

February 2010

The Manatee Monthly

Speedo Tip of the Month Behaving Like a Champion

This month's Speedo Tip comes from Jenny Susser, PhD//Sport Psychologist.

"Dealing with distractions is something we all must do on whatever level we compete, whether it be the Olympics or sectionals. Making good decisions when under pressure is a life-long challenge. You will still make mistakes, but that's part of being human.

An important part of making mistakes is how you deal with them and then trying to learn from them. Being a competitive athlete offers daily opportunities to "behave like a champion," not just during a meet, but also in practice and in everyday life.

How about while you're having a bad set or workout, and you know you need to act one way when you'd much rather throw a tantrum and cry?

How about when you miss that cut by .01 of a second in the mile?! Sure, you will be disappointed. Who wouldn't? But is it "champion" behavior to throw your cap and goggles and quit swimming?

No. A champion would get upset (for a short time), dust themselves off, get back to training and try again.

Behaving like a champion shouldn't be reserved for those who are winning and only when you are competing. Sport is about many things, and winning is only one of them, no matter how important it might seem at the time.

Behaving like a champion and being mentally tough is a much greater challenge when you are NOT winning, which might mean more and make you an even greater champion...in and out of the pool."

MPSCPA Meeting:

When: February 8th,
7:00pm

Where: PW Program
Bldg

Who: All MPSC
Members



Approved Swim Suits for 2010

On January 25, 2010, USA Swimming issued a policy regarding FINA approved swim suits. A complete copy of this policy is attached as a pdf to this newsletter. It includes a completing listing of approved swim suits for competition.



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February Birthdays

Victoria Conley - 11
 Jolie Crunelle - 8
 Reid Darby - 12
 Tyler Evans - 10
 Amo Poulnot - 11

Important Dates...

2/10/10 - State Meet
 Pump up Dinner

2/12/10-2/15/10 - SC
 Short Course State Meet

2/20/10-2/21/10 - Grand
 Prix Championship

Manatee of the Month:

A manatee of the month is someone

- ❖ who is a leader
- ❖ has good work ethic
- ❖ is committed to personal goals
- ❖ is a responsible teammate

The Manatee's for February are:

Blue - Jamie Horowitz
 Orange - Madison Santi
 PreSenior - Rebecca Groves
 Senior - Winslow Dibona
 Senior Elite - Chase Muller

18 MPSC swimmers made the 10 listing for SC swimming as of 1/24/10. These swimmers are as follows:

Girls:

Laura Brotherton	Allie Buechele
Rebecca Groves	Kate Hughes
Haylee Hanling	Hanna Humphreys
Anna Kassis	Danielle Morrin
Chase Muller	

Boys:

Matthew Adams	Andrew Bagley
Dirk Bell	Ben Hillebrand
James Koval	Jonathan Lierley
Zach Lierley	Peter Lowery
Travis Morrin	

For information regarding the events these swimmers placed in visit <http://www.sc-swimming> under the Times Tab.

MPSC Facilities and Contact Information

R.L. Jones Center
 391 Egypt Road
 Mount Pleasant, SC 29464
 Phone: 843-884-2528

Park West Pool
 1251 Park West Blvd
 Mount Pleasant, SC 29466
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