

SWAC Speaks

February/March 2016

Volume 2, Issue 2

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Southwest Allen Community Swim Team

The time of your life!

February & March Events, January Results

Well, it's not even March yet, but the madness has begun! January saw our club very busy with the Carmel Winter Invite, 1/15-17 and the TRAC Polar Bear Plunge 1/22-24. We had great swims at each of these meets which shows how hard our swimmers and our coaches are working! January also brought with it the last of the regular season practices and meets for Homestead Swim & Dive Team and the start of both Summit & Woodside's Swim & Dive Team. Thanks for your patience and flexibility as we enter in to our final calendar changes for the Short Course (SC) season.

February and March bring lots of end of season meets: ACST (Avon) 2/12-14 (prelims/finals for Blue, Red & Yellow training groups); NACS Swim Your Own Age 2/21 (for 12 & under swimmers in Red, Green, Yellow and ALL Exploration groups); Divisional Championship Meet (for all swimmers who have met the time standards) 3/4-6 hosted by SWAC (more details on volunteering coming soon!!!); IN Senior State Championships at Pike HS (for all 15+ swimmers who qualify); IN Age Group State 3/18-20 at IUPUI Natatorium (for all 14 & under swimmers who qualify); Speedo Central Zone 14 & un Section III Sectional Meet 3/31-4/3 in Geneva, OH (must qualify).

March 21-24 from 5-6 p.m., the SWAC coaches are running a 4 day technical swim clinic for all Exploration & Green swimmers. Each day will focus on a different stroke (M-fly, T-back, W-breast, Th-free). This is a free clinic and is completely optional. Your swimmer may attend any day or days. Please contact Coach Theresa with any questions (purdukt2@comcast.net).

Looking ahead...April 11-15 is the Homestead Swim Camp (for those that want to explore the world of competitive swimming). All training groups and SWAC swim school will begin our Long Course (LC) season and begin/resume training in April. Look for announcements on the LC calendar coming soon!

Phelps swims at SACS Nat!

On January 27, Olympian Michael Phelps was in Fort Wayne for business (Master Spas) and needed some pool time. SO HE SWAM AT SUMMIT!!! While everyone was disappointed (especially this editor...) that his two hours at our pool was kept under wraps, everyone is thrilled to know we have all shared the same water! If you haven't seen it yet, check out his autograph on the pool wall next to the aquatic directors' office.



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Assistant SACS Aquatics Director & SWAC mom, Chanda Cooley stands with Michael Phelps after his workout at Summit on 1/27.

Swim Parent 101: Goal Setting pt. II

Q: All my athlete talks about is being an Olympian. Should I discourage this since it may not be realistic?

A: Most kids will have long-term or “dream” goals of making the Olympic team or winning a National Championship. Dream goals can be beneficial by helping motivate your athlete to go to practice and to train hard (and there is no way of knowing if it is realistic or not). While it is okay to have dream goals, there are several problems with athletes only having dream goals. These problems include not knowing if they are making progress towards their goal, not experiencing little “successes” along the way, and losing motivation when the goal seems so distant. To combat this, it is important to also talk to your child about setting short-term or even daily goals. Ask him what he is working on in practice this week (just as you ask him what is going on in school), get him to identify skills he needs to improve on, and follow up with him to help him recognize successes along the way. Be sure to ask your son to speak to his coach if he needs help seeking some practice or short-term goals.



Q: I know the mental aspect of sports is important. Should my child be using mental skills, or is she too young?

A: If we equate mental skills with physical skills, as we should, this question becomes easier to answer. Just as there are certain physical skills that a young athlete is not physically, developmentally, or cognitively ready for, there are also mental skills he is not ready to learn. But, on the flip side, there are basic mental skills young athletes can be taught at this level. It is great to begin laying a foundation of mental skills (just as it is great to introduce basic physical skills) at a young age. Some include setting goals, imagery, concentration, and relaxation. We often tell athletes to “concentrate” or “relax,” but fail to teach athletes what it means or what they need to do to concentrate or relax. These are skills that coaches can work on with young athletes.

Q: My child gets so nervous before a competition. Is this natural? What can I do to help her to reduce this competitive pressure/stress?

A: To a degree, nervousness is part of the competitive experience and can be used as an opportunity to teach

the young athlete specific strategies or skills to help her manage this arousal or nervousness. A simple skill that young athletes can learn to help manage the “butterflies in their stomachs” is belly breathing. The athlete is taught to take slow, deep breaths into her belly, hold it briefly, and then exhale slowly. Words can be included to help the athlete focus her thoughts on something besides worry. This is a quick strategy that helps calm the body and mind and only takes a few seconds to do. Another skill to help the athlete deal with muscular tightness brought on by nervousness is progressive muscle relaxation. In this procedure, the athlete goes through the major muscles in her body and first tenses and then relaxes each muscle. This teaches athletes to learn the difference between a tense and relaxed muscle, to learn where different muscles are located, and to eventually be able to relax specific muscles as necessary. Remember that these skills must be taught and practiced before the athlete can effectively use them.

We also know excessive anxiety can be damaging to both performance and to the athlete's desire to enter such situations in the future. Two factors found to play a role in the level of anxiety experienced are the importance of the event and the uncertainty of the outcome. Greater importance and greater uncertainty lead to increased anxiety. Parents can play an active role in reducing competition anxiety by de-valuing the outcome of the event and focusing on the individual

Symptoms of Anxiety:

- ◆ Increased heart rate
- ◆ Rapid breathing
- ◆ Sweating
- ◆ Negativity
- ◆ Jittery
- ◆ Frequent ‘pit stops’
- ◆ Excessive worry
- ◆ Doubts
- ◆ Talk of failure
- ◆ Low confidence

Strategies to Manage

- ◆ Deep belly breathing
- ◆ Positive self-talk
- ◆ Relaxation exercises
- ◆ Think of success
- ◆ Stretching
- ◆ Visualize race
- ◆ Listen to music
- ◆ Focus on goals
- ◆ Light massage
- ◆ Distract by talking with friends, family

Group Spotlight: Senior

By Julie Anderson

It's been almost a year since I returned to SWAC. A LOT has happened since I began coaching the Senior (HS) group last April and the Homestead Team in October. So far, I have had the pleasure to coach over 50 student-athletes, (many of whom I have previously coached at ORCC & WMS).

High school swimmers have one of the most demanding schedules, not only of our club, but of HS students in general. Studies have shown that secondary students who participate in extra-curriculars have better time management, better GPAs and higher self esteem than their peers not involved in activities outside the classroom. Being part of the team (or club or group, etc.) not only helps you in high school, it better prepares you for rigor and challenges of college and beyond.

That being said, it is, however, important to remember two things.

1. We do not put all of our eggs in one basket. One meet, one time, one race, one stroke or one breath, does not make or break one's swimming season or even one's career. It is all about the journey, and everyone's is different; facing, embracing, and



rising to all that happen on the journey are what it's all about. Yes, I am training these student-athletes in the Senior Group to be great swimmers, but more importantly, I want them to be excellent young men and women.

2. Have balance in life. When a typical day = swim, school, swim, homework, eat, sleep, it's hard not to think of life in two compartments. We all (parents, coaches, teachers, friends and the student-athletes themselves) must strive to find balance, and there must be more than swimming and school. I urge everyone to make sure they have other interests, hobbies, activities in their life (no matter how big, small or often it is) and to allow time to "unplug" everyday.

Our (HHS) Sectionals and State Meets are every weekend in Feb. and then it's on to (SWAC) Divisionals & Senior State in March. The Sr Group has had an outstanding season and I am truly excited to see what they all can accomplish. And, regardless of the outcome or time, I'm proud of my swimmers, no matter what happens at the final meet.

Nutrition Notes: 8 Nutritional Recommendations for Swimmers

By Aaron Schwartz, M.S., R.D., L.D.

Nutrition is the one part of most athletes' training that gets neglected. Why is that? For one, most athletes don't consider nutrition as training. Like just about anything, nutrition requires consistency to see results. Sure, you can get by with your training without even thinking about nutrition; a proper diet isn't necessary if you're looking to just "get by". Our bodies are pretty efficient and can turn whatever junk food we throw at it into a usable fuel. However, in order to maximize workouts, truly see full potential, nutrition should be viewed not only as part of your training but the most important part. If you consistently invest in your health through nutrition, I guarantee that over time you will feel and perform better. It's easy to get discouraged when the promises of quick fixes and miracle diets fail to yield results. Ignore short cuts and start investing in your health through a consistently healthful diet, simply by eating real food. 8 tips to get the athlete started:

1. **Make the majority of your carbohydrates complex outside of workouts.** Carbs are aerobic athletes' best friend. They are the body's fuel currency and should

make up the majority of calories in your diet. Focus on complex carbs like: legumes, whole grains, fruits & veggies.

2. **Simple carbs directly before, during and directly after workouts.** Sports drinks are great for this, providing quick, easy to burn fuel.

3. **A little protein before a workout goes a long way.**

4. **Strive for a 3-4:1 Carb-to-Protein ratio after a workout.** Good old chocolate milk is great for this.

5. **Protein: Quality over Quantity.** Good sources with the highest value: eggs, milk, fish, beef & soy beans.

6. **Balance is key.** There's a reason you've heard this a lot...

7. **Vitamin D for building muscle? YES!** 15 min of sunlight, fatty fish, cheese, egg yolks & fortified milk.

8. **Hydration.** Water is king. End of story.



Bobby's Blog

Spring Championship season is HERE! All of our SWAC Swimmers have been working incredibly hard, for many of us, for an entire calendar year to get to this point. I speak for the entire coaching staff when I say we are excited for this celebration of all that training and learning!

Swimming can, and should, be a different experience for each one of our athletes. For many years I have touted my belief in swimming as an *inclusive and accessible* sport. SWAC has committed itself to that philosophy and I could not be more proud. We provide a path for swimmers within the entire sphere of commitment level across all ages.

As your swimmer gets ready for his or her final meet of the year, it is always important to take stock of their EXPERIENCE more than their RESULTS. For parents it is often easy to blur the line between what your expectations are for your swimmer versus what they are trying to accomplish. Here are three great parent tips from USA Swimming (and your SWAC Coaches!) stated bluntly:

- ◆ Do not put your expectations on your swimmer
- ◆ Do not judge your swimmer based on their performance
- ◆ Do not coach your swimmer

I make this simple but essential plea to all of our wonderful SWAC families; please be a parent to your swimmers and let the coaches coach. The best "swim parents" are those who, regardless of outcome, show their swimmers that they are loved no matter how fast they swim.

The best advice I can give to swim parents is to be ready to, after each race and regardless of outcome, give your swimmer a big hug and take them to McDonald's for a happy meal and a milkshake!

Swimming is a GREAT sport and can teach countless life lessons as well as build a tangible skill set that our athletes will take with them forever. Those lessons can only be taught if a swimmer has a wonderfully positive experience which doesn't just take place at the pool but at home as well.



Let's all support our SWAC Swimmers this championship season! GO SWAC!

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Business Briefs

IN Championship Meet Hotel Info

Please see the Indiana Swimming website, under the "Events" tab or click on the following link for details. We would like our swimmers and families to stay in the same hotel(s) whenever possible at SrSt & AGS, so talk with teammates and your swimmer's lead coach to coordinate.

<https://www.teamunify.com/SubTabGeneric.jsp?team=czinlsc&stabid=134920>

SWAC Speaks NEEDS YOU!

Do you have any swim meet or practice pictures? Do you have questions or article ideas? If so, please send to Coach Julie. :)

School Cancellations

When SACS cancels school, the pool is closed. However, sometimes we are able to practice. Look for team emails about possible pool time on snow days. (As always, these will be optional practices and only if you feel comfortable driving.)

NCAA Championships Opportunities for IN Swimmers, Ages 10-14

March 9-12 the NCAA DII Swim & Dive Championships will be held at the IUPUI Nat. The IN host committee is looking for IN Swimmers to help with athlete baskets, awards and the parades. The deadline to apply is 2/15. Application forms are at the pool or for info email: DianneWeiss@comcast.net

Sponsor Spotlight: Mocha Lounge

Mocha Lounge is the place to go for great coffee, tasty breakfast and lunch items, free Wi-Fi and a comfortable, local coffee house atmosphere. Meeting room available for your next book club or small business gathering. Mocha Lounge is located at 6312 Covington Rd., FW 260.434.1999.

EST. 2004

MOCHA LOUNGE

FORT WAYNE, INDIANA

