at St. Mary's. We had 7 high point trophy winners, 23 new BST records, as well as many PBs. BST came 2nd out of 12 teams overall.

Feb 17: BST Secondary Inter-house Gala

Secondary students competed in 25m Freestyle and Backstroke for their houses with some students, competing in 50s of each stroke. The races were close but Amaterasu took the lead! Congratulations Amaterasu swimmers!

Mar 11/12: March Age Group Championships

44 BST swimmers joined this qualifying meet where 23 international teams competed at St. Mary's. We had 5 high point trophy winners, 45 new BST records, and one area record which was standing since 2001! All swimmers here had at least one PB with most of our younger swimmers having all PBs. BST placed 2nd overall.

Please follow us on Twitter [@BSTswimming](https://twitter.com/BSTswimming) <https://twitter.com/BSTswimming> or visit the [BST Swimming website](http://www.bst.ac.jp/school-life/sport/swimming/) <http://www.bst.ac.jp/school-life/sport/swimming/> for an up-to-date info regarding practice, swimming gala, reports and results.

Swim Squad News

This term we have been focusing on good practice habits and freestyle. Our main sets have been working on sets of 50s freestyle building on these basic skills:

1. **Push off the wall with two feet**
2. **Streamline off each wall**
3. **Dolphin kicks off wall past the flags**
4. **No breath into turn**
5. **No breath on first/last stroke**
6. **No breath within flags**

This set has helped improve our practice habits so that when we go to swim meets, we don't show these bad habits.

Sample sets:

- Group A set: 12x50 Free on 0:50
- Group B set: 10x50 Free on 1:00
- Group C set: 8x50 Free on 1:10
- Group D set: 6x50 Free on 1:15

Next term, we will be building on the other three strokes to build a strong team with the ability to swim all events in swim meets. We have also been working on our freestyle kicking strength with the goal of having everyone be able to kick a 50 under 60 seconds. So far, we have grown to be able to hold a time for each 50 for 4-6x50s.

The swimmers have worked tremendously hard and grown so much with these sets over the few months and we look forward to seeing that growth continue next term. Well done swimmers!

Bring your water bottles to the pool deck from now on to stay hydrated during practice!

SWIM SQUAD TERM 3 TRAINING SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Training	Swim 7:05-8:15	Swim 7:05-8:15	Swim 7:05-8:15	Swim 7:05-8:15	Swim 7:05-8:15
Afternoon Training		Primary *ASC* 3:30-4:30			Invite only Swim 3:30-5:30

Check your emails for more information! *Invite only Friday afternoon will be based on motivation, work ethic, morning training attendance, and attitude.

OUTSTANDING ACHIEVEMENTS:

Minami Street
Lilica Tomita
Erin Vogler
Ciara Vogler
13-14 Girls 200 Medley Area Record **2:10.99**

Taisuke Ozaki
For setting goals and accomplishing them as well as always having a positive attitude towards practice and helping others

Mako Hosoda
For such a positive attitude, swimming growth, always cheering, and motivating others

James Hill
First BST swimmer to swim under a minute for 100 Free

Ewan Smith
Overall improvement and great attitude, dedication, and self-motivation

Training begins on April 25th!



Words from our Swim Captains:

Jinu Lee

Yet again, I stand in awe of the swim team's successes in this term nearing an end. All the ribbons, medals, trophies, it's staggering. But the grit and valour in hours of training, is what stands out most. The result, in turn, almost seems fruitless, as such drudgery is translated into a mere minute or two. Nevertheless, in open arms, we welcome the next third of the school year in hopes to achieve even more.



Jasmin Coates

Another tremendous term finished for the 100 BST Lions swimmers!

We've gotten up early in the morning only to show up to the pool 2 minutes late, and hearing a dreadful set that we roll our eyes to. Despite this, we still found the drive to show up the next morning, making sure that we weren't late again. For that motivation, we have the coaches to thank for. These tiring morning sessions were the backbone for our PB's that were made during meets- helping us achieve runners up titles in March Age Group Championships, high point winner trophies or heat winner ribbons. Not only do these sessions help with our swimming but also strengthen us as people, which personally is one of the reasons why I love the sport so much.

Let's keep dragging ourselves out of bed in the morning, to swim our way past our PB's and to be the best version of ourselves that we can be. "Don't be afraid to go fast, and be great".



Noah Wilson

I like to swim because it is enjoyable and fun while you get fitter and stronger. If you do not think that you are good at swimming than try harder, that is what I did and became the swim captain. At the start of year 5 I was only just starting to get better at swimming then at the end of the year I became the swim captain.

That shows that if you can try you can do anything.



Ashley Norton

I would like to congratulate everyone for having 55 PB's along with finishing 2nd overall among the 23 teams which participated in the March Age Group Champs.

I think we should swim as best as we can whenever we practice. Sometimes, practice may be difficult, however it is all part of improving.

I like swimming because, swimming takes part underwater while most other sports are played on ground. Swimming is unique.



Upcoming Swim Meets:

May 20: Jolly Rogers Invitational @St. Mary's

June 4: Summer Kanto Plain Championships @Yokosuka

June 18: Makuhari Triathlon @Makuhari, Chiba



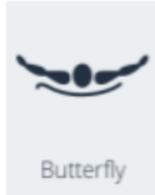
THE STRONGEST PEOPLE
AREN'T ALWAYS THE
PEOPLE WHO WIN, BUT
THE PEOPLE WHO DON'T
GIVE UP WHEN THEY LOSE.

BST Swim RECOGNITIONS

Ms. Gregorek's group

Year 4

Leila Wilson
Taisuke Ozaki

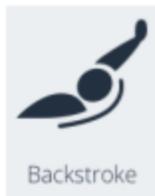


Year 5

Aemi Street
Julian Van Rensburg

Year 6

Mei Hague
Christian Strada



Ms. Heimbach's group

Year 4

Tigerlily Lawrence Smith
Benjamin Devesa

Year 5

Arisa Ikeda
Ayaan Sattar

Year 6

Miyu Kanzaki
Daniel Barrett
Aaron Jones



Coach Nohara's group

Year 4

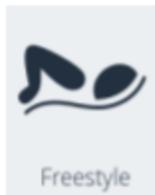
Shreyas Chandwadkar
Hanaka Berry

Year 5

Rebecca Ang
Napoleon Bovriss

Year 6

Rayedah Matin
Kevin Young



Swim Classroom Sessions

We are all very proud of all the students for their tremendous effort and perseverance in swimming. The swimmers have been working on various skills to improve not only their strokes, how to get the most out of each stroke, and confidence in the water.

