

With dedication, persistence, consistency, and enthusiasm, any dream a swimmer has can come true.....

Seniors

"No season can be successful if we are unable to stay healthy; as Fall sets in and we start to train hard, it is crucial that we take care of ourselves as well as possible in as many ways as possible."
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HS Dev & AG I

"Focus on what you want AG I. We are here to help you get where you want to go. You, just like our inspirational wrestler, have to do it with gusto!"
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Age Group II

"If I can drill one habit into the group, it would be to have perfect, hand over hand streamlines, every single time they push off the wall."
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F R O M T H E P R E S I D E N T

Welcome to all the new families and welcome back Cascade members.

What an incredible Summer Swim Season. Great weather at all of our outdoor meets, lots of volunteers and a really wonderful environment supporting our young people. Many of us were reminiscing about how many weekends we spent at the Seattle Open and how different things will be as many of us move on. While this makes me very sentimental, I have also seen the swimming community re-energizing with new leadership and new families taking charge to make things great for the next generation of children. We saw many new faces and folks who just came out to help (ok, to get the hours in, but hey, it works to bring folks to the table). I hope that many of you will seize this opportunity at the fall picnic to step into new leadership roles knowing that we have put in place a policy that gives everyone an opportunity to help out and that you will have support in leadership roles. And there will be many roles I hope new folks step up and get involved. It is truly an amazing opportunity and a lot of fun. I have to say I laughed more this summer than I have in a long time. And face it, we all need more of that. *"The Thriller"* re-enactment by a visiting club at the Seattle Open, the trivia, the antics of our referees, all made for great memories. Thank you to all the folks, Jean, Rene, Scott, Jan, Dwight, Shannon, Deirdre, Donna, Leif, Kelley, CHUCK and team, Lee, Karin, Paula and everyone who worked so hard to make this a wonderful and memorable summer. As usual it was a privilege to be there with you supporting our young people.

On a another note we will be recruiting about 50 new families to support the new Ballard and Queen Anne

pools. Please help out in your neighborhoods by talking with folks about joining and trying year round swimming. We are especially interested in finding new members from the Ballard, Queen Anne and Magnolia area. Spread the word.. Thank you all for everything you do to make Cascade the incredible community it is.....

As I step down from the leadership role, I am confident that the club is in great hands. Lee Fitch will be assuming the role as President and Lee is a great leader both within Cascade and the community. Lee brings a thoughtful approach to all problems and challenges I have worked with him on and will do an outstanding job as your President. The club is in great shape with many new programs and families. We have new challenges and opportunities and I know Lee will be a strong advocate for all that lies in Cascade's future.

Let me take this opportunity to thank everyone I have had the privilege of working with. All past and present Board members, the incredible coaching staff especially Tom who you know stepped in to fill a huge leadership gap and, Lisa, who brings such expertise and energy to our age group program. It has been a learning experience and an honor to work with both of you and experience your LOVE of swimming and children. Thank you to each of the volunteers and all the people who have made my job easy,

It has been fun, it has shaped the life of my family and I know so many others. See you all on Deck.

Melinda Giovengo, Ph.D
 President

I have something I want to explain to both swimmers and parents and then give them both a chance to think about it during the break and then think about it some more when the new season starts and goals and commitments need to be established. The subject involves the way positive thinking, realism and optimism relate to each other when we set goals and attempt to realize them.

The fact that positive thinking is a powerful tool is widely accepted and properly so. The problem is that people all too often engage in empty positive thinking, which happens when they pay lip service to being positive, but don't do what it takes to make positive things happen. This is where realism needs to fit in and ideally it should be acknowledged by not only the swimmer and the coach, but also parents and peers. Since parents and peers have a strong tendency to want to be positive, it is common for both to say "good job" after a poor race or to downplay the importance of a missed workout. This is an example of empty positivism. Unfortunately, in reality these well-meaning positive sounding statements really aren't positive. Reality needs to be accepted, not downplayed.

In the same vein, optimism is an essential tool in an often frustrating sport, but it also has to be leavened with reality. Optimism isn't functional or useful unless it is based on behavior. If a swimmer averages 4.3 workouts per week while professing to be positive and making optimistic goals, it is realism when they are told they probably won't reach their goals. As I stated above, optimism is important in helping to maintain a positive attitude when facing adversity; it is in fact, what keeps swimmers from quitting

after disappointments and it is what keeps coaches from giving up on people who repeatedly make the same mistakes. What this forces us to learn in relation to optimism is that we need to be able to differentiate between empty optimism and true optimism in order to be realistic about our goals.

I have watched many athletes fail and never learn from their failures, but the athletes that fail many times to the point that I have been ready to write them off who finally put it all together and have success, keep me optimistic and have taught me that realism can be embraced along with optimism. A very important lesson to learn here is that the most realistic person needs to be the most optimistic in order not to give up because the most realistic person really understands how hard it is to do something as well as it needs to be done in order to succeed.

I know that no matter what I write here, or say to any one person, there will be a large percentage of people who will still need to learn from their own mistakes and there will be some who never learn. It is my hope that some of you will acknowledge and understand what I have been discussing and because of this will have more positive experiences that are real and satisfying.

"If you are going to talk the talk, you better be ready to walk the walk". Unknown.

Tom Pardee

A little something I'd like to add for the fall:

No season can be successful if we are unable to stay healthy; as Fall sets in and we start to train hard, it is crucial that we take care of ourselves as well as possible in as many ways as possible.

Get as much sleep as possible; you need rest to fight off germs and rest to rebuild after hard workouts. Eat healthy; your body needs fuel to do the work and building blocks to repair and build muscles. Get a flu shot (maybe 2 this year); it could save you from a couple of weeks of misery, and no training. Do rehab exercises if you have ever had shoulder problems or preventive exercises so you won't get them.

Let's be proactive so as not to miss workouts unnecessarily and to have a more productive and rewarding year.

Welcome back swimmers and parents! Here we go with Season '09 – '10! A bunch of crazy kids racing up and down a pool around a black line and seemingly nutty parents (from an outsider looking in at the dedication) driving every day to practice and feeding hungry mouths. WHY DO WE DO IT!!!??? I had some amazing conversations with a few CSC AG I parents last summer at meets about that. There are the normal obvious reasons families do it:

- Extremely strong fit kids
- Great sport based on personal accomplishment
- Athletics teaching life lessons
- Friendships formed

All great reasons, but one subtle aspect that arises is the “talking time” actually spent together as a family. I too, was raised in a swimming family and later raised a swimming family myself. Thinking about the time spent driving to and from practice I got to really talk to my Mom or Dad without my brother around! When my Dad or Mom took me to a meet I got them to myself! I loved it! As a Mom, when I drove my son to practice I learned things in the car I am POSITIVE I would have never heard otherwise. Those sentiments were mirrored back to me last summer by many of you. Sitting at a pool reading, knitting, writing or running errands during practice was actually kind of fun. Cushioned around that was time to spend with your swimmer. Sitting at summer meets in the sun (I know, it was an unusually pleasant summer), and watching your kids while sitting with other CSC parents or working the meets was well, fun! “Relaxing” even I heard you say if you just let the laundry and mowing slip from your mind. Family time only lasts a few short years...enjoy those daily chats in the car!

I went to Phoenix a couple weeks ago on family business, I know.....Phoenix in August...a bit warm, “110F-ish”. I got an amazing hotel deal though! To keep myself occupied I went and introduced myself to Dorsey Tierney Walker, Head Arizona State Coach for the men’s and women’s swim teams. I had a *blast* talking to her and watching their one and a half hour dry land session

in the outdoor ASU track stadium. While this was all great fun and quite interesting, someone else in that stadium that morning really caught my and ultimately the ASU swim team’s attention. When we arrived at the stadium the ASU wrestling team was already practicing by riding on each others backs while they climbed the stadium stairs. Just for visualization purposes, these collegiate wrestlers were NOT delicate flowers! Pretty soon they were all starting individually at the bottom, leaving on the whistle and running up every other bench in the stadium at full speed and then walking back down. The person who caught my attention was a young man on the right railing of the stadium. The whistle would blow and off he would go, while he was not the fastest, he certainly was not the slowest. *He had one leg.* I thought I was seeing things! This young man hopped like a bird ALL THE WAY up the stadium every other stair just like everyone else! I was absolutely floored, impressed, astounded and slack jawed at his determination! Pointing him out to Dorsey, who was equally impressed, the strength coach pitched in that this young man was presently seeded 8th in the US and that his free weight lifting was probably the best on the team. Dorsey brought the team over to watch. He was so inspiring that morning to so many doing just what he always does. Expecting the best out of himself, not letting his differences get in the way of what he wanted, knowing that he had to work harder to get what he wanted than anyone else on that team. There were most definitely team members puking over the top edge of those bleachers that morning, not this athlete. He grabbed his gear at the end of practice while most of the rest of the team sat and rested and made his way to the showers not knowing how many of us he had taught a lesson to that morning.

Focus on what you want AG I. We are here to help you get where you want to go. You, just like our inspirational wrestler, have to do it with gusto!

LISA PACE



I am thrilled to be the Group 2 coach for another fun, exciting season with Cascade! This will be my fourth season with the team and each year seems to get more and more enjoyable. Here are a few things I want to touch upon as we begin a new year:

- **Swim meets are a vital part of the swimming experience.**

There were some swimmers last year in Group 2 that never attended one swim meet the whole season. This is a shame. While swimmers do get opportunities to test themselves in practice, there's nothing comparable to doing it in the more pressure-filled atmosphere of a swim meet. I know some swimmers are scared because they know they will not be the best. This is flawed logic at its finest. You can't control what anybody else does in the pool but you can control how you swim. What makes swimming such a great sport is that really you are competing against yourself, trying to go the fastest time as possible. That's what a swim meet really is: a bunch of people pushing each other to be the best they can be. It's not about being better than anybody else or somebody being better than you.

- **Stay Longer and Get Stronger! Dryland.**

Every Monday, Wednesday, and Friday after practice I run an optional Dryland session that lasts about 10-15 minutes. I keep it optional because I believe it is very powerful when swimmers consciously choose to stay longer as opposed to feeling forced to. This has made Dryland a very fun experience for all that have participated.

- **Focus as you swim.**

Nobody has a perfect stroke and everybody has something to work on. If you're not sure what that is, come talk to me, and I will find something. In order to change your strokes, turns, etc. for the better, you have to have complete focus on it EVERY TIME you do it. Swimming is just as much a mental sport as a physical sport (if not more so).

- **Visit the Group 2 Blog at <http://www.cascadegroup2.net>**

See you at the pool,

JORDAN RICE

We are off to a busy start to the year – lots of kids in the pool already!!

Please make sure that you have been sent an email from **Team Unify** with a password for your account. This will be *our main source of communication* throughout the year, a place where you will be able to check your account, print off invoices (no more payment coupon booklets), and enter meets, as well as check results, read the newsletters, and check the monthly calendars. We are excited about all of the information that Team Unify will be able to provide for you. Also, make sure that the information on your account is correct – you can change your address if you need to, your email, or anything that isn't current anymore, by yourself on your account.
