

SOUTH SHORE SAILS SWIMMING

It's not whether you get knocked down. It's whether you get back up.

May 2019

South Shore Sails

Booster Club

President

Henk DeZwart

Booster Club

Vice President

Donna Toler

Booster Club

Treasurer

Mary Tighe

Booster Club

Secretary

Becky Clements

Booster Club

Social Media

Melissa Istre

Booster Club

At Large 1

Ashley Ashna

Booster Club

At Large 2

Steve Carr

Booster Club

At Large 3

Karl Crudo

SSS Head Coach

Matthew Troquille

Next booster club

meeting **Thursday,**
May 16th @ 5:45
pm – TFC Bistro. All
parents invited to
attend.



Date Of Birth	First Name	Last Name	Group
5/5/2004	Aliyah	de Zwart	Senior
5/5/2004	Norah	de Zwart	Senior
5/6/2008	Sofia	Crudo	Level-3
5/10/2005	Kayla	Bulsecu	Level-3
5/10/2007	Diya	Patel	Level-2
5/9/2009	Sophie	Gay	Level-1
5/9/2011	Amy	Vadhera	Developmental
5/10/2009	Sofia	Nespoli	Level-1
5/16/2007	Nadia	Dawlett	Level-2
5/18/2010	Natalie	Dawlett	Level-1
5/18/2004	Sarah	Copes	Senior
5/19/2008	Kamryn	Russell	Level-1
5/19/2013	Alexandra	Pruneda	Developmental
5/20/2010	Daniel	Martynov	Level-1
5/26/2011	Emily	Koyfman	Level-1
5/30/2011	Sona	Patel	Developmental
5/31/2003	Eric	Gong	Senior

Upcoming Events

- *Team & Individual Picture Day –*
- *May 11th 10:00 AM*

Swimming Fun:

Q. What do a dentist and a swim coach have in common?

A. They both use drills.

Q: How do pirates measure the distance they swim?

A: In YARRRRRRds.

Q: Why are spiders good swimmers?

A: They have webbed feet.

COACH - 5X200S RACE PACE



Exciting new news!!

Bay Area Swim Parent Booster Club is now registered with Amazon Smile. The Booster Club can earn money by what you spend on Amazon.

The link to register is:

<https://smile.amazon.com/ch/27-3494640>

Watch for additional information via email and Facebook!

Thank you to all who volunteered at our SSS/Aquastar hosted meet. Without your help we wouldn't have been able to make it such a great meet! We had a great turnout, super volunteers and fast swims! A good time was had by all.

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The Importance of Being a Self-Compassionate Swimmer

By Will Jonathan//Contributor | Monday, April 29, 2019

I've spent the past several years working directly with NCAA Division I swim teams, both at Florida Gulf Coast University and this past season with Florida State University. I've worked with countless individual swimmers from the age group level as well as with swimmers competing for their countries at the senior level internationally. One of the questions I am often asked the most is following: "Will, what do you think is the most important attribute of a mentally strong swimmer?"

My answer is always the same, and it usually surprises people. For me, the most important attribute of a mentally strong swimmer is not confidence, desire, determination, persistence, or passion. For me, without any shadow of a doubt, the most important attribute of a mentally strong swimmer is **self-compassion** – the ability to not attack yourself when you fail or fall short, to not turn against yourself when things aren't going your way, and to be encouraging and supportive towards yourself in hard times.

All of the other mental attributes are ultimately a by-product of self-compassion. For example, how can a swimmer develop the long-term confidence necessary to be their best and succeed if they're always dog-piling themselves every time they're not perfect? How can a swimmer sustain the motivation to want to train and perform on a daily basis if they're always berating themselves every time they have a bad practice? How can a swimmer maintain a passion and love for the sport if they're always massively critical towards themselves and attack themselves for adding time?

Society certainly doesn't help with self-compassion. From a young age, it's drilled into people's heads that misery is somehow virtuous. Athletes are brainwashed to believe that bad practices and sub-par performances must be met with extreme self-criticism, debilitating anger, and a necessity to "be your own worst critic". [Scientific research has overwhelmingly shown that self-criticism is extremely harmful and actually derails goal-pursuit. Studies have conclusively shown that people who are self-critical are less motivated, less](#)

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likely to bounce back from failure, and less likely to be optimistic about improving themselves than people who are self-compassionate.

The more self-compassionate you are rather than self-critical, the more confidence, motivation, and passion you'll foster within yourself. The more self-compassionate you are rather than self-critical, the more motivated, driven to improve, able to bounce back from failure, and optimistic you're going to be. To be a more self-compassionate swimmer, here are a few things you can do to help you with that.

1. Criticize your performance, not yourself.

There's a huge difference between performance-criticism and self-criticism. Performance-criticism is analyzing how you swam, being honest about where you fell short, and finding the aspects of your performance where you can learn and improve. Self-criticism is attacking yourself and demeaning yourself for that performance. For example, here's a difference between the two:

- **Performance-criticism:** "I slightly missed my turn off the wall on my 2nd 50 and that's what derailed my race. Next time, I just need to make sure I don't reach as much and get closer to the wall before I execute my turn."
- **Self-criticism:** "I completely missed my turn off the wall on my 2nd 50 and that's what ruined the rest of my race. I can't believe I did that. I'm such an idiot, and if I'm going to make such stupid mistakes when I swim, I might as well just give up now and stop letting people down."

Criticizing your performance is perfectly fine, and in fact necessary. That's how you learn what you did wrong and how you can improve moving forward. Criticizing yourself is not. Looking at your performance and being honest about where you fell short doesn't require you to be self-critical and attack yourself, and it's a behavior you want to avoid as much as you possibly can. Getting better at swimming doesn't require self-insult. Don't fall into that trap.

2) Treat yourself the same way you'd treat a teammate.

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Imagine you're at a big, important meet. You're sitting on the bleachers with your team watching one of your teammates about to swim one of their most important races of the season. They then proceed to swim a really bad race. They just couldn't get it together. They add a bunch of time and completely miss an important cut they had one last chance to try and get. They get out of the pool, collect their things, head back to the team area, and sit down on the bleachers. You notice they're extremely upset, disappointed, and miserable. You sit next to them. What would you say to that teammate in that moment?

Would you berate them? Would you insult them, tell them they're no good, tell them how awful they were, and tell them that they're terrible swimmers who will never be good enough that should just quit? Or, would you put your arm around them, encourage them, show compassion towards them, try to make them feel better about themselves and try to lift them up? I'm willing to bet that's exactly what you'd do. And that's what you should do. However, here's the most important question – If you're willing to treat someone else that way when they fail, why don't you treat yourself the same way?

You're not any less worthy of that kind of encouragement, positivity, support, and compassion. You deserve those things just as much as anyone else does. To treat yourself less than how you would treat others is doing a massive disservice to yourself, and you're worth much more than that. When you have a bad practice, swim a bad race, or perform badly at a meet, think about how you would treat a teammate who experienced the same situation and then treat yourself exactly the same way. Show yourself the exact same kind of encouragement, positivity, support, and compassion you'd show them. That's true self-compassion.