

## Metro Atlanta Aquatic Club

### Weekly Swimmer's Ear

2/4/19

#### *Weekly Practice Schedule:*

##### **Precompetitive I:**

Mon/Wed: 4pm-4:45pm  
5:30pm-6:15pm  
6:15pm-7pm

Tu/Thu: 4:45pm-5:30pm

##### **Precompetitive II:**

Mon/Wed: 4:45-5:30pm  
Tu/Thur: 4pm-4:45pm

##### **Age Group Competitive:**

**Monday:** 4:30pm-6pm, 6pm-7:30pm

**Tuesday:** 4:30pm - 5:45pm (P)  
5:45pm - 6:00pm (D)

**Wednesday:** 4:30pm-6pm, 6pm-7:30pm

**Thursday:** 4:30pm - 5:45pm (P)  
5:45pm - 6:00pm (D)

**Friday:** 4:30-6:00pm

**Saturday:** 9:30am-11:15am

##### **Advanced Age Group:**

**Monday:** 5:30pm - 7:15pm

**Tuesday:** 5:30pm - 6:55pm (P)  
6:55pm - 7:30pm (D)

**Wednesday: OFF**

**Thursday:** 5:30pm - 6:55pm (P)  
6:55pm - 7:30pm (D)

**Friday:** 4:30-6:00pm

**Saturday:** 9:30-11:15am

##### **The MAAC Racing Club:**

**Monday:** 5:15am - 7:15am

**Tuesday:** 5:00pm - 5:45pm(D)  
5:45pm - 7:30pm (P)

**Wednesday:** 5:00pm - 7:30pm

**Thursday:** 5:00pm - 5:45pm(D)  
5:45pm - 7:30pm (P)

**Friday:** 5:15am - 7:15am

**Saturday:** TBD

(D)=Dryland; (P)=Pool/Swimming Workout

## Announcements and Important Dates:

### **Auburn Classic! March 1<sup>st</sup>-3<sup>rd</sup>**

This a great opportunity for swimmers to get out and show off all the work they have done all season. MAAC will be going to Auburn for the Auburn Classic, March 1<sup>st</sup>-3<sup>rd</sup>. This is not a team travel trip, but this is one of our last meets of the short course season and we highly recommend it to all of our swimmers! If you have any questions, please reach out to your coaches and register [HERE](#).

### **Lanier Aquatics Results**

Thank you to everyone who came up to Lanier for a great meet. We had time drops all around and it was a great sight to see. Results from this meet can be seen [HERE](#).

### **PARENT MEETING Monday FEB.11<sup>th</sup> at 6pm**

There will be no practice next Monday, Feb. 11<sup>th</sup>, as we will be having an important parent meeting to recap on the season and go over some exciting changes for the spring and summer.

We will be meeting at All Souls Fellowship, located at 647 E College Avenue, Decatur, 30030, next to Three Taverns Brewery. You can enter the building from the doorway under the silver stairs facing New Street. Follow the MAAC Signs.

Assistant Head Coach: Michael Reynolds

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*Things to Say-Or Not to Say- To your Swimmers*

Courtesy of SwimSwam Contributor [Elizabeth Wickham](#)

When I was a newer swim mom, I'd get all excited at meets and blurt out something to my kids that I'd later regret. I don't know if any other swim parents have been in my shoes, but I'm learning to measure and think about what I say before saying something less than helpful. I also try not to "hash and rehash" every race. One thing that makes me very uncomfortable at meets is overhearing parents berating their kids after a race. I wonder how long they'll last in swimming?

I've talked to many coaches and read books from sports parenting experts about what to say or not say to your kids after competitions. The number one thing the experts agree on to tell your kids, whether it's after practice, a race or an entire meet is: "I love to watch you swim."

Those simple six words say it all. It's non-judgmental, non-threatening and non-lecturing. Say those words and step back and listen. Allow your kids time to talk to you. If we take over the conversation after a race or on the drive home, our kids may withdraw and not want to listen to us. If we allow them room to reflect on their race and we offer support, they'll open up. Kids seek their parents' approval. If we criticize their swim, they'll believe we're disappointed in them as a person when all we're trying to do is offer advice and help them improve.

*Other positive things to say include:*

Did you have fun?

How did that feel?

I'm proud of you.

I saw how hard you tried.

I love you.

*Things to avoid saying are:*

Wow! What happened?

What were you thinking?

Why did you let Johnny beat you?

You're faster than that.

You should have won.

You need to....followed by technical advice.

I can't believe we traveled this far for you to add time.

Assistant Head Coach: Michael Reynolds

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