



NORTHWEST AQUATICS



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White Group Parents & Swimmers

Whether you realized it or not, we are approaching the half-way mark to the Short Course Season. I wanted to send out a mid-season report of how things have been going the past 3 months and what we will be doing to finish out the season around the 1st week of March.

1st Half (September - November)

1. We have had 2 great meets...FWA in October & SWAC in November. Each meet we have had a tremendous amount of PR's (Personal Records or New Best Times) with 56 @ FWA Meet and 86 @ SWAC Meet. This is a direct reflection of the hard work that the athletes have been putting in at practice and it has been paying off with some really fast swims. Congrats to the athletes!!!
2. Hopefully the seasonal sicknesses are behind us with the H1N1 bug and flu. Consistency is something that we have been working on during practice in our swim sets, with maintaining same speed and endurance. We can strive for the same with our practice attendance by coming at least 3 or 4 times per week. 1 day ON, then 2-3 days OFF, then 1 day ON, then 2-3 days OFF gives the rollercoaster affect on the body and anything gained (endurance, strength, knowledge) is lost or forgotten by the time you make it to the next practice.
3. Goal sheets. I had every athlete fill out a goal sheet for this season. Purpose of the goal sheets is to give the athlete's something to look forward to and know why they are working so hard to get better. I put a few lines for them to include non-swimming or academic goals, because school always comes first before swimming and they should be striving to meet these goals in school as well as swimming. I made copies of the athlete's goal sheet and returned it to them laminated so they can keep in their swim bag. There they can see it before practice or on the way to a meet to remind them what they are working towards.

2nd Half (December - March)

1. Swim meets. Swim meets are always optional, but I do encourage everyone to try at least 1 or 2 meets. Several reasons why they are good to try: the athletes can see their progression by their times getting faster and faster, great for team camaraderie by cheering for their teammates, cure/reduce any performance anxiety (kind of like public speaking...everyone has to do it someday in school or work, might as well learn at any early age). We have 1 meet in December, 2 meets in January, 2 meets in February, Divisional meet 1st week of March. Check the meet calendar online to see if your athlete can attend 1 of these meets coming up in 2010.
2. Goals. As mentioned above, I will be meeting with all the athletes around the Holiday break or after New Years to check in on the goals we have written down. Each swimmer should have their sheet in their swim bag, so I can ask them at any moment to get it and we can discuss finishing the swim season strong. Get the goals sheets in their swim bags.
3. Carroll Middle School, Maple Creek MS, and Non-Northwest schools: Carroll & Maple Creek have school swim teams that begin the last week in January. We encourage the athletes who attend these schools to try-out for their team. Also, during this time period, we will continue

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to have NACS club practices for Non-Northwest schools athletes as well as the opportunity to continue to train with NACS simultaneously while your athlete practices for CMS or MCMS. Jamie and I have coordinated with the CMS/MCMS teams for 5 years now with practice schedules and for the most part we have received positive feedback from parents. More information will be given at a Middle School parent meeting the 2nd week of January.

4. Hard work, teamwork, discipline. We will continue to keeping working hard, learning some new drills, encourage each other to achieve their personal best, and stay disciplined to push themselves to achieve levels they didn't think were possible. Our team mission is *"Guiding student athletes to reach their full potential in all aspects of life!"*.... we will continue to work hard at swimming, and there will be great learning opportunities that they can apply to their other activities outside of swimming.

Lastly, I would like to thank all the parents for their continued support of the team, your child, and to the sport swimming. Thank you for driving them to practices and swim meets. Your work is appreciated by the coaching staff.

If you have any questions, please do not hesitate to contact me via email or at the pool.
Thanks.

Coach Ryan