



North Palm Beach Swim Club

Swim Fast News

From the NPB Coaching Staff

OCTOBER 2012

This newsletter is brought to you by the NPB Coaching Staff and is meant to give you the latest news and information of our programs.

HOW TO PRAISE YOUR CHILD

By Daniel Coyle – Author of the Talent Code

Praise is a tricky thing, because at first glance it seems so easy. You say “Attaboy,” or “Awesome job,” give a pat on the back, and everything’s great, right?

Uh, wrong.

Science is showing us that when it comes to praise, kids operate like light switches. Certain types of praise switch kids on by boosting their motivation and willingness to take risks. Other kind of praise switch kids off.

There are lots of [interesting experiments](#) here (many by Carol Dweck), but here’s the takeaway: avoid praising for abilities, and instead praise for effort.

Here’s why: when you praise for ability — that is, when tell someone they’re a natural-born Einstein, or a Mini-Michael Jordan — they unconsciously tend to protect that status by taking fewer risks and forgoing opportunities to make more effort. (After all, we’re status-based creatures — why risk genius status?) When you praise for effort, on the other hand, studies show that kids are willing to take on harder tasks without complaint, and perform better.

The problem, however, is that we parents and coaches seem to be hard-wired to praise in exactly the wrong way. We instinctively praise ability and status. When a kid shows us their latest magic-marker drawing, we say, “What a great artist you are!” When a kid does his first trick on a snowboard, we say, “Hey, you’re little Shawn White!”

The key to effective praise is to focus on the process, not the person. Put the emphasis on what was produced, not on the kid. This sounds sort of chilly, but the effect is actually the opposite. For instance:

So, instead of saying, “Wow! You’re such a great artist!”

Say: “I love that picture! Tell me about it.”

Instead of, “You’re an awesome snowboarder!”

Say: "That was great! How'd you figure out how to do that?"

Instead of, "Another A-plus! You're so brilliant at math!"

Say: "Another A-plus! You must've really studied hard for that test."

See what I mean? Instead of just being a cheerleader (You're so awesome!), use praise to go a notch deeper: to start conversations, spark reflection, and create more of a bond.

In the search for effective praise, the best example I've ever come across consists of just two words: *Well done!*

You don't need to rehash the accomplishment, or elevate the kid to superstar status. All you need to do it be present, and to show that you saw what they did, appreciate it.

Well done.

What other phrases work for you?

THE 3 R'S OF COMPETITION

The 3 "Rs" RACE-REVIEW-REFOCUS

Remember, while at the competition you have the ability to focus in a positive manner, to give yourself the best opportunity for consistent performance at your potential.

1. RACE - Race to the best of your ability, staying in the moment and putting your best effort into the task at hand – after the race is over you will next review.
2. REVIEW - Review your race with your coach – not the entire team, as repeating the reviewing process will only negatively affect your next performance. After your review with the coach you will next refocus.
3. REFOCUS – Immediately initiate the refocusing stage while executing the required warm down without delay. Taking congratulations for a great performance or searching for sympathetic ears to discuss less than expected performance will negatively affect your next performance. There is nothing you can do about the outcome of your recently completed performance; however, you can follow this process to facilitate a more positive outcome on your journey towards competitive excellence.

SWIM CLUBS ANNUAL REGISTRATION FEE

Our annual club registration fee will be due in September. Swimmers who registered for the first time with the club in the summer of 2012 (May-August) will need to register with USA Swimming for the 2012 calendar year.

2013 NPB MEET HOST DATES & CHAMPIONSHIP DATES

Please Save these dates! If you are qualified for any of the following championships we ask you to consider making any travel arrangements around these championship dates.

NPB WILL HOST ON THE FOLLOWING DATES:

June 8-9 Summer Kickoff at Plantation Central Park

August 24-25 Sprint Decathlon

Championship Dates

March 8-10 14 & Under Junior Olympics

March 14-17 Spring Sectional Championships

March 22-24 FGC Senior Championships

April 6-7 FGC Vs FLA All-Star Meet

July 12-14 FGC 14 & Under Junior Olympics

July 18-21 Summer Sectional Championships

July 26-28 FGC Senior

2012 MEET SCHEDULE

Date	Meet	Location	Group
October 11	NPB Intra-Squad Meet	North Palm Beach	Red, White, Green
October 20-21	FGC "A" Invite	Lake Lytal	Junior Olympic Qualified Swimmers
November 4	Area Developmental	North Palm Beach	Green, White, Red, Blue
November 15-18	Winter Championships	Plantation, FL	Junior Olympic Qualified Swimmers
December 8	County 8 & Under Championship Plus Area Developmental Meet	Lake Lytal	Green, White, Red, Blue

ORLANDO TEAM TRIP RESULTS

We certainly have much to celebrate and appreciate today! This past weekend in Orlando, NPB swimmers raced into the 2012-2013 short course season with terrific energy and enthusiasm. The trip was one of the best team travel events, our swimmers had a great time in the hotel's lazy river and slide. The trip inspired great TEAM spirit and the weekend was punctuated with everyone delivering great effort and lots of best times!

NEW TEAM RECORD!

Congratulations to Grant Dodge in setting a new 11-12 Boys 500 Free Record!