

# SQUAWK

VOLUME 16, ISSUE 12

DECEMBER, 2008

## DECEMBER BIRTHDAYS

Amanda Jones	18	12/1	Miranda Rohn	14	12/24
Erin Scherl	10	12/10	Ruth Gathunguri	8	12/26
Lawrence Chen	13	12/14	Elizabeth Rudman	12	12/26
Mallory Neet	16	12/14	Kayla Hedges	16	12/26
Skylar Eklund	10	12/15	Courtney Pontious	16	12/30
Maura MacDonald	10	12/16	Jessie Boyer	17	12/30
Ellie Eckersley	11	12/19	Kate McCurdy	13	12/31
Matthew Wilkus	10	12/23			

# Happy Holidays

### What's Inside This Month?

December Birthdays—Important Dates	1
Coaches Corner—Office Hours—Meet Directors—Holiday Party	2
Coaches Report—Aquahawk Contacts	3
Swimming 101	4

*Aquahawks*



### Important Dates

- December 6-7th Level II Championships
  - December 11-13th Level I Championships
  - December 11-13th SCY Junior Nationals
  - December 13th Frosty Frolic
  - December 17th Holiday Party
  - January 9-11th True Blue Igloo
  - January 17-18th Midwest All-Stars
  - January 22nd Mini Meet
  - January 23-25th Invitational/Div Qualifier
  - February 13th MAL 8 & Under
  - February 14-15th MAL West Championship
- Check the website for more specific meet information.

## COACHES CORNER

Happy Holidays to Aquahawk families and swimmers, I hope that your holiday season is off to a great start and that your all feeling healthy and happy as we approach our winter championship meets.

I am very proud of the swimmers and coaches of this club for all of the hard work the Hawks have put in this semester. Our attendance at practices has been outstanding and we are looking forward to more great swimming this winter!

Next weekend December 12<sup>th</sup> -14<sup>th</sup>, 2008 will be a very busy weekend for the Aquahawks as we begin our championship meets. **Frosty Frolic** at Lawrence Indoor Aquatic Center, **Midwest Level I Championships** in Topeka, KS and **USAS Junior National Championships** in Austin, TX. SIGN UP ONLINE NOW FOR THESE EVENTS!

Remember to stay informed and involved by checking in and using the Aquahawk website to sign up for events, meets, and volunteer positions with our club.

I hope to see you all at the Holiday Christmas party on **Wednesday December 17<sup>th</sup> 2008** at **Holcom Park Recreational Center**. Please see the website for details. There will not be practice on December 17<sup>th</sup> for all groups.

Happy Holidays and lets swim fast Aquahawks!

-Mike Soderling

### Office Hours

Tuesday, Wednesday, & Thursday

10:00-2:00

Monday & Friday—by appointment only

Office phone # 841-8891



### Meet Directors Needed

Assume the role of Meet Director for one of our hosted meets per year and this would satisfy your volunteer requirements as stated in the Mandatory Volunteer Program. For more information contact Jim and Angie Evers

865-1662

### Holiday Party

Wednesday December 17th

Holcom Park Recreational Center

4:40-6:30 p.m.

\$10 due by Wednesday December 10th

Swim-a-thon prizes will be awarded

## COACHES REPORT

**Discovery B** continues to work on free and back drills. They have touched on the following other drills, dolphin kick, breaststroke kick and flip turns.

**Discovery A** is working on breast and fly stroke skills. We have primarily worked on breaststroke kick and trying to get all the kids legal in their kick. Butterfly has been introduced, but the focus is the dolphin motion/kick since it is used in all strokes at some point.

**Bronze** have been reviewing all strokes and working on skills such as turns and starts.

**Silver Group:** Swimmer met individually with Coach Sarah to discuss and set each swimmers goals.

**Gold Group:** Gold group has their first two meets in the past month. We had numerous best times and even a few new team records. The emphasis has been on good body posture and "perfect swimming". Our yardage on a weekly basis has increased slightly, but we remain focused on technique.

**Platinum Group:** Platinum swam in the first two meets of the season. Kids swam very well including two team records and swimming many new races. Swimming the longer races for the first time and succeeding in those races was a great confidence boost to many of the swimmers.

**Varsity Group:** The boy's season has started this week, so the group is now mainly female swimmers.

**Senior/National Group:** The focus has been on the basics and emphasizing a real commitment to stroke technique and skill details such as kick outs, efficient turns and stroke mechanics that emphasize fluidity and efficiency. We have spent lots of time teaching and correcting the swimmers. We also make sure that we catch them doing things correctly and complement those who are doing things well or at least making an attempt.

## AQUAHAWK CONTACTS

Presidents Ed & Polly Sloan	841-4087	<a href="mailto:Esloan01372@aol.com">Esloan01372@aol.com</a>
VP of Operations Angie & Jim Evers	865-1662	<a href="mailto:acevers@sunflower.com">acevers@sunflower.com</a> <a href="mailto:jevers@epsinc.com">jevers@epsinc.com</a>
VP of Fundraising Paul Miller	785-559-6414	<a href="mailto:Paul-Miller@payless.com">Paul-Miller@payless.com</a>
VP of Membership Christy Odrowski	331-2883	<a href="mailto:Christy.odrowski@sbcglobal.net">Christy.odrowski@sbcglobal.net</a>
VP Liaison Leslie McCaffrey	841-4339	<a href="mailto:lesliem@sunflower.com">lesliem@sunflower.com</a>
Secretary Jana Flannigan	749-0845	<a href="mailto:spenc-mor@sunflower.com">spenc-mor@sunflower.com</a>
Treasurer Collier Case	841-3024	<a href="mailto:Collier.w.case@sprint.com">Collier.w.case@sprint.com</a>
Age Group Coach Patrick Norman	841-8891	<a href="mailto:normanpphawk@hotmail.com">normanpphawk@hotmail.com</a>
Head Coach Mike Soderling	841-8891	<a href="mailto:mike@aquahawks.org">mike@aquahawks.org</a>
Business Manager Jolisa Buchner	841-8891	<a href="mailto:businessmanager@aquahawks.org">businessmanager@aquahawks.org</a>

## SWIMMING 101

### Why Should My Child Be A Swimmer?

1. Swimming is an outstanding activity for young people.
2. Swimming promotes fitness and teaches a child to strive for physical achievement. Many super-stars in other sports started out as swimmers and gained strength and coordination that helped them to excel.
3. Swimming is an exciting individual and team sport.
4. Swimming is a technical and specialized activity involving extensive skill development.
5. Swimming is a healthy "lifetime" activity. Participants may be 1 or 101 years old.
6. Swimming is a relatively injury free in comparison to other youth sports.
7. Swimming teaches the life lessons of sport and sportsmanship which include learning to deal with winning and losing, as well as working with officials, teammates and coaches.
8. Swimming motivates participants to strive for self improvements and teaches goal orientation.
9. Swimming cultivates a positive mental attitude and high self-esteem.
10. Swimming can prevent drowning.

### Did you know?

Drowning is a leading killer of American children. In ethnic communities, drowning rates are nearly three times the national average. More than 30% of kids are at risk for obesity-related illness. Swimming is a cure.

### Key Questions

While winning is nice, while setting a record, getting a best time, or making a qualifying time feels good, we hope that our young athletes learn more than "it is great to swim fast". No where in human history or theology do we learn that the ability to swim fast holds a very high priority in the grand scheme of the universe. From a practical standpoint, over-emphasis on speed, times and achievements will eventually end in frustration. No matter how fast a young athlete swims, there will probably be another swimmer in the next town, state, or country, swimming faster, if not now, then next month. So as coaches and parents, ask yourselves:

- Did the child learn to swim with more skill this past season so he or she is both stronger and safer in the water?
- Did the child learn to exhibit initiative, wanting to come to the pool and do the practice without having to be constantly pushed or prodded by parents and coaches?
- Did the child learn something about unselfishness, sacrificing his or her personal wants for the good of others or the team?
- Did the child benefit from the competitive experience, learning how to handle winning and losing in our competitive society?
- Did the child learn more patience in overcoming obstacles, setbacks and problems?
- Did the child learn empathy?