



EVERETT EXPRESSIONS

Volume 1, Issue 2

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Special points of interest:

- Always bring running shoes, skates and helmet to all practices
- Always drink plenty of water before, during and after practice and competition
- Always do your best no matter what
- Spirit wear order coming soon!

Inside this issue:

- Training at Home **2**
- Competition Results **2**
- Technique Corner **2**
- Goal Sheets **3**
- SOM **3**

Coach's Corner

One month into the season and I want you to know that I still am so exciting to be coaching. I am having so much fun planning practices to help each skater dig deep and push themselves. However, I do want everyone to understand that I am planning practices. That means there is a reason why I am doing what I am doing. I have been around this sport for several years and talked with several coaches and understand where we are going by the

end of the season. The over riding goal is to get all of the competing team to qualify for and be competi-



I really, really, do...

tive at Nationals in July. I am aware that we all want to do our best at each and

every meet, however I would not be doing my job if I did not keep us focused on the end goal. If you are wondering why I am doing what I am doing please ask me. Just make sure that when you ask me it is at the appropriate time, right before the drill, during the drill or just because you don't want to do something is not an appropriate time. Also in the first newsletter I did lay out the areas of focus for the entire year so take a look at that.

Are you a Sports car?



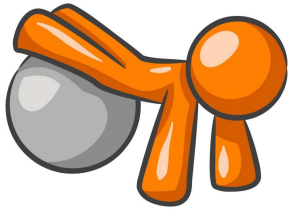
Lots of philosophers over time have compared the human body to a machine and while I can appreciate this idea I do believe we are more than a machine. However when it comes to nutrition, our bodies are like a machine. Our bodies require certain nutrients to perform at

the optimal level. Athletes bodies especially need to be treated like a fine sports car with special care to what is put in it. Doritos, soda, and brownies do not help you skate 9 second laps while lean chicken breast, broccoli and brown rice will.

I realize that this is something

easier said than done but I find it helpful to ask myself "is this something that I want" versus "something my body needs". More often it is something that I want because it tastes good, be strong because victory tastes better than that brownie.

Training at Home!



Are you training at home? Have you even thought about it? For most of us, our weeks go by and we are running from one thing to another. I know for me most days I

wake up and just try to make it through the days activities. The idea of trying to decide to work out and what to do is near impossible. BUT... (don't you just hate the but) it is important to train outside of practice. If you have skating goals (which everyone should) working out at home is important. Over the years I have heard complaints about how

coaches have run practice and complaints of not being competitive at meets, my first question is usually "What are you doing at home?" Most of the time the answer is nothing. Like I said earlier I know it is tough to add to your schedules but even 15 minutes a day of land exercises will make a difference. So make the plan and get started today!

"IT ISN'T THE LOAD THAT BREAKS YOU DOWN; IT'S THE WAY YOU CARRY IT."

Competition Results!

We've done it...we've had the first meet of the year. On October 15-16, ten Everett Express skaters traveled to Idaho and competed in a fun, well ran tournament. The team took 5th in high point (not bad for the limited number of skater!) Here are the other results.

Hyewon: 3rd overall in Juvenile Girls

Luis Jr.: 3rd in Elementary & below open

Conner: 1st in Novice Jr. Men, 3rd in Sr. 2-man

Benton: 3rd in Master men, 3rd in Sr. 2-man, 2nd in Mater 4-man and 1st in Master & above open.

Dean: 3rd in Veteran men, 1st in Veteran 2-man, and 2nd in Mater 4-man.

Matt F.: 1st in Veteran men, 1st in Veteran 2-man, and 2nd in Mater 4-man.

Luis Sr.: 2nd in Novice Veteran men, 3rd in Veteran 2-man, and 2nd in Mater 4-man.

Fred: 1sr in Esquire men, 3rd in Veteran 2-man.

Technique Corner!

As it is the beginning of the season we are still focused on basic form. Have you thought about your arm swing lately? Did you know that the faster you move your arms the faster your feet will move? Have you ever thought that your arm

swing can slow you down and pull you off your track (slip on the corners)? It is important to move your arms in a controlled manner. When doing walking cross-over's make sure your arms are doing what they need to. When working in pace line

make sure your arms are doing what they need to. If you are unsure if your arms are correct please get with Ben and have him take a look. Either way be prepared to be working on your arms.



What are your arms doing?

Have you done your Homework?

At the first meeting to start the season goal sheets were handed out. The hope was that each skater would complete these and then set up a meeting with myself. At the time I am writing this I have 6 completed goal sheets turned in and have meet with one skater. I will be working hard to get all of these meetings completed by the middle of November. I believe that the importance of doing these is pretty obvious but let me just state it plain and simple. Goals help us focus, they help us keep going when we want to stop, they help coaches know what you want and it helps you as an individual to voice your desires. I don't want to be mean but I know that those that accomplish this task are more likely to follow through on the things it takes to be a champion. In addition these sheets give me a chance to get to know each of you. I enjoy learning about people and learning what makes them who they are. When we sit down and talk I get a chance to know each of you and you get a chance to know me and to find out how I think. For those of you who are shy, please know that I do not talk about anything we talk about or that is on your sheet without your permission, plus I am not here to make judgments but to listen to your wants. Bottom line please get your forms in and if you have them in, please schedule your appointment with me.

*"IT IS
POSSIBLE TO
CLIMB THE
HIGHEST
MOUNTAIN
ONE STEP AT
A TIME."*

Skaters of the Meet!



One of the other new things that I have begun this year is skaters of the meet. We (the coaches) will decide on one girl skater and one boy skater of each skating tournament this year. This is done to acknowledge the great accom-

plishments of our team. This award is not based on results but based on effort and outstanding accomplishments. For the Idaho meet our skaters of the meet are Haywon and Conner. Haywon received the award of skating her first meet in the USA and be-

sides the unknown kept going and took 3rd in her division. Conner received the award by giving his all in each of his races, for stepping up and taking control of being mentally ready to race and for not worrying about who he was racing but how he was racing.



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Inline Speed Skating
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*Teamwork... Together We Achieve
the Extraordinary!*

MISSION OF THE TEAM

To encourage, educate and develop the skating and racing capabilities of each skater; to provide a well organized racing team for inline speed skaters interested in competing at a local, national and international level; to promote our team sponsors; to increase public awareness of inline speed skating as a legitimate, exciting, and healthy competitive sport.

LONG RANGE GOAL

To generate national champions who will be ready to move on to Olympic competition when the sport is recognized as a new Olympic sport. Roller sports are currently one of the top contenders as a new Olympic Sport to be included in the 2016 Olympic Games.

PRIMARY OBJECTIVE OF THE TEAM

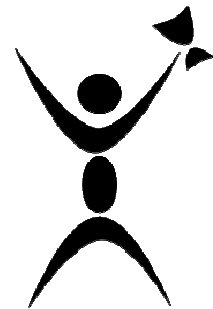
The objective of the team is to promote the sport of speed skating, including the instruction of speed skating, racing, and conditioning, care of equipment, character building and sportsmanship.



Our Theme at practice

So now that I have introduced our theme let me talk about what I think it means at practice. First off, it starts with me, I believe this theme means I need to put a practice plan together that challenges all skaters in one way or another. The next way this theme means at practice is that all of you skaters, whether it is your favorite drill or least favorite drill who give your all to accomplish the goal of the drill. That means going to the red-line, staying on the floor until the drill is over, continuing

even when sore and tired and to keep trying what coaches are telling you. Regardless of your goal giving your all at practice will help you feel good about, and be proud of, yourself. So keep it up because...



Do you WANT to win?

*The Will to Win Means Nothing
Without the Will to Prepare
to WIN!*