

National Team 2 Report September 2004

Head Coach: Sandra Mahoney Assist Coach: Soo Hee Shim Manager: Becky Probst

Everyone involved with the team would like to extend the hugest thank you to everyone who helped make this team possible! We all realize that everyone's generosity made this team possible and helped to make our next Olympic Team even stronger! While some things about our training were a bit different this year the commitment to excellence and putting the USA in the top spots never wavered.

The team assembled in the Pleasant Hill, CA on June 14th and we trained for five weeks prior to attending the US Open Championships. Team members were Janet Culp, Jennie Culp, Ellen Hacker, Kate Hooven, Becky Kim, Danielle Kramer, Kimmy McKinly Leah Pinette, Kim Probst, and Alicia Rice. Our main training pool at College Park was a little less than ideal (no locker rooms, no bathroom, and not all deep) but the team, Soo Hee Shim and myself did not let anything get us down. We learned to love our porta potty. Quite a feat for Soo Hee, who was 8 months pregnant. We had five clubs represented on the team but once training started they were all team USA. It was the most cohesive National Teams I have worked with. My assistant Soo Hee Shim did an amazing job! She has great expertise and a very technical eye. She was a pleasure to coach with.

I feel it is important for all of you to know how your money was spent. Two thirds of the money raised went to pool rental and two extended stay hotel rooms for training. The rest of the money raised went to our competition expenses (travel, hotel, and food). None of the team or coaches received per diem during training nor did our host families. Thanks to the Caille and Mcgugh families for hosting swimmers and the Hooven and Kim families for providing numerous meals and get togethers for the team. Despite some big differences from past trainings nobody complained. This group of athletes is one of the most dedicated, positive, and committed groups I have ever had the privilege to work with. They were a team from the first day of training and were willing to do whatever it took to reach their goal. Their daily cheer "It's not every 4 years it's everyday" speaks volumes to where these athletes have their sights set, Beijing in 2008.

The competition was awesome with USA taking 3 gold medals, one silver and one bronze. The greatest competition was from Canada. They were clean and synchronized. Team USA felt very prepared and their team cohesiveness was obvious in how they swam. They were able to show a high level of difficulty and strength and power in their routines. Most impressive was the **team** gold over Canada. USA 92.751 to Canada's 91.417, over a full point! Team USA led from the tech program and just kept widening their lead. The other events were closer battles. **Combo:** USA 93.500, Canada 93.333. **Solo:** Kim Probst USA 92.084 over Canada, Mariepier Boudreau Gagnon 91.417. **Duet:** Canada Matson, Outhwait 91.167, USA Kate Hooven and Becky Kim 90.334, USA Janet and Jenny Culp 89.751. The duets were all very strong with Hooven and Kim winning the tech, The Culp's tied Canada for first in the Free. In the finals, we knew our early draws would not help, but both of the US duets had gold medal swims.

The future of Team 2 is still up in the air but I cannot emphasize enough the value of the competitive experience. All of these athletes can receive excellent coaching at home but the experience of assembling as a team, training and competing as Team USA is something that can only be understood by doing. We don't need to do everything the same as the past but we do need to be upfront and forthcoming with the future athletes involved. When they know what they are signing on for EARLY in the season then they can plan their lives accordingly.

THANK YOU again for all of your support of Team Two!

Respectfully submitted
Sandra Mahoney Team 2 Head Coach