

Miami Country Day Aquatics

NOVEMBER 2016

MOTIVATED COMMITTED DEDICATED ATHLETES

Question Of the Month

"Should I schedule some private time with my child's coach? Is this something I need to have my child do in order to succeed?"

Certainly not. The positives of being a part of a large club team are that: swimmers can compete daily, learn from each other, watch their peers accomplish tasks they may believe "out of reach" themselves, and motivate each other to achieve more daily and seasonally. As any club group grows, learning and skill acquisition becomes more directly related to a swimmer's ability to focus and listen. Social children may find private lessons a better environment to acquire new skills or fine-tune old skills. Private lessons merely allow a coach a one-on-one opportunity to focus on an individual's needs and allow the coach to hone in on specific stroke nuances.

Term of the Month

Dryland

Exercises done out of the pool to strengthen muscle groups specific to swimming. Exercises can include pushups, sit-ups, planks, lunges, squats, running, medicine ball activities, and more!

Drill of the Month

Head Lead Side Kicking

This is a wonderful Freestyle Drill. After pushing off the wall the swimmer brings both hands down to his or her side and while their eyes are still focused on the floor they roll their body (hips and shoulders together as a unit) to the side, keeping their spine in line. Once in stable position or "Sweet Spot" the swimmer can then rotate their head 180 degrees and breath, leaving the rest of the body's alignment intact to focus on the kicking. This drill should be performed on both sides to perfect a balance in ones stroke.

Reminder of the Month

Deck Changing

As per Miami Country Day School policy as well as the USA Swimming policy, there is absolutely NO DECK CHANGING of any kind allowed. As per team policy all team members must change in the dedicated pool lockerroom by themselves.

What is Deck Changing?

Deck changing is the act of changing into or out of swim wear on the pool deck, even if wrapped in a towel or behind a barrier.

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UP COMING NOVEMBER BIRTHDAYS!!

Swim School

Sara Parra will be 3
Finn Sullivan will be 3
Sunnery Sidmn will be 5

Pathways

Teo Hoffman will be 7

Bronze

Nicole Grodine will be 6
Mia Bouyoucef will be 9
Jose (JD) Medina will be 8
Karl Refern will be 8
Lisa Tikhonov will be 10
Kalel Charalambides will be 8
Carina Lehite will be 9
Stella Cardillo Ramos will be 10
Maximilliano Baro will be 9

Silver

Harry Florin will be 11
Emmit Berman will be 10

Senior Teams & Clubs

Rhiannen Reig will be 16
Madison Castro will be 12
JJ Sher will be 13
Felipe Blaya will be 12

Adult Programs

Grethel Fevig

WELCOME NEW MEMBERS

18 new swimmers have joined our Team
from October to November!

The Akbarin Family – Sahsa (13), Sr. Development
The Anosov Family – Vadamire (8), Bronze
The Berman Family – Shea (14), Sr. Development,
Caleb (11) & Emmet (9), Silver
The Betencourt Family – Franco (7), Pathways & Jorge (Ad.), Mas-
ters
The Browning Family - Stuart (12), Sr. Development
The Casas Family – Daniel (13), Silver & Sofia (10), Bronze
The Fishman Family – Ben (8), Bronze
The Grondin Family – Nicole (5), Pathways
The Gutches Family – Arabella (9), Bronze
The Koltun Family – Ava (10), Bronze
The Nagle Family – Alice (7), Bronze
The Pacheco Family – Marcho (12), Sr. Development
The Morira Family – Joshua (7), Pathways
The Redfern Family – Alma (9) & Karl (7), Bronze
The Smiley Family- Dylan (12), Sr. Elite
The Bates Family, Neville (Ad.), Swim School

WELCOME BACK

Declan Scott
Riccardo Mascialino
Ilan Zenatti
Gabriel Daiberl
Sierra Hudson
Isa Urbina
Tamara Bhardwaj
Hugo Larnholt
Filip Larnholt

OCTOBER'S SWIMMER OF THE MONTH

Swim School- Nora Pumo
Pathways - Leonardo Amaral
Bronze - Konesantin Kolotov
Silver - Isabella Smilowitz
Sr. Development/Elite - Nina Latorre

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Calendar of Upcoming Events

November 4th (Friday)	Interscholastic Varsity Swim Team Region 4 Championships (Qualifiers Only)
November 6th (Sunday)	Turkey Classic (Ages 12 and under) Pompano Beach Aquatic Center Open invite for all club swimmers
November 12 (Saturday)	Interscholastic Varsity Swim Team 1A State Championships (Qualifiers Only)
November 17 - 20 (Thur-Sun)	Winter Championships @ Plantation Pool Senior Development & Senior Elite qualifiers.
November 23-27 (Wed-Sun)	Thanksgiving Break - No Practice!
December 3 (Saturday)	Dade County Sprint Championships (All Age groups) Dade College North Campus Pool
December 9 (Friday)	MCDAs Annual Holiday Splash (All Registered Members and Families) Miami Country Day Pool

Swim School News

I am so proud of all our swim school students. The youngest swimmers are really coming along with their water safety skills and are a lot more comfortable in the water. The older swimmers are working hard on getting their arms out of the water for stroke recovery and learning how to breathe to the side. As the weather begins to get cooler, we ask that you help us keep your child healthy by providing warm clothing. Generally swimming helps loosen congestion and break up tough colds. If your child is sick, without a fever, we recommend that they continue with their pre-scheduled classes. If your child is sick and you would prefer them not to swim, we ask that you give us 24 hours notice, so that your child can make-up his/her lesson at a later date. If you are unsure or have any question about your child's class please feel free to contact us. As always parents, you are welcome to come watch your child(ren) during their lessons! Please feel free to sit on the bleachers.

Coach Pam

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SUCCESSFUL PEOPLE

Continuously Learn New Things
They Talk About Ideas
They Take Responsibility for Their Failures
They Forgive Others
They Embrace Change
They Want Others to Succeed

UNSUCCESSFUL PEOPLE

Think they know it all
They Talk About People
They Blame Others for Their Failure
They Hold a Grudge
They Are Afraid Of Changer
They Want Others to Fail

Coaches' Corner

Pathways Group: Coach Letisa

The Pathways group has been working on their starting positions from both in the water and on the diving blocks. They are learning the significance of the streamline position. We are working hard on kicking with straight legs to help us move faster in the water. I highly recommend that all swimmers have their own goggles, fins, and a thermal swimsuit. (They are available for purchase thru the Swim office.) With the changing of the weather, we are asking parents to send socks, shoes and jackets with a hood and/or hats for after swim practice.

Bronze Group: Coach Eric

The Bronze group has been doing a great job these last few months. I am very proud of the fact that everyone has been racing hard in practice and giving their best efforts. We have been working diligently on our streamline, flip turns, and starts and all of this hard work will really begin to show. I am very happy that as a group we are improving and making ourselves better swimmers. It is so good to see. I really want to stress the importance of going to meets. Participating in swim meets gives swimmers the focus to continue to put forth a great effort in their daily practices. Moving forward we are going to continue to work on our flip turns with the goal of everyone doing a flip turn at every wall during practice. After we have successfully mastered our flip turns we will move onto open turns. The goal is to have everyone doing both flip turns and open turns successfully. I suggest that all swimmers have their own fins and bring them to practice every day.

Silver Group: Coach Julian

Welcome to the Silver group. I am honored and privileged to be coaching such an awesome group of swimmers! Throughout the course of the year, I have seen tremendous improvements that have really exceeded my expectations. Some of you have been here for a while, some of you may have just moved up to this group. Remember, there is always room for improvement and growth. Every day you come to practice is an opportunity to learn something new and get better. We are trying to build our physical capacity and become much more aware of how we move through the water. To help us do so I recommend that all swimmers bring their own fins and snorkel to practice daily.

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Senior Groups: Development & Elite: Coach Eric & Julian

Even though we have been focused in our Interscholastic Season we have spent the first couple of months of this season focused on two very important things: stroke mechanics and building an aerobic base. Each week we have a specific focus and work on fine tuning the mechanics while incorporating aerobic training into the practices. The goal is to establish proper technique and maintain it for longer periods of time. As the swimmers' technique improves, we add more aerobic based workouts to the program. Our sets are about twenty to forty minutes of high intensity swimming with minimal amounts of rest. The benefit of the aerobic training is the increase of cardiovascular fitness which boosts the body's oxygen capacity. The increase of oxygen to the body aids in converting the carbohydrates, fats, and protein into energy for the muscles, increasing the swimmers' endurance. In addition to the aerobic workouts, we have added more in-water strength training by introducing resistance training with stretch cords. One of the advantages of this type of strength training is to help the athlete develop a better feel for their catch in the water. (The catch is the water we grab at the top of each stroke that propels us forward.) As we get closer to the mid-point of the season, the athletes aerobic training will begin to peak. With our focus shifting to our championship meets, we will begin to introduce more anaerobic, race-pace training to the program. We will continue to work on stroke mechanics, starts, and turns during this part of the season. The coaching staff is pleased to see the progress our swimmers have made in such a short period of time.

As we get closer to the end of the fall season, it is important the athletes do their part in training outside of the pool: stay healthy and stay on top of their academics. Over the next couple of weeks we want swimmers to pay closer attention to the following key training points:

- Equipment available and ready to use at practice (fins, paddles, snorkel, and pull-buoy)
- Streamlining off the wall
- Minimum of 3 kicks off each wall (more if possible)
- Quick transitions between sets and when changing equipment
- Attention to detail in all dryland exercises (completing the exercise for the duration of the interval-not stopping)
- Continue to improve our kicking in all strokes

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