

NORTH JEFFCO

SUMMER: PART II

You have made it through June, the easy month. In June everyone is excited to be on vacation from school and focus on hanging out and swimming! The month flies by and then July. In July you get tired from running around and the only routine is to Meyers for practice. We love routine but all the playing and fun makes the routine tough. The question is what to do about it? You could take a vacation in July, or a few days off? The coach answer is look at your goals. Revisit the goals you were so determined to accomplish at the start of the season and go all out until the finish.

The zone 2 meets are to get the kids hyped up and ready to finish FAST. It is time to focus on skills and attitude to set up for a great finish. If state is part of your meet list, congratulations! That's great!! Your taper will be here before you know it and everyone loves taper. Keep your head down and finish STRONG!!

8&Us who have been breaking away from Meyers have one last meet this summer at Pier Point. The racing of our youngest squad has improved and so have practices. The team is very proud of you all. We are set up for a great future!

Our fantastic crew of officials are starting to graduate their swimmers and the team is need of filling those vacancies.

Check into this vital role. There are a few perks but the greatest one is your swimmer's times count.

Ask any official or board member for the best contact to get started on this fantastic role in USA swimming.

Parent Signage: As seen in a Hockey Arena in Canada

Your child's success or lack of success in sports does not indicate what kind of parent you are. But, having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient and does their best, IS a direct reflection of your parenting.



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LONGCOURSE STATE

This summer's state meet has been split into 2 meets, the 13&Os July 20-22 at VMAC and 12&Us July 27-29 at Air Force Academy. There will be 3 finals heats in some events coming back for finals and the 10&Us will join the 11-12yos during prelims. Having the team at one meet has a great team feel but this did work well last year.

The coaches in Colorado have discussed and argued over formats, ideas and goals for our state meets. The goal is to get as many kids involved at the state level. Splitting the meet has allowed the qualifying times to get a little slower. There will be more heats of swimmers but since only half the age groups are competing, the timeline is still workable for fast swimming. It will still require really fast swimming to qualify for a spot in finals, but it is a stepping stone to that level.

This year Jeffco and MACS are hosting the 13&Over State meet. Good hosts are needed to make a great meet for the swimmers. No teams stepped up to host the meet so we have put our parent volunteers out there to make this a great experience for the swimmers, coaches and parents.

Regardless of the format, the state meet is the season ending meet for the majority of the team. The last big meets for the summer include the Senior Zone Meet in Clovis, California and Futures in Minnesota. The team sends about 20-30 swimmers to these meets every year.



Team Picnic

Tuesday, July 10 at 5pm, Oakhurst Park (9311 Lark Bunting Drive, Westminster 80021)

Hopefully you can make it to the swimmer recognition and season ending picnic / social. All the coaches get the opportunity to talk about the athletes they lead and let everyone know how great they are.

During the picnic the kids have time to run, play, and eat before we get together and acknowledge all the great swimmers on the team. We start with our young yellow group and work our way up in ages to the graduating seniors. Each swimmer is given a reward for their greatest strength in one of the following categories; PRACTICE ANIMAL, COMPETITION STUD, COACHABLE, MENTAL TOUGHNESS AND TEAM WORK.

These are all highly desirable traits in a swimmer and ones the coaches want to reward.

The coaches want to make to make the picnic and recognition enjoyable for everyone. If you didn't make it this year, be sure to get there in 2019!

Parent Education Resources

USA Swimming has a large database of articles and information about swimming, the coach-swimmer-parent relationships, rules, competition, etc. Visit the parent section under Member Resources for education material.

www.usaswimming.org

Coach Availability

The coaches made a commitment to be 10-15 minutes early for practice. If you require the coach's attention this is a good time to catch them for a quick conversation. You can also contact the coach to set up a meeting if necessary.

Become part of our Facebook, Twitter, Instagram and Pinterest community.

Group Moves for Fall

Twice a year the coaches sit down to determine which swimmers move from their current group to a new group. This decision is based on many factors, including lane space, age, ability, commitment to the program, maturity, respect towards coaches and teammates, etc. The age group specific groups has made these decisions much easier.

The coaches move swimmers once or twice a year as the season ends. Sometimes coaches can move swimmers from yellow to gold or gold to red mid season in special circumstances. Because a season builds upon a base of yardage, drills and skills, making moves at any time does not provide the best opportunity for a swimmer to learn and demonstrate they have achieved the needed skills and ability to be successful.

There are times coaches are approached by parents asking why their swimmer wasn't moved because as they see it... The coaches know you have the best interest of your child in mind. The coaching staff has the experience and knowledge about the team and swimming to make the right choice for your swimmer's long term achievement. The coaches will listen to input because it is possible we have missed something. There is constant discussion and reviewing of groups and swimmers throughout the year. The process is always going!

You will be notified soon of your swimmer's group for the fall. Please remember with additional practice/water time comes additional practice fees.



Officiating

Have you ever wondered what was involved in becoming a USA Swimming official?

Jeffco has the links and ties to put together a “Stroke and Turn” clinic at Meyers with interest from parents to become an official. There is no obligation to become one after the clinic but it is a way to look at the position, understand its importance and take the first step to becoming one.

There are many reasons to become an official, one can be financially beneficial! By working at least one session of a meet, meet expenses (hotel, meals, mileage, uniforms, etc.) may qualify for a tax deduction, plus take advantage of the free food provided in the hospitality room at meets.

If you want to help USA Swimming run consistent, high quality and technically correct competitions? Become an official! For details on how to become an official click on “Becoming an Official” on the Colorado Swimming website. You can also get in touch with Kristin Fox bknfox@gmail.com or Heather Rooney at rooneyclan2@gmail.com. These two are our most experienced and knowledgeable officials on the team and will gladly help you get started and help you along the way.

Computer / Timing Console

The team is in need of some 12&U parents to learn and commit to running the computer and timing console at our home meets. There are some great parents who have taken on these roles but are also work more than their required number of sessions because we don't have enough trained parents. The team is looking to entice parents into training in these roles by increasing the credit for it to 2 credits for every session. This would not count towards the training time but would kick in once the training is completed. Training time depends on the adult. It will continue until the trainee is comfortable in the position.

The goal in these positions is to have multiple parents running the station. Two instead of one decreases the number of mistakes and allows for breaks.

This will come up again and again, but if you're interested, please contact Carmen.

Coachability

What is coachability? To coaches it is a swimmer who is easy to coach to be their best. There are specific characteristics coachable swimmers have that make them easier to coach and usually progress faster.

Listening to feedback AND acting on it is the single greatest factor in a swimmer's success. A coach says *streamline* 50 times a practice and there are kids who do not use that information and others who hear it and streamline. The same thing goes with every skill given to an athlete in a group discussion or with individual feedback.

Feedback can come as constructive criticism or suggestions and the best thing for a swimmer to do is accept that advice. How they respond to the coach can set them up for the next level or if they disregard it they will find themselves levelling off with little improvement in their racing.

Below are 10 things to think about during every practice and meet to help promote yourself and be the best you can be. These can determine success or failure for an athlete.

1. Be vulnerable enough to know you are not perfect.
2. Listen to what the coach says, not how they say it.
3. Actively work to change bad habits.
4. The coach REALLY wants you to be your best.
5. Always say thank you.
6. Be thankful someone cares enough to help you be better than you can imagine being.
7. Always look your coach in the eye.
8. Ask for feedback.
9. Be prepared for practice and meets on time.
10. Be open to feedback, even when it hurts a little.

TEAM UNIFY Can Do What?

The ONDECK app has the capability to show your swimmer how close they are to qualifying times of their choosing. The app will tell you which have been accomplished and how far from others they still are.

In the ONDECK app...

1. Go to Menu > Swimmer Home
2. Tap on the athlete you would like to compare best times for
3. Tap **Best Times** tab
4. Tap the time you wish to compare a standard to
5. Once selected tap on the **Show Standards** tab located on the bottom right of the screen
6. This will bring up a bar graph representation of all the best times against all Standards that have been chosen
 - Standards that have been made are in **Green** and ones not made in **Red**
 - You can scroll left and right to see all the standards available.

Senior Swimmer Spotlight

Paul Stone

Junior at Ralston Valley HS

5 years with Jeffco

Best Stroke/Event:
200 Breast & 500 Free

How I got started swimming competitively: My swim instructor suggested it when she saw how much I loved swimming.

Greatest swimming achievement: Qualifying for multiple events at shortcourse state.

Best Age Group Swimming Memory John wearing a dress to practice when we accomplished our Power Hour goal.

What I learned as an age grouper & advice to today's age groupers. There are highs and lows but if you keep working and keep practicing you'll be successful.

Best part of being a senior swimmer: Travel meets and hanging out with your friends.

Best memory as a senior swimmer: Swimming in North Carolina.

Future goals: I really want to swim in college.

Outside interests: I lifeguard at Meyers and make knives on my forge and play video games.



Meyers Pool Update

There continues to be good progress on the replacement of George Meyers Pool. The Arvada City council will be discussing adding the construction of a new facility to an upcoming bond measure. This is not a tax increase but an approval of debt for the city. We continue to work closely with the city, Jefferson county public schools and APEX parks and recreation.

Though a specific site has not been identified there are three options at this time. Panorama Park (roughly 90th and Indiana), next to the APEX facility at 72nd and Ward or on the existing Meyers site. Each location has benefits and challenges. The proposed facility would be slightly larger than VMAC.

As we move closer we will be asking for help with community outreach and education to promote the pool as a community hub that focuses on water safety, filling a broader need for aquatics in Jefferson county and of course a much needed competitive swimming facility.

If you have questions please find me at the upcoming summer picnic on July 10th.

Brian Fox

Board President



JEFFCO SUMMER PICNIC

Tuesday, July 10 at 5:00pm, Oakhurst Park

9311 Lark Bunting Drive, Westminster.

We will start with eating then recognizing the top 8 Power Hour earners then all athletes from young to old.

There will be Jeffco caps, vintage tees for \$5 and other items for sale. It will be everyone's last chance to get a cap for their championship meet. Please bring exact change or a check book.

The team will be providing pizza, plates, napkins, and each group is asked to bring the following.

Blue: Chips, Side or Salad

Orange/Green: Drinks

White/Silver/Black: Desserts

Red/Yellow/Gold: Salad or Side

OUR PARTNERS

Thanks to our partners! Their support in the form of donations of food, money, gift certificates, advertising, is appreciated! Please support these community conscious businesses!



If you know or work for a company that would like to partner with our team, please send an email to or catch on deck our BOD President Brian Fox.

amazonsmile
You shop. Amazon gives.

NJST is part of the Amazon Smile charitable organization donation list. On the front page of the team's website is a link to Amazon that will automatically donate 5% of your purchases to NJST.

Contact Us

Please call or email for more information or questions about the team, swimming or its operations.

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Other websites:

www.jeffcohurricanes.org
www.coloradoswimming.org
www.usaswimming.org

On NJST's facebook page parents and swimmers can post pictures, as well as updates and events. The team also has an Instagram and twitter page.