

MAY 10, 2008

SOUTH CAROLINA SWIMMING NEWSLETTER

May 2008

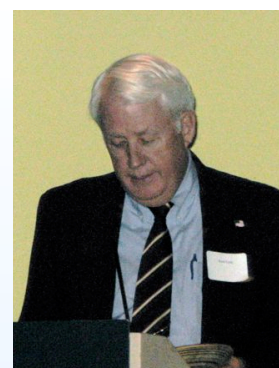
An open letter to our membership:

A couple of years ago we held a ‘retreat’ and brainstormed ways to get South Carolina Swimming bigger, better and faster. A lot of good ideas came out of that 48 hours, and today our vision is to “Lead the Nation” in various aspects of swimming.

In some ways we’ve accomplished that. SCS has a great office that assists our clubs and you indirectly as athletes and parents – we’ve become a successful business. We’re in terrific financial shape, have established new programs and have had just about the best swimming year in a decade and a half. I’m particularly proud of a couple of our programs that emerged out of the retreat—the Jennifer Smith relay meet that raises endowment money for our yearly scholarship from the Smith family, our athlete breakfasts, which attract far more numbers to meetings than many larger lscs, and our Outreach program, which helps athletes who need financial assistance attend meets.

While we like all of the positives, there are many, many things that we can do better. Our Board of Directors continues to try to tweak things to make progress so that South Carolina Swimming can change and try to keep moving forward.

Primarily I’m proud of our swimmers. This year we’ve had Y nats winners, kids at Nationals coming back at night, Junior National Champions, and we’re sending 5 swimmers to the Olympic Trials. We had 22 Junior National Qualifiers and sent new faces to the NCSA Coach meet in Orlando. The stack of certificates for new state records in ‘08 was



Kent Easley

Congratulations to Kent Easley who was recently recognized as Volunteer of the Year!

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several inches thick. We had swimmers all over last year's Top 16 list and USAS' new Top 10 list. Not bad for a year. We need to keep up the good work.

As I leave the Isc's General Chair position in several weeks, a couple of things come to mind: if you're a parent, volunteer. We're all too busy, we all have jobs and other kids and outside lives. Anything can be an excuse not to pick up a watch at a meet, not to attend the meeting for your local club. But I can pretty much guarantee that if you spend some time volunteering in swimming, you might surprise yourself with the wonderful people that you meet. From Florida to North Carolina to Virginia and all of the states in between, I can safely say that I've met some lifetime friends that never would have materialized without swimming. You'll make an impact in the life of your child if you volunteer, but you can also make a huge impact upon your own. Think about it.

Keep your kids in the sport. As a whole (and NCAA stats will back me up), swimmers are motivated, hard working and achieve more in the classroom. On a personal note, swimming has been great for my family – it's propelled my elder kids into good schools and social groups; my youngest has gotten a lot of joy out of swimming—the true meaning of youth sports. I hope that continues.

Athletes: Yes, you've made great progress in the last decade. But much of your charm, and ours reflectively as an Isc, is the kind of people that you are and that you become through our sport. Several years ago after a Zones trip to Texas, a random passenger on an airplane wrote to USA Swimming regarding our swimmers. He said that you were “polite, intelligent, kind and personable” as a group. That comment was almost as bedazzling as some of the great results from the meet. The sort of people that you are, your charm, so to speak, sets us apart from many other sports organizations. Anybody can be fast in swimming. Not everybody can be fast and have really great character at the same time. Remember that the next time you're on a pool deck. It's a great weapon, and it's yours.

Best wishes. I'm proud to be a part of our sport, proud to have been a part of our Isc, and I hope that you are too. Make a difference, and “Lead the Nation” in whatever way you can.

Best,

Vicky Montgomery
General Chair, SC Swimming, Inc.

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Bringing Back Competition for Kids is a Winner

by Sue Pascoe

“These are the times that try men’s souls...What we obtain too cheap, we esteem too lightly; it is dearness only that gives every thing its value.” So starts one of the pamphlets in Thomas Paine’s “The American Crisis.” Although he was speaking of the Revolutionary War, his words ring true in our modern times in a surprising area: raising children.

My children’s first trophies came from YMCA Iddy-Biddy basketball at the age of 4. With the most recent addition of AYSO soccer trophies for my three children, our household now has close to 100. Trophies may mean something to parents—many of whom were raised when they still had value—but for my children they aren’t associated with winning, excellence, attendance or even hard work.

You’d be hard-pressed—in sports or school—to know that children have issues with winning and losing. In an effort to make sure no child feels bad, all competitiveness is erased. Just because competition is ignored doesn’t mean it’s not there—it’s instinctive.

Last year, six high school swimmers, who had been with the local YMCA program since they were 7 years old, worked hard enough to qualify for Y Nationals. You’d think the Y would be ecstatic. Instead, the director said that too much emphasis was placed on these “elite” swimmers. In August he did away with the competitive swim program because someone might feel bad. Excellence was the undoing of a program. After parents complained that all levels of swimmers were participating, and that younger ones needed someone to look up to, he agreed to reinstate a competitive program for the younger children, but no coach was provided for the high school kids. This emphasis on keeping competition to a minimum infects every sport.

Unfortunately, the well-intentioned drive to put all children on the same level also extends into the classroom, thereby requiring the same programs for all children. Second-graders who can multiply and figure out logic problems are still required to do the simple addition problems as the rest of the class. All students are required to take algebra to graduate, even if their brains aren’t wired that way. A special-education kid who isn’t toilet trained and is blind and partially deaf is in a regular classroom, “mainstreamed” because “we’re all the same”.

It’s the reign of mediocrity and the death of common sense. I laughed at the movie “The Incredibles” because the parents wouldn’t let their son enter sports because he could run too fast. At the end of the movie, they let him enter a race, but he still “dumbed” it down, winning, but only barely. “Diversity” is the catchword for all that’s right, but it’s also the catchword that “dumbs” everything down. In other words, diversity means skin color or religion; it doesn’t actually mean we want people with diverse skills and talents.

When I was in third grade, a spelling contest took the top two winners from each classroom to represent the school in a countywide contest. I didn’t make it and went home crying to my mother. Today, she’d sue the school district and the contest would be banned. Instead, she talked to me about my strengths. We talked about how my best friend had won it and how she

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was particularly good in that area, how it would be nice if I could cheer her on. My mother took a devastating time for me and made it into a life lesson about an individual's uniqueness.

Kids can take it. They know who's smart in class. They also know the smart kid in class may not be the best athlete. The most popular kid may not be the most creative. It's time to celebrate real differences or at least let them exist. Bring back spelling bees and math contests in elementary school and celebrate the winners. Choose royalty in a school based on a popular vote. Have art contests with real winners. Do away with participation medals, trophies and ribbons.

In life, we lose far more contests than we win, and learning to lose is as valuable as learning to win.

(Sue Pascoe is a writer in Los Angeles)

For one reason or another we all fall short from time to time. The important thing about failure is to learn from it, and use it to grow into a better person, swimmer, etc. You may recognize some of these "failures".

- Einstein was 4 years old before he could speak.
- Isaac Newton did poorly in grade school and was considered "unpromising."
- Beethoven's music teacher once said of him, "As a composer, he is hopeless."
- When Thomas Edison was a youngster, his teacher told him he was too stupid to learn anything. He was counseled to go into a field where he might succeed by virtue of his pleasant personality.
- F. W. Woolworth got a job in a dry goods store when he was 21, but his employer would not permit him to wait on customers because he "didn't have enough sense to close a sale."
- Michael Jordan was cut from his high school basketball team. Boston Celtics Hall of Famer Bob Cousy suffered the same fate.
- A newspaper editor fired Walt Disney because he "lacked imagination and had no good ideas."
- Winston Churchill failed the sixth grade and had to repeat it because he did not complete the tests required for promotion.
- Babe Ruth struck out 1,300 times-a major league record.

A person may make mistakes but isn't a failure until he starts blaming someone else. We must believe in ourselves, and somewhere along the road of life, we must meet someone who sees greatness in us, expects it from us and lets us know it. It is the golden key to success. (Thanks again to Ann Landers!)

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The material in this e-mail is provided for educational and informational purposes only and does not constitute a recommendation or endorsement with respect to any company or product. One of the objectives of the USA Swimming Coach's Blast e-mails is to make coaches aware of potential resources available.

SC Coaches attend the ASCA Level 4 Administration School

Thank you to all of the coaches who signed up and attended the ASCA Level 4 Administration School. About 20 South Carolina coaches listened to John Leonard speak on such subjects as leadership, budgeting, long term planning, parent-coach-board relationships, and team management during the All State Banquet weekend. John Leonard and Guy Edson have spent many years compiling information from clubs all over the nation to create presentations that meet specific needs of coaches. We spent 8 hours discussing the various topics mentioned above and sharing stories. This was a great experience, and those who took advantage benefited greatly.

A couple of notes and quotes to take away....

Don't forget to ask yourself and the team...what do we need to do better?

Does your team have a central theme? You control it or it will control you.

Get organized! Even small steps can make a big difference.

Is your budget based on "needs?"

"The price of greatness is responsibility." – Winston Churchill

"You can't lead people to a place you are not willing to go."

"To be a leader, you have to make people want to follow you, and nobody wants to follow someone who doesn't know where they are going." – Joe Namath

"He who chases two rabbits, catches neither."

If you are interested in more information regarding this course or other courses, please contact ASCA at 1-800-356-2722.

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All State

I would like to thank everyone who attended this years All State banquet in Greenville. We had 500 people who signed up to attend. This banquet is not only for swimmers who qualify as All State, but is intended to honor all swimmers in South Carolina. I would like to thank Robin Keller from the Rays for all of her hard work on registration for the banquet, as well as Missy Schumpert and Margaret Nichols of YCSC for the table decorations. The door prizes were donated by SS1, Spartan Splash, ASC and YSSC, and volunteers from Team Greenville worked to help check people into the banquet. After the banquet, the swimmers were dancing the night away. The athletes also had a pancake breakfast at the Hilton on Sunday morning. They conducted their meeting, and had 60 athletes enjoy a great breakfast. New athlete representatives were elected to represent the swimmers on our LSC Board.

Maggie Boliek
Admin. Vice Chair
SC Swimming

2008 USA-S Southern Zone Championships

The 2008 long-course season has officially started and the race has begun for swimmers to achieve their goals of competing in the fastest meets of the summer. For some, 2008 Olympic Trials is a reality and their singular focus is now Omaha. Yet, many of SCS's best swimmers got their first taste of truly major competition at the USA-S Southern Zone Championships.

For 2008, Zone Championships returns to the home of the 1996 Olympics – Atlanta, GA. The meet will be swum at the GA Tech Aquatic Center; which is where the same meet was swum in 2006. Every LSC in the Southern Zone has an opportunity to send their own select team – teams from WV, NC, SC, GA, MS, LA, four teams from the LSC's in TX, a team from the joint LSC of TN, AL and the FL panhandle, and two other teams from FL. Over 600 swimmers representing 13 LSC's.

In order to make the 2008 SCS Zone Team, a swimmer must first apply. Applications and other forms are available from your coach or on the SCS website. Swimmers do not need two "AAA" times to apply, but must have at least two "AAA" times to be considered. Only the swimmer's best times from the current long-course season will be considered. Only events swum at Zone's are considered, which means the over-distance events for 11-12 year olds are not eligible; also not eligible are the 1500 for girls 13-18 and 800 for boys 13-18. Legal relay lead-off splits can be used. Times a swimmer earns through the current SCS long-course State meet are used in tabulation; Time Trials are not.

Once the application is completed, be sure to e-mail it the 2008 SCS Zone head coach, Karl Kozicki of ASC. Forms received after the due date will not be accepted, so please be proactive.

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Coaches need to make sure to turn in all meet results to Age-group Vice-Chair James Smith so scoring and selection of the team is done using the most up to date times available. Results submitted after July 21, 2008 will not be considered – the exception being State.

The cost of the trip per swimmer is \$500. This includes EVERYTHING! Transportation, lodging, food, entry fees, gifts, shirts, caps! Only 48 swimmers can make the team – 7 each girls and boys 11-12, 13-14, and 10 each girls and boys 15-18. They will join the 2008 SCS Zone Team coaching staff of Karl Kozicki (ASC), Tim Conley (YSSC), Eric Kemeney (FINS) and Ed Miller (SSS).

The SCS Zone Team will depart for Atlanta on July 22. A full itinerary will be ready before the team leaves.

So let your Olympic dreams for 2012 begin at the 2008 USA-S Southern Zone Championships. Swim fast and apply for one of the fastest meets in the Nation! Good luck.

Senior Chair

The senior committee's number one agenda item is the addition of a full time position for SCLSC. This position will be a Sports Development Director for South Carolina Swimming. Rather than explain I would like everyone to review the job description and respond with comments to swimsmrt@aol.com. Senior Comm. will present a final job description, salary information, and financing plan at the fall meetings. Over the past 4 years South Carolina Swimming has developed into a Nationally recognized LSC. This year due to the Olympics, will bring a surge in swimming exposure. I feel the addition of the obvious advantages of such a position following an Olympic summer will further our efforts and take us to the next level. Please review and comment. I would like to have as many members involved as possible to complete this process.

Congratulations to all the SC clubs. This has been one of our most successful years in the pool and school.

On a personal note I would like to thank TG and all the volunteers involved with the banquet. I think this was one of the finest banquets yet.

Thank you
Dan McDonough

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SPORTS DEVELOPMENT DIRECTOR

This position is established to assist with marketing the sport of swimming and help professionalize programs and implement club strategic planning and improve club issues.

Job description of the SDD is:

- 1) Employed by and accountable to the Board of Directors.
- 2) To implement Board policies and directives.
- 3) Communicate with the Board.
- 4) Be knowledgeable of USA & LSC Rules , handbook, as well as programs / services offered by both.
- 5) To provide a yearly report of services to the State Admin Vice – Chair.
- 6) Act as representative of the LSC.

AMBASSADOR OF SWIMMING:

The SDD is an Ambassador of the sport of Swimming in the LSC.
He serves as liaison for and develops relationships with:

- 1) Hotels
- 2) NCAA
- 3) High School League
- 4) National High School League
- 5) Media / Publicity
- 6) Promote the LSC and the sport by creating and implementing an annual public relations program.
- 7) Develop and maintain statewide communication with media to promote existing programs and to publicize local athlete achievements.
- 8) Help new and former clubs establish effective club structure
- 9) Assist clubs with day to day issues.
- 10) Conduct club education programs throughout the LSC addressing the needs of a particular club, or group of clubs.
- 11) Facilitate strategic planning for clubs programs.
- 12) Develop a club mentoring program.
- 13) Schedule and direct an LSC Swimposium every 2 – 3 years, as directed by the BOD.

CLUB RESOURCE DEVELOPER:

- 1) Research and develop a list of legal resources for clubs.
- 2) Research and develop a list of facility resources for clubs.

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To be a Meet Hosting Resource:

- 1) Assist clubs in developing a meet organizational plan.
- 2) Conduct meet director seminars throughout the LSC.
- 3) Serve as meet advisor to clubs requesting assistance.

Developer of Special Programs for Clubs:

- 1) Assist in the development of club recognition program for SC Swimming (Club Development and Incentive Program).
- 2) Compile information regarding coaches salaries within the LSC and throughout the country for use by clubs.
- 3) Solicit ideas and construct a “ Clubs Best Practices “template to promote the sharing of ideas throughout the LSC.
- 4) Devise a way of better communicating of disseminating information from USA Swimming and LSC Swimming to member clubs.
- 5) Assist the Administrative Director with marketing the sport throughout the LSC.
- 6) Solicit ideas and needs from member clubs with the goal of establishing at least one unique club program annually.

LSC TIMES DATABASE:

Accept results file and input into database.

Assist in validating all state meet entries and communicate with entering teams on non – validation.

BOARD OF DIRECTORS LIAISON:

- 1) Mentoring program
- 2) Website
- 3) Swimposium
- 4) Coaches Clinic
- 5) Club Leadership Schools
- 6) Camps Catch the Spirit – Olympic Training Center)
- 7) National Coach Fellowship
- 8) ASCA / USA Swimming
- 9) “ NEW Coach Education Program “
- 10) Programs (Workshops)
- 11) Events (National)
- 12) SC Swimming Coaches Association
 - a) Assist Coaches Rep with the development of a coach mentoring program.
 - b) Assist with the administration of the camps and TEAM South Carolina programs as requested.

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AUTHORITY:

Shall chair committee as directed by the General.
Shall be member of the SC Board of Directors. (Pending approval of the HOD)

HOW TO GAUGE EFFECTIVENESS:

- 1) Increase club involvement and communication.
- 2) Identifiable club stability & growth.
- 3) Increase stability of coaching positions.
- 4) Club, athlete, coach and leadership retention.
- 5) SDD position exposure to club membership & promotion of the sport.
- 6) Use of SC Swimming and USA Swimming resources.

STRENGTHS OF SDD POSITION:

- 1) Personal attention of LSC Swimming (FACE to FACE)
- 2) Increase communication with membership.
- 3) Availability to develop relationships and repeat club visits.
- 4) Increase coach and club volunteer involvement with LSC governance & programming.
- 5) More identifiable and innovative educational and athlete programming.
- 6) Increase athlete participation in programming.
- 7) Interaction and networking with community and aquatic partnerships.
- 8) Increase club interaction at National events.
- 9) Growth in national level athletes in the LSC.
- 10) Larger presence in promotion of the sport.

HOW DOES THE LSC PAY FOR THIS POSITION?

- 1) \$1.00 / athlete surcharge per all sanctioned meets.
- 2) 7 ½ % of meet entry fees for all sanction invitational meets are paid to LSC.

ADDITIONAL:

- 1) Increased Sponsorships
- 2) Decreased costs of programming by sharing expenses and responsibilities with other LSC's
- 3) Utilization of USA Swimming Camp resources
- 4) Responsible budgeting and financial reporting
- 5) Grant funds from local philanthropic businesses and groups

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Liz Campbell receiving the Senior Coach of the Year Award.



Sam Woods receiving the Jennifer Smith Scholarship Award.

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Mack Montgomery and Christine Hughes lead the athletes meeting.

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Athletes enjoying breakfast at their meeting.



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Andrew Johnson receiving the Jennifer Smith Award. Andrew was chosen for this award by his fellow athletes. Congratulations!

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Our South Carolina athletes with Olympic cuts. Mack Montgomery, Christine Hughes, Lindsey Olsen and Hailey Lips. We are so proud of their accomplishments!

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Academic All American

We were very proud of all of our Academic All Americans from South Carolina this year. We would like this to be the norm for the state of South Carolina. This year the criteria for being an Academic All American has changed slightly. The application must be turned in by August 1, 2008. The application can be found on the USAS website under the swimmer section. The swimmer must have completed 10th, 11th, or 12th grade, be a USA Swimming member athlete, and must have participated in an individual event in the qualifying period, a meet whose results are in the SWIMS database. The swimmer should also have a GPA of 3.5 or higher on a 4.0 scale. The time standards for qualification have changed. On the following page is a chart that outlines the changes. If you are unable to view it clearly, please visit www.usaswimming.org then click on the applications and forms button.

Thank you!

Maggie Boliek
Admin Vice Chair

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713.893.4373
713.893.4381
usa@swimming.org

2007-2008 Scholastic All America Team

APPLICATION DEADLINE / AUGUST 1, 2008

Fill out application form completely and submit by **AUGUST 1, 2008**.
The Scholastic All America Subcommittee reserves the right to reject any incomplete applications or any applications that do not meet the postmarked deadline. **FAXES ARE NOT ACCEPTABLE.**

ELIGIBILITY

1. Must have completed 10th, 11th, or 12th grade.
2. Must be a USA Swimming member athlete.
3. Must have participated in an individual event in the qualifying period, a meet whose results are in the SWIMS database.

Qualifying results are listed below.

4. Relay-only swimmers do not qualify.

WOMEN

PLEASE SEND COMPLETED
WOMEN'S APPLICATIONS TO:

Lucie Limerick
5325 Gardner Ct.
Williamsburg, VA 23186
757.663.4754
lulimer@out.com

MEN

PLEASE SEND COMPLETED
MEN'S APPLICATIONS TO:

Betsy Kooy
1425 N. Woodrow Ave.
Hastings, NE 68901-2900
402.462.5943
bkooy@starbar.net

Check for missing signature required on express-mail envelope.

WOMEN			EVENT	MEN		
10th	11th	12th		10th	11th	12th
27.74	27.39	24.89	50 FREESTYLE	27.89	25.99	24.79
1:05.19	55.29	53.89	100 FREESTYLE	47.09	52.09	50.89
2:03.09	2:05.89	1:54.79	200 FREESTYLE	1:42.09	1:54.19	1:48.09
4:32.89	4:21.89	5:03.29	400M FREESTYLE	4:39.09	4:32.09	4:38.79
9:15.89	9:00.99	10:21.09	800 FREESTYLE	9:09.29	9:09.89	9:40.79
17:48.89	17:13.09	17:24.29	1600 FREESTYLE	16:10.89	16:06.19	16:47.89
1:27.89	1:34.89	54.09	100 BACKSTROKE	53.09	59.09	1:01.39
2:25.89	2:25.79	2:08.89	200 BACKSTROKE	1:54.79	2:07.49	2:13.39
1:15.79	1:14.89	1:08.89	100 BREASTSTROKE	59.49	1:08.09	1:10.09
2:44.89	2:41.29	2:24.29	200 BREASTSTROKE	2:09.79	2:28.89	2:29.79
1:03.79	1:04.29	58.49	100 BUTTERFLY	57.89	58.89	58.89
2:24.79	2:19.89	2:07.39	200 BUTTERFLY	1:54.89	2:08.79	2:10.89
2:21.89	2:22.89	2:09.49	200 M	1:58.29	2:09.49	2:11.09
5:09.89	5:07.19	4:32.09	400 M	4:08.09	4:34.89	4:43.89

QUALIFYING PERIOD IS JULY 1, 2007 THROUGH JUNE 30, 2008

5. Open water swimmers must have competed in the Open Water Nationals (June 2-6), or the Open Water World Championship Trials (October 26-27).
6. Swimmers with disabilities must have competed in the 2007 U.S. Paralympic Swimming Championships (December 6-8) in College Park, MD or the 2008 U.S. Paralympic Swimming Trials (April 3-5) in Birmingham, AL.
7. Members of the 2006-2007 Scholastic All America team who do not make the above time standards must submit the attached waiver.

AWARDS

1. Three certificates to be awarded to each individual achieving Scholastic All America status (one for the athlete, one for the school and one for the USA Swimming club).
2. A special pin to each individual earning a 4.0 GPA.
3. A special award to each individual named to the Scholastic All America team three times.
4. Outstanding Achiever recognition is given to each individual who places first at the national Championships and maintains a 4.0 GPA.

Receipt of the complete Scholastic All America application will be confirmed by mail to the swimmer's address listed on the form. If you do not receive confirmation please contact the application request.

THIS FORM MAY BE COPIED AS MANY TIMES AS NECESSARY.