

# Carolina Splash

SC Swimming Newsletter – Feb. 1, 2006



## A Note from the SC Swimming General Chair:

2006 brings to SC Swimmers a bit of the usual, but also a few changes. One high school senior from our state will again receive the Jennifer Smith Scholarship Award. This monetary gift, given to a high school senior who plans to swim in college, is generously donated by the Smith Family and is overseen by the Spartanburg Foundation. Application and details about the scholarship will be available through your club coach this month.

The SCS website is finally seeing some updates, and we appreciate your patience. If you have ideas or thoughts about what you would like to see on our site, and what would be helpful, please send them along; we need and appreciate membership input.

Our annual All State Banquet – our statewide swimming party, so to speak, returns to downtown Columbia. The Athlete Committee is planning a pancake breakfast for our older athletes, and All State will include the traditional dance for swimmers. After last year's 30 degree wind chill factor, parents might be pleased to hear that it will be held indoors.

The Southern Zone Meet returns to the southeast, and that's good news for us. SC swimmers making our zones team will head to Georgia on a bus this year, during the first week of August.

On the business front, SC Swimming is looking for two new volunteers: Safety Chair, an appointed Board of Directors position, and Chair of the Marketing Committee. Safety Chair involves overseeing accident occurrence reports within the LSC; the Marketing Chair is someone who can sell the great sport of swimming to our general statewide population. If you're interested, please contact the LSC.

Vicky Montgomery, General Chair

### [Check out SC Swimming's Updated Website!](http://www.scswimming.org/)

There are many changes taking place to ensure members are in the know.

<http://www.scswimming.org/>



**Need to Contact  
SC Swimming Office:  
Office and fax are the  
same number –  
(803) 252-5957.**

### SC Swimming Calendar of Events:

**February 3-5 - State  
Qualifier Meet – Hosted by  
Rays.**

**February 12, 2006 – SC  
LSC BOD Teleconference  
@ 3:30pm.**

**February 17 – 20, 2006 -  
SC State Championship  
Meet – Hosted by YSSC.**

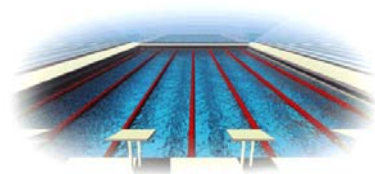
**March 4-5, 2006 – 8 &  
Under Championships –  
Hosted by Team Greenville.**

**March 9 - 12, 2006 – Sr.  
Championships Brentwood,  
TN.**

**March 18, 2006 – Age  
Group Sectionals.**

**March 24, 2006 –  
Palmetto/Spring Champs –  
Hosted by Team Greenville.**

**April 22-23, 2006 – SC All  
State Banquet – Held in  
Columbia, SC.**



## ***SC LSC TIDBITS***

**SC LSC Membership** – As of January 20, 2006 the South Carolina LSC currently has 20 registered clubs, down five teams from last year. Of those five teams, two of them dissolved last year, and one merged with another team. Currently we have 1839 athletes registered for 2006, this is also down from the end of 2005 by 130. Some of this can be attributed to clubs not re-registering their athletes prior to the end of the year. All swimmers should have been registered by the end of 2005 if they planned to continue to swim in 2006. When a swimmers registration is not renewed by the end of the calendar year, they are not covered by USA Swimming insurance in the “new year”. Please, remember to get your swimmers registered in a timely manner.

**Transfers** – when a swimmer transfers between clubs a transfer form must be filled out and turned into the office along with the electronic batch file. Until that transfer form is turned in the swimmer is actually attached to their old club. This can be an issue when a swimmer moves to a new team. For example swimmer Johnny Doe is transferring from Team A to Team B, if Team B doesn't turn in a transfer form, Johnny cannot swim for Team B even if the 120 days have gone by. Johnny must swim unattached. Transfer forms can be found on the LSC web site. The last date of attach is extremely important, it will determine when a swimmer may begin competing attached to their new club, in this instance Team B.

**Meet Close Outs** – All meets through the end of 2005 have been closed out.

**Registration** – I would like to thank everyone for their patience in learning how to register their swimmers electronically this year. It has been a learning experience for everyone, myself included. I have learned several things, some of them this past week that will make future registration run a little smoother. Again, thank you for your patience, and if you ever need help, do not hesitate to call me.

Dena Goeckner  
Registration/Sanction

**South Carolina Swimming Wants YOU  
to become an Official for USA Swimming!!!**

Be on the lookout for the new handout which outlines what it takes for anyone to become an Official for USA Swimming! If interested, contact Head Official Kent Easty @ [eastys@islc.net](mailto:eastys@islc.net) and or Assistant Head Official Jim Keogh @ [jkeogh@scvrd.sc.us](mailto:jkeogh@scvrd.sc.us).

## Age-group Committee News...

- The SCS Top-10 lists are now appearing on the SCS website and is being updated up to twice per month based on meet results, but can also be seen on the CAT website at [www.ClemsonAquaticTeam.org](http://www.ClemsonAquaticTeam.org) ...
- 2006 Southern Zone Championship Team information is being prepared and will be available soon...
- 2006 SCS Short-course and Long-course State Championship time standards should be posted on the SCS website, but have not changed from 2005...
- 2006 ESSZ Age-group Sectional Championships will be held March 16-19 in Charlotte, NC...
- Age-group Committee is diligently working on philosophies for various areas of swimming in the SCLSC - Age-group swimming, Zone team, etc.

**James Smith**  
**Age Group Chair**



### **The Jennifer Leigh Smith Swimming Scholarship**

Jennifer Leigh Smith was a talented and extraordinary swimmer whose untimely death was a tragic loss to all those who knew her and especially to the competitive swimming community. The most coveted and prestigious honor awarded by South Carolina Swimming now carries her name.

The scholarship will be in the amount of Two Thousand Dollars (\$2000.00).

Application forms are available for downloading on the South Carolina Swimming website: [www.scswimming.org](http://www.scswimming.org).

Any questions should be directed to Roy Dessloch at [TGCoach@aol.com](mailto:TGCoach@aol.com) or 864-220-0209 (office). Please note Jennifer Smith Scholarship in the subject line.



**Have you checked  
out what is new  
with USA  
Swimming lately?**

<http://www.usaswimming.org/>

**MY USA Swimming is  
up and running and  
available for swimmers.**

Take full advantage of USA Swimming's site by creating an account. If you are a USA Swimming member, you can link your web account to your USA Swimming Membership.

Some benefits of linking your web account to your USA Swimming Membership:

- Individual home pages for all swimmers and coaches.
- Display of personal best times and meets participated in.
- Graphical display of times information.
- Seasonal and lifetime best comparisons of times by percent and second change.
- Member only shopping benefits and promotions.

**Also – Check out the  
*I.M. Extreme Challenge***

## 2006 All State Banquet

**When:** Saturday  
April 22, 2006

**Where:** Columbia, SC  
Marriott Downtown

**Who:** Any registered US  
Swimmer, families and  
coaches

**Time:** 6:00pm

**Cost:** Adults: \$16.00  
Athletes: \$8.00  
Coaches and honorees:  
dinner is provided.

Look for registration information will be sent to the teams during February. All reservations and monies MUST BE IN NO LATER THAN APRIL 14, 2006.

**The deadline is FIRM!** Any reservations after that date will not be accepted.

Everyone must make a reservation, even coaches and honorees.

A dance will follow the banquet for athletes with chaperones present.

**Come join us in honoring  
our swimmers!**

***Hope to See You There!!!***



**CALLING ALL  
TIMERS!!!**

Several club meet hosts have had difficulty recruiting timers. Consider this: *A New Year's Resolution and a chance to dispel some myths about being a TIMER:*

*Myth:* I want to leave the pool and can't. *Reality:* Not true. Host clubs are more than happy to get relief timers if you are willing to pick up a watch. Consider splitting a session with someone else.

*Myth:* I can't watch my child swim. *Reality:* It's the best place in the house to watch your child swim. And the only place on the deck where you can legally be there and wish him good luck. And the only place that you can know everything that's happening during the meet.

*Myth:* I hate timing the distance events - the 500, 1000, the mile. *Reality:* Most meet info says that each swimmer must provide a timer for distance events, so that you don't have to stick around if your swimmer isn't competing. And if you do stick around, there's a lot of down time for conversations.

*Myth:* I can't sit with the team. *Reality:* Talk another team parent into it, sit in the same lane, and you'll end up enjoying yourself.

*Myth:* The club should have brought in all outside people to time. *Reality:* A lot of clubs try to do this, but it is much easier said than done.

*Myth:* I don't like club "XYZ" and don't want to help them. *Reality:* Politics should stay out of it. It's about the kids.

*Myth:* I'm no good at timing - I mess up. *Reality:* That's why we have backup systems and backup watches. Good faith efforts are most appreciated.

*Myth:* Nobody else is helping, why should I? *Reality:* Many people in this lsc are concessions workers, Board of Review members, Committee members, Safety representatives, officials, Board, hospitality and the list goes on and on. It takes all of us to make the sport work.



## **COACHES CORNER:**

Greetings to all of you in the New Year, the championship season is just around the corner! Swimmers are preparing to reap the rewards for all the preparation and hard work they have put in and coaches are eagerly anticipating the fast swims we know the kids are ready to bust out. It will be an unforgettable season. But no matter how fast or far the swimmers swim, the things that will stick with them the most are their relationships with their teammates and the time they shared with you-their coach. Athletes often rank their coaches among the most influential people in their lives. This is an amazing opportunity and a great responsibility we all share. I want to share a short article by John Leonard of the American Swimming Coaches Association with some great tips on being a great coach for your swimmers. Follow Those Thirteen pieces of advice, and your coaching and your relationships with athletes will blossom, regardless of the age of athlete you coach. Wishing you the best of success!

Scott Bonine , SCLSC Coaches Representative

### **Becoming a Memorable Swimming Coach.** By John Leonard (adapted from Dale Carnegie)

**1. Act like the Host** – no matter where you are, make people feel welcome and make them know you are glad to see them there. You are the Host at practice and swim meets, even if its not your home meet, for your own swimmers...you invited them there.

**2. Remember Names and Use Them.** – Dale Carnegie said “The sweetest sound in the world to a person is their own name.” You know its true. Act on it.

**3. Make Eye Contact and Smile** – Basic interpersonal skills. Use them every day in practice...even if you have a hard message to deliver that day.

**4. Focus your attention on the other person.** People swim fast when they feel important. They feel

important when they are listened to. Become a great listener. Make them feel like they are the only person in your universe for the moments you speak to them. Thanks to Jack Nelson for being the prototype of this for many coaches.

**5. Send the right signals** – make sure your body language, your facial expressions and your words all match, or the mixed signals that result will cancel out any message you want to deliver or receive.

**6. Be Enthusiastic.** Nothing happens without it. Your athletes reflect you and your energy.

**7. Show your sense of humor.** People repeat experiences that are pleasant. Your humor can make any experience good for your athletes.

**8. Be versatile.** Things change. People change. Your flexibility in dealing with things will make your athletes equally facile at adapting to things that are “less than perfect” at a meet, practice, or social situation.

**9. Speak concisely.** It’s a sound bit world today. Make yours count. Know what you want to say. Say it short, sweet and memorable.

**10. Get on their wavelength.** Learn to adapt your speaking style, manner, pace and language to theirs. Make them comfortable with communicating with you. You come to them. Don’t make your athletes come to you.

**11. Ask others for their opinions** – You’ll be amazed how brilliant a conversationalist you will be remembered as if you will do this.

**12. Don’t interrupt. Hear people out.** Sometimes they just have to get things off their chest. Let them. Its hard to breath with stuff on your chest. You can’t be comfortable if you can’t breath.

**13. Compliment them.** Studies have shown that young people today (ages 7-15) “hear” compliments only if they come in a 1:1 ratio (or better) to “corrections.” So if you spend a lot of time correcting and only 10% complimenting, your coaching will be rather unheard. Conversely, if you compliment a lot and correct a little, you’re likely to be heard by your athletes. Read that again please. Its scary....you have to compliment as much or more than you criticize if you want today’s athletes to hear you.



## *Athletes' News:*

The Athlete Committee met the first weekend in January. Athlete's basically discussed 2 items before going to lunch. The first was the Jennifer Smith Award. As hard as it was to get one athlete rep. from each team it is going to be even harder to get one that is not a senior. More information will be coming out for that in the next few weeks. The main thing we discussed was the possibility of an athlete 'get-together'. The main objective this year for the committee was to the athletes together more outside of meets, this is just another activity for us to get together.

Jason Chatlosh, Sr. Athlete Chair



**Athlete's – “*NEW*” for  
2006 All State Banquet –  
Pancake Breakfast! Stay tuned  
for more information!**



### *Note from the Treasurer:*

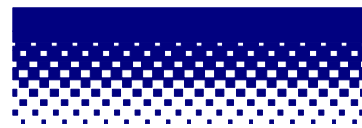
The office and I will be sending out statements to each of the clubs to let them know where our records say they stand financially with regard to registrations. That will be as of January 31 and will come out early February.

Owen West, SC Swimming, Treasurer

## *Meet the new face at SC Swimming*

- Tori Blum is now working in the SC Swimming Office. She has been working hard with registrations and learning to update the website. She was recently married to Wes Hardin and will eventually be Tori Hardin. They were married on 12/30/05 while flying in a hot air balloon over Columbia.

Congrats to the Happy Couple!! Welcome to SC Swimming!!!



The next *Carolina Splash* will come out on April 1<sup>st</sup>. Please submit ideas for the next newsletter & or articles by

March 20, 2006  
to Charlotte Rupp @  
[crupp1@sc.rr.com](mailto:crupp1@sc.rr.com).

*Thanks to everyone who provided input  
for this newsletter!*

*Thanks to* [www.swimgraphics.com](http://www.swimgraphics.com).