

JUNE 2021

# PVS ATHLETE'S NEWSLETTER

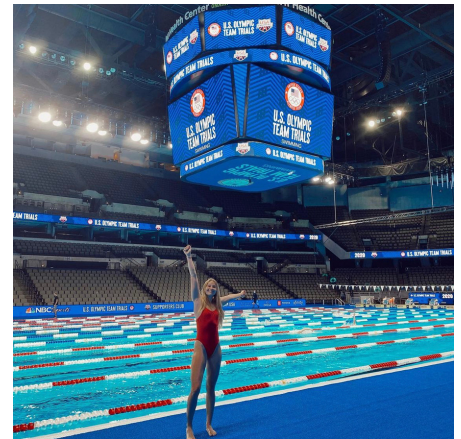
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## Olympic Trials Recap

As you may have seen, there were some exciting swims the past week, including some pleasant surprises along with a few bittersweet “upsets”. Some highlights over the meet include the women’s 100 fly, where we saw two teenagers, Torri Huske (18) and Claire Curzan (16), punch their tickets to Tokyo, the women’s 200 breaststroke featuring two teammates, Lilly King and Annie Lazor, battle it out for first, the men’s 100 breaststroke where Michael Andrew made his first Olympic team, only to qualify later on in the 200 IM and 50 free, and many more. In addition to this, we saw eight DMV natives sign the drum: Torri Huske (Arlington, VA), Townley Haas (Richmond, MD), Andrew Seliskar (McLean, VA), Katie Ledecky (Bethesda, MD), Phoebe Bacon (Chevy Chase, MD), Chase Kalisz (Bel Air, MD), Andrew Wilson (Bethesda, MD), and Lawrence Sapp (Waldorf, MD)! The Olympics will begin on July 23rd and last until August 8th, but events for swimming will only be from July 24th to August 1st. Be sure to look out for these swimmers in Tokyo!



**Lawrence Sapp**  
**Paralympic Trials**



**Tatum Wall**  
**Olympic Trials**



**Abby Carr**  
**Olympic Trials**

# Mental Health In Swimming

Swimming, like a coin, can be two faced for competitive swimmers. Some days, the waves are calm and pulling through the water will fill your heart up as you laugh with your teammates. Other days, your tears may glide down your face as easy as what it once felt like when you were forgetting the world while laughing. Almost always in competitive swimming the walls we feel around us closing in are due to our own perception of ourselves. Thinking back to the times where you may have been upset about a race, it's more than likely the people around you didn't shame you or beat you down. Instead, they likely were trying to cheer you up from your disappointment of not competing like how you believed you should have. At the end of the day, swimming is a very physical and mentally consuming sport that gives a lot of pay off if you prioritize yourself above all else.

Unfortunately, there are times where we cannot control the walls closing in: from a close friend leaving the team, to injuries, to external personal circumstances-- all we can do is cope the best we can with what we have. We could sit here and try to convince you of the mental demand that many of us feel under, but as a swimmer, you are well aware of your highs and lows of your time in this sport. All these feelings are completely valid and understandable.

It is helpful to make a gratitude list with what you have every night and to focus on those reasons the next day. Be grateful you are able, be grateful for friends and family, be grateful for the sunrises and sets; the moon always shining in the dark. Don't focus on the bad, or else it will only grow and consume. The more you focus on something, the more thoughts of that thing will occur.

Never hesitate to reach out to a trusted adult, such as a coach or parent. We at PVS want to encourage you all to take care of your mind as much as your body, as it's importance in this sport is just as high.

# Team Bondings

With summer upon us, we now have much more free time than we did during the school year. The time is now to go hang out with fellow teammates and say hi to some you haven't gotten to know yet! Whether you're new to a team, or see someone else who is new, go ahead and say hi! You see the people you swim with just about everyday, creating a very strong bond through growing up and having similar experiences together. This will likely lead to a few life-long friendships, possibly even several! Don't limit yourself to only those 6 AM sightings, make sure you guys take some of your new found free time to get to know each other away from the chlorinated pool! Host a BBQ, go to the beach, or have a kickback. If you want to be by chlorine that bad, go for some recreational swimming together!

