



Newsletter

Thank you to all our families for your patience as we transition to a website and billing system this spring.
As always if you have any questions please let us know.



Coach Mike

Bolts,

LC season is over and SC season is well under way. Every single swimmer showed improvement last summer. We broke 9 team records and look to update the record board in the shorter pool as well. Let's have a strong showing at meets this fall. Swimmers, talk to your teammates and sign up for some meets! Meets are more fun with a friend to pass the time with between events and we need four swimmers in a gender and age group to put a relay together. Competition is how we track all the hard work done in practice and how those improvement ribbons appear on your mailbox. The weather has made it harder to get consistent practices in this year than any other year in memory, so make an effort to get to practice whenever possible. See you at the pool.

Coach Mike

Important Dates

Oct 23 Team Pictures

TEAM PICTURE	5pm
Instructional	4pm
Bronze	4:30pm
Silver	5:30pm
Gold	6pm
Seniors	6pm

You will receive your new team shirt this day to wear for the team picture.

Oct 24 Action Shots at Practice

Oct 30 Halloween Costume Practice 5pm start for all

Costume winner for each practice group.
Costumes must be swimmable or removable, no face or body paint can enter pool.
Costumes judging followed by pumpkin races.
Bring a dessert to share after the Pumpkin Races

Oct 31 - No Practice

SHORT COURSE MEET SCHEDULE

Oct 4	SPA Friday Night at the Races	Jan 17-19	GCST Winter Invite
Oct 11-13	Nike Swim Classic	Feb 1-2	SPA
Nov 3	SPA Sunday Morning at the Races	Feb 15	CAT
Nov 21-23	SYS Turkey Meet	Feb 27/Mar 2	FL Swim SR Champs
Dec 7-8	B Champs West (SPA)	Mar 1-2	SPA
Dec 14	Swim Florida	Mar 13-16	Spring FLAGS
		Mar 21-23	Area 3/5 Champs*
		*Actual Dates TBD	

What Parents Should Say as Their Kids Perform

By Tim Elmore

In my work at [Growing Leaders](#), we enjoy the privilege of serving numerous NCAA and professional sports teams each year. After meeting with hundreds of coaches and athletes, I noticed an issue kept surfacing in our conversations. Both the student-athlete and the coach were trying to solve the same problem. What was that problem?

The parents of the student-athletes....

What We Should Say When Our Kids Perform

The most liberating words parents can speak to their student-athletes are quite simple. Based on psychological research, the three healthiest statements moms and dads can make as they perform are:

Before the Competition:

1. Have fun.
2. Play hard.
3. I love you.

After the competition:

1. Did you have fun?
2. I'm proud of you.
3. I love you.

Six Simple Words...

For years, I wondered what the student-athlete would say about this issue. After decades of work with athletes, Bruce E. Brown and Rob Miller found out. They suggest six simple words parents can express that produce the most positive results in their performing children. After interacting with students, they report:

College athletes were asked what their parents said that made them feel great, that amplified their joy during and after a ballgame. Their overwhelming response:

"I love to watch you play."

That's it. Those six words. How interesting. How liberating to the parent. How empowering to the student-athlete. No pressure. No correction. No judgment. (That's the coach's job). Just pure love of their child using their gift in competition.

When I learned this, I reflected on the years my own kids competed in sports, recitals, theatrical plays, and practices. Far too often, I wanted to play a role that added more stress to their life. Instead, I now realize—I just need to love them. And to love watching them play.

From a parent's view—this is the best way to cultivate an emotionally healthy kid.

For the full article: <http://growingleaders.com/blog/what-parents-should-say-as-their-kids-perform/>

Welcome New Lightning Swimmers!

Stacey Balloch
Broden Beorlegui
Kailer Byrd
Abby Daunt
Savannah Dowdell
Amanda Erikzon
Lauren Erikzon
Maeve Ingham
Victor Kassabov
Sarah Kuntz
Will Marston
Logan Mayforth
Sara Montague
Morgan Roszal
Laurel Tyson
Parker Tyson

Lightning Apparel

Total Team Wares

www.totalteamwares.com

1-800-888-8843

Logo parkas, bags, etc.

**Support your swimmer at
meets with Lightning Apparel.**

