

# SQUAWK

VOLUME 17, ISSUE 5

SUMMER 2009

## JUNE BIRTHDAYS

Emily Venters	10	6/6	Lizzy Warner	12	6/16
Kathryn Bach	8	6/7	Ellie Williams	8	6/17
Valentina Rivera-	11	6/11	Isaac Ward	12	6/27
Rodriguez			Courtney Cruickshank	9	6/30
Cami Hansberry	19	6/12			
Makale Hill	13	6/13			

### Changes with the Squawk

The Squawk is a monthly newsletter located on the web site under the Team Information —Team Publications Tab.

Instead of monthly publications, the Squawk will be published three times a year—June/Summer, September/Fall, and January/Winter.

Office Hours  
 Tuesday, Wednesday, &  
 Thursday  
 10:00-2:00  
 Monday & Friday—by appointment only  
 Office phone # 841-8891

### Important Dates

June 5-7th Beach Bash  
 June 13th Lawrence ABC  
 June 26-28th Air Capitol  
 July 7-11 World Championships Trials  
 July 9-12 Wave the Wheat  
 July 22-25 Sectionals/Region VIII Championships  
 July 24-26 Division II Championships East  
 July 31-August 2 Division I Championships  
 August 4-8 USA Open Championships  
 August 7-9 Central Zone Championships  
 Check the website for more specific meet information.

### What's Inside This Month?

June Birthdays—Important Dates—Office Hours—Changes with the Squawk	1
Fundraising—July Birthdays	2
August Birthdays—Aquahawk Contacts	3
Swimming 101	4



## FUNDRAISING

**WAVE OF THE WHEAT**

ALL SWIMMERS IN SILVER, GOLD, PLATINUM, SENIOR AND NATIONAL GROUPS SHOULD HAVE PICKED UP THEIR WAVE OF THE WHEAT PACKET AT THE SPRING BANQUET OR IN THEIR FOLDER AT THE LIAC.

DEADLINE FOR NEW BANNER ORDERS IS **JUNE 17<sup>TH</sup>**. YOU MUST COMPLETE AN ORDER FORM AND TURN IN WITH THE FUNDS.

DEADLINE FOR BANNER RENEWALS, HEAT SHEET ADS, POWERPOINT ADS, HEAT SHEET MESSAGES AND EVENT SPONSORS IS **JUNE 19<sup>TH</sup>**.

PLEASE TURN IN ORDERS WITH THE FUNDS AS YOU RECEIVE THEM.

PLEASE PLACE ORDERS IN THE "MILLER-FUNDRAISING" FILE AT THE LIAC.

EACH SWIMMER IS REQUIRED TO RAISE \$175 IN ADVERTISING SALES.

ANY SHORTFALLS WILL BE BILLED ON YOUR JULY AQUAHAWK'S STATEMENT.

PLEASE CONTACT Jill Miller at [jillamiller05@yahoo.com](mailto:jillamiller05@yahoo.com) with any questions.

**TEAM PHOTOS**

THANK YOU TO ALL THE SWIMMERS THAT PARTICIPATED IN OUR INDIVIDUAL AND TEAM PHOTOS.

THE PHOTOS WILL BE READY IN MID-JUNE AND WILL BE DISTRIBUTED IN THE FILES AT THE LIAC. A NOTE WILL BE SENT OUT TO ALERT YOU WHEN THEY ARE IN.

INDIVIDUAL SWIMMER BUTTONS WILL BE AVAILABLE FOR PURCHASE AT THE WAVE OF THE WHEAT SWIM MEET. IF YOUR CHILD'S PHOTO WAS TAKEN, BUT YOU FORGOT TO ORDER, YOU CAN CONTACT MAGGIE AT SPORTS PHOTOGRAPHY PLUS 913-829-0613.

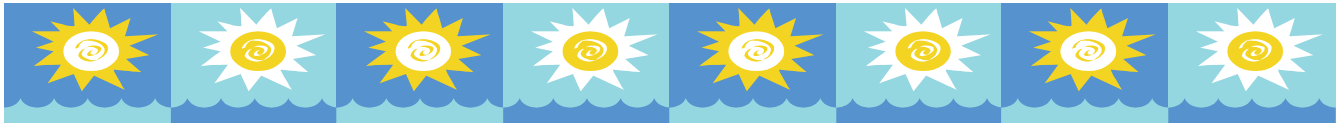
## JULY BIRTHDAYS

Thomas Bach	11	7/1	Madeline Neet	18	7/17
Parker Watson	18	7/3	Joe Miller	12	7/18
Crosby Dold	10	7/5	Courtney Caldwell	12	7/22
Erin Houk	18	7/9	Sydney Sirimongkhon-Dyck	11	7/22
Kiara Clark	12	7/9	Zoe Prather	10	7/23
Abby Frye	10	7/13	Cameron Case	18	7/23
Maddie McCaffrey	14	7/13	Marnie Bolen	11	7/26
Bonnie Miller	10	7/14	Abbie Treff	10	7/26
Simone Herlihy	10	7/15	Sydnee McCollum	10	7/27
Audrey Head	11	7/17	Alex Ginsberg	12	7/28
Jon Price	21	7/17	Cooper Hicks	11	7/31



## AUGUST BIRTHDAYS

Landon Sloan	9	8/1	Jason Edwards	9	8/15
Luke Edwards	9	8/1	Jon Saathoff	13	8/21
Bailey Watson	14	8/3	Trust Marshall	14	8/23
Ella Blake	8	8/4	Elle Weber	17	8/23
Matt Mitchell	13	8/6	Savannah McCollum	12	8/24
Sisi Srisutiva	15	8/10	Maddie Dalcamo	17	8/26
Sydney Lin	10	8/12	Kat La Fever	12	8/29
Heather Cistola	14	8/12	Molly Lockwood	13	8/30



## AQUAHAWK CONTACTS

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## SWIMMING 101

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

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 the 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 clam 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 will be able to use them effectively. We also know that excessive anxiety can be damaging to both performance and to the athlete’s desire to enter such situations in the future. Two factors which have been 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, this suggests that you can play an active role in reducing competition anxiety by de-valuing the outcome of the event and by focusing on the individual performance over which the swimmers have control.

### 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 breathing
- \* positive self-talk
- \* relaxation exercise
- \* think of successes
- \* stretching
- \* visualize race
- \* listen to music
- \* focus on goals
- \* light massage
- \* distract by talking with family and friends

**GO AQUANAUTS**