

High School Swimmers

July 29, 2014

A Message from Coach Moon to All High School Swimmers, Future High School Swimmers & Parents:

I'd like to talk to you all about swimming while in high school. As kids become high school age, more active and more independent, competitive swimming becomes more challenging. Swimmers have increased academic loads, social demands and juggle more activities. **However, it is my strong belief that year-round, continuous swimming creates so many advantages to the "serious" athlete and greatly helps position a swimmer into a more competitive and successful position on their HS teams as well.** Club swimmers greatly benefit HS water polo as well.

As the Head Coach for CHS and having coached high school for many years, I encourage you to think about these things in advance and very strongly recommend continuing club swimming with a minimum goal of 3-4 times a week during high school to maintain base conditioning, strengthen the athlete, and continue getting competition experience. This may require you to work with your HS coaches to let them know your swimmer is on a year-round training program with your club swim team to make sure your swimmer gets the training appropriate for his level.

Club swimming not only keeps your student athlete in shape but teaches the value of commitment, time management and self-discipline. We realize this may not be the goal of all swimmers. You and your swimmer must decide what is best for them. But please consider a few things as you help your child make their decisions regarding club swimming during high school:

- The emotional impact on swimmers when they take breaks from training for periods longer than 2 weeks can be very damaging. Many return thinking everything will be the same, but then have to deal with the emotional impact of falling behind their peers who've continuously swam. This is very difficult to recover from because it often takes many months to catch up, and sometimes swimmers quit because of the discouragement and ego.
- Frequency and consistency are two of the most important elements of competitive swimming success.
- Continuous swimming over long term periods, especially for swimmers going through puberty, has a major impact on muscular and cardiovascular development and future physiological advantages and/or limitations.
- Keep in mind elite athletes are peaking in their college years and later or early/mid 20's. Swimming is a sport they may choose to do competitively for the next 10+ years and even during college if they choose.
- Swimmers who've maintained their club training during high school tend to have a better time management skills, decision making skills, leadership skills, confidence, self-esteem and take great pride in their sport.
- Swimmers who stay involved in club swimming while juggling the demands of high school tend to have the highest GPA's and greater self-discipline.

- And most importantly, club swimming gives swimmers an advantage on college applications because it demonstrates the character traits that competitive colleges and universities are looking for.

We realize your swimmer has many options. However, If you plan to participate on the high school swim team in the Spring 2015, you will be eligible for the **HS Option** during Spring Quarter which reduces your practice dues from \$315 to \$75 from March-May. You maintain full membership on CHS Swim team while training and competing with your HS team.

The HS Option is no longer available during HS Water Polo or other sports. It is only for swimmers maintaining their swim training at their high schools.

Notify Head Coach before February 1st, 2015 to take the HS Option during HS Swim Season (Feb-May). A reminder will be sent in January.

Thank you for taking the time to read this. If you have any questions, please feel free to contact me.

Sincerely,

Coach Moon