



**Individuals win races but
teams win championships**

2011 - 2012

Welcome Messages



As I prepare for my 43th year of coaching at Tooele High School, I would like everyone to become aware of tradition you will be part of as a member of this team.

When I was in the 7th grade, I used to go the high school meets with my dad and as I watched them swim, I want to be just like those guys when I got to high school. I entered Tooele High School for my freshman year weighing in at a whopping 93 pounds, but I still believed I could be a good swimmer.

As a newcomer to the high school team, I was expecting to be picked on, made fun of and the brunt of a lot of practical jokes. But as it turned out, the older swimmers would pick me up and take me to practice, encourage me at meets and treated me like a real person even though I ended up swimming the same events as some of them. I thought that was the coolest thing ever. At the state meet that year I had ballooned out to 97 pounds, but was still able to have a good meet. I tied for sixth place in the 100 Butterfly and had to participate in a swim-off for the finals, which I lost; but did make the finals of the 100 Breaststroke. From that point on swimming became my life. In college, I was in my final year of earning my degree in accounting, but decided I wanted to be coach like Leigh Pratt.



I had two great coaches in Coach Pratt at Tooele High School and Don Reddish at the University of Utah. As I coach, I have tried to incorporate what I learned from these men into my life and the Tooele High School swimming program. I want the swimmers on my team to be role models as students, swimmers and citizens of the community. For the most part, we have been able to accomplish this goal along with a winning tradition and program that is respected throughout the state and nation.

This could never have happened nor would the program be able to continue without students who are a couple of notches above the average. You will have to be willing to live through hurt, pain and agony to achieve your goals. Dedication, sacrifice, belief in your ability, team mates, friends and coaches are all ingredients needed in order for us to be successful. I would hope that all of you will resolve to be like your predecessors and keep our program something special, something you will be proud to say you are a part of.



"No, really, Coach -- who do you like best?"

M. J. Roberts

The Team Captains

Your captains are more than just someone with a title who picks out the team suit and is introduced at the start of a meet. They are swimmers just like you with the responsibility to lead the team.

They were elected to this position by people they have swum with for several years. Their team mates felt they were capable of fulfilling the responsibilities that come with this position. The coaches, captains and team members all need to work together in order to be a team and be successful.

The responsibilities of the captains include:

- Being a example to the team and providing motivation by
 - Being first on the deck and helping set up for practice
 - Making sure every is stretched and ready to enter the water for the warm-up.
 - Encouraging skill improvement from everyone
 - Perfecting their own attitude
- Remembering that the team includes everyone
- Challenging team mates to do their best
- Organizing and conducting the team socials throughout the year
- Utilizing quiet confidence without being pushy
- Encouraging sensible training habits, sleep and diet
- Discouraging activities that would hurt team unity and spirit
- Discouraging negative comments about team members, the coaches and/or the program
- Having fun and working hard.



Hey Tooele Swimmers

Another swim season is beginning and new opportunities are arising!

Always push yourselves past your limits and you will find that, "What you put into it is what you get out of it." Your success depends completely on you.

Have fun and work hard.

Britney N. Bresee

Britney N. Bresee



Hey Guys!

This is the year to go all out and take it all! We have the Coach, the talent, and the heart to be the best! The only thing we lack, we will obtain. That is the hard work, the yards and the hours of practice that this season will bring. Nobody gets to be the best without good hard work, let's not shrink from the fight! Most of all let's have fun working hard toward our goals.

Now it's time to stand upon the shoulders of those that came before and **rise up to the challenge!**

Your captain and friend



Cody McEachern



Hello – Tooele Fishaloes

There is nothing bad that will come out of working hard, so don't be afraid to give it your best effort...at **every** practice.

We have now moved down to 3A, so there is sooo much hope for everyone to go to State. All the extra work and practice you do between now and the end of the swim season will give **you** the advantage over your competition

Swimming is not just an individual sport, but also a team sport. As an individual **you** represent the Tooele Swim Team. **Don't** be lazy – work hard and never lose sight of your goals!



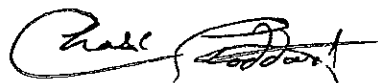
Tajia Perkins



Welcome to THS Swimming! The friends and memories you develop here will last a lifetime and you will look back on these times with joy.

The changes this year will provide us all with chances to be impact swimmers. Work your hardest and take advantage of that.

If we all work together, I know we can have a fantastic year.



Chase Stoddard

Thanks

The success of Tooele Swimming is not the result of one or two people. It is the result of many people willingly sharing their skills and talents to help us out. Take a second or two to thank them at our meets or practices.



Parents – The parents of Tooele swimmers are a major reason for our success. They take time out of their day or, if necessary, time off of work to attend your meets. It doesn't matter whether we are at home or away, they are there to offer their support. They volunteer to help with team socials, officiate and serve as timers for our meets. Let them know how much you appreciate them and their help at least once this year.

SAM Cox – SAM has been working with our competitive swimming program for the past 27 years. During that time she has learned a great deal about what it takes to make swimmers fast. She does a great job of videotaping our team and then analyzing them with you. She is here because she loves swimming and wants you to gain as much as possible from your time on the team.



Russell Rimington – Russ was a swimmer for Coach Leigh Pratt in the late '50's and early '60's at Tooele. He also coached the team for a couple of years in the late 1960's. His children were swimmers and now his grandchildren swim. Russell has been announcing dual, invitational, region and state swimming meets since 1985 and has the ability to make these meets special for both the spectators and swimmers. His unselfish support and help is greatly appreciated by everyone involved with our program. He is one of the reasons no one ever complains about having come to Tooele for a swim meet.

Gwen Roberts & Tracy Crane – No one, but me, knows how much work Gwen puts in to make sure everything is ready when the meet is supposed to start. Her responsibilities include: making sure the entries from the teams are in and the heats are ready, getting the necessary papers to the timers in each lane, verifying the times between the computer and the timers, getting race results and score to the announcer, having results to the coaches at the conclusion of the meet, and sending in the results to be placed in the "State Top 50" listing.



Tracy is a master operator of the **System 6** timing console. Making sure it starts with each race, recording split times and insuring the pads are armed for the finish, storing the data and bring up the next heat or race takes her constant attention.

Dean Aldous – Dean never had any swimmers in his family, yet he is always there to time for the meets. He enjoys being around the swimmers and the spirit they display at our meets.

Tooele High School Cheerleaders – Jennifer Gygi is a former diver for Tooele and is now the cheerleader advisor. She sees that we always have a group of them to help at our meets. They wear their team T-shirts proudly and help the swimming team get recognition at the school and assemblies

Tooele High School Administration – Mr. Gochis, his staff, and Ray Braizer are staunch supporters of the swimming team. Whenever possible, one of them is at our meets. Mr. Gochis is also very good at bringing any concerns we have about the swimming program up to the Region Principals' and supporting our cause.

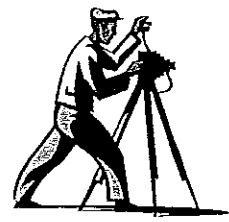
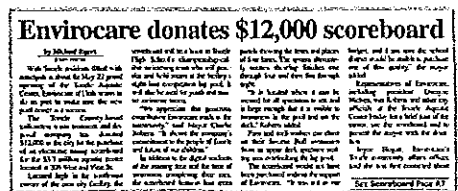


Transcript Bulletin – Mark Watson, sports editor, does an outstanding job giving the swimmers recognition in the paper. The results and a story about every meet are covered by him.



Tooele City – We would not have the beautiful Pratt Aquatic Center without the support of Tooele City. When Charlie Roberts was mayor, he lobbied long and hard with the Tooele County School Board to get the additional money needed for an eight lane pool, balcony, additional deck space etc. This year we will have new lockers installed and non slip flooring in the dressing rooms and hallways.

Business of Tooele – We need to conduct fundraisers to get the money and equipment needed to operate our program. The businesses of Tooele have been very generous with their donations to us. Several like Rosewood Dental, Tooele Title, Christensen and Griffith, Clar's Auto, Wal Mart and others have been helping us for years.



Dennis and Karen Andrews – These two fine people create the lasting memories of the season in the team video shown at the Awards Banquet. In addition to being officials for the home meets, they are responsible for the team picture and individual shots. Their children have been out of the program for a couple of years, but they still enjoy working with the swimmers and we are very fortunate to have them

One of my favorite thoughts

**Winners see what they want to be...
...Losers see what they want to avoid.**

My Philosophy of Athletics

A is for probably the single most contributing ingredient in becoming a great swimmer and that is **ATTITUDE**. Without a proper attitude, all of the other qualities will soon disappear. The will to prepare oneself to win fairly, convincingly and humbly; needs to be the primary goal in establishing a proper attitude.

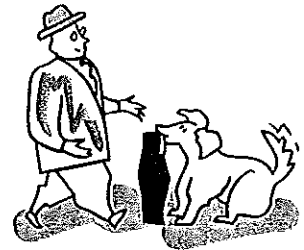


T is for **TEAM**. Notice there is no "I" in team. Your ability to give up the "I" will have a significant bearing on the team's ability to function. A team is like a machine. It will perform efficiently, only if all of its parts are functioning efficiently.



H is for **HUMILITY**. Too many times have we had to watch the boastful and arrogant winner. Too many times have we seen athletic events tempered by a hot head and bad mouth. Administrators, coaches, officials, players and fans alike appreciate a proud loser and a humble winner.

L is for **LOYALTY** and with it comes **LOVE**. If you can be an esteemed friend to your teammates and coaching staff, you will become a winner. Believe in your coaches. Perfect their suggestions. Be prepared to grasp your opportunity, they go for it. Conquer the emotions of envy and jealousy – they are double-edged swords which generally breed discontent followed by the downfall of the individual and/or team. A long-lasting memory of oneness in team unity is reward you'll treasure later.



E is for **ENTHUSIASM**. You only go around once in life, so go for the gusto. How true it is. Often the difference between winning and losing is that ingredient of enthusiasm. How enthusiastically you pursue your goals, generally becomes your yardstick of success.

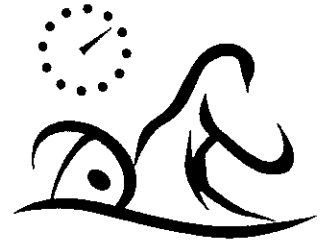


T is for **TOTALITY**, the totality of your commitment, the totality of your attitude and the totality of your enthusiastic desire will bring you a totality of satisfaction within yourself. Knowing that you have given of yourself with every fiber of your being will bring the peace of mind that only one who has experienced it can appreciate.

I is for **INTEGRITY**. Need we say more? To participate and win fairly and honestly is the only way feasible. A winner is the loser if he has accomplished it dishonestly or with poor sportsmanship. They will rot from within, feeling the gangs of grief, anger, hatred, and despair. "...To thine own self be true, and it must follow...thou canst not be false to any man."



C is for **COMPETITIVENESS**. Competitive greatness is the crowning glory for a well-prepared athlete. It is then, in that well-defined moment of the battle the boys and girls are separated from the men and women. "When the going gets tough, the tough get going." The ultimate reward is to know deep down inside that all those hours and hours of work and dedication have paid off.



S is for **SACRIFICE**. Sacrifice means giving up something good to achieve something better. Nothing worthwhile was ever achieved, but what someone, somewhere, sacrificed dearly that it might be accomplished. Discipline yourself, so that coaches don't have to. Hard work will be rewarded. The ultimate sacrifice was performed by Jesus Christ Himself as He died on the cross for our sins. Something great was give up, but something even greater was attained.



Mr. Meant-to has a comrade and his name is Didn't Do.

Have you ever chanced to meet them? Did they ever call on you?

These two fellows live together in the House of Never Win; and I'm told that it is haunted by the ghost of Could-Have-Been.



Why We Can Do It

Will we ever be region and state champions? I wouldn't be doing this if I didn't believe the answer is "Yes!" It is not the only reason that I coach, but it always a goal I want my swimmers to experience. You swimmers are the only people who can make this dream a reality. Convincing you to sacrifice the time, work and pain necessary is my challenge. The following are the reasons I believe we can do it. Look at what we have:

1. **Facility** – The Leigh Pratt Aquatic Center is one of the finest in the country. We have room to do dry land conditioning, medicine ball, weights, cardiovascular work, video taping and stroke analysis etc. Take advantage of them.
2. **Two class periods** – Being able to divide the team into two groups instead of trying to work with you all at the same time allows for more individual attention. It also lets us have a larger team, giving anyone who is willing to do the work required the opportunity to be on the team and develop their skills.
3. **Time for practice** – In addition to the two hours we have during the class period, we have an hour for dry land conditioning, 1 ½ hours after school and Saturday mornings. It will take all of this to out-work the teams we need to beat.
4. **Coaching Staff** – Sam and I have nearly 80 years of coaching experience. Our philosophy of swimming and methods of training are unified. The team and the swimmers come first to us and no one swimmer is more valuable than the team and our goals for success.
5. **Tradition and Leadership** – Those of you who have been on the team previously have had the opportunity to see the leadership and work ethics of some very good swimmers who put in the work needed to be state champions. They have showed you that it can be done.
 About half of the swimmers on the team have experience at the Region and/or State Championships. They know how to work hard, rebound from disappointments, and set a positive example for the rest of the team to follow. When teams throughout the state swim against Tooele they know they will be in for a tough meet.
6. **A strong foundation of new swimmers** – We have a strong group of new comers that are athletic and capable of learning quickly. It know they will come on very strong at the conclusion of the season once they get some experience and gain confidence in themselves.
7. **Faith and belief in the program** – We know that by working hard all season when the time to swim fast come; we will swim fast. We will be swimming "tired" during most of the season, but still improving. Tapered and rested, we will be awesome.
8. **Each other** – Our team is like a family. We watch out for and care about each other. I doubt that any other group in the high school is as close as the swimmers. Knowing that other people support care about you makes it hard to give up on yourself when the pain sets in.