Howdy Families,

It is meet week! We have our May meet hosted by SPA this weekend at Don Cook. Entries have been finalized, and we have been working diligently to prepare. I have had some great conversations over the past couple of weeks leading into this meet, and there have been several recurring themes.

I love having these conversations because it better helps me understand you and your child. This understanding helps me find ways to best help each kiddo achieve their individual goals, both in and out of the water. That being said, I wanted to offer a few tips to help make our meets a positive and fun environment where the swimmers can learn and be successful.

1. Keep in mind the roles each of us have in our journey to creating amazing student athletes. We are all on the same team working toward the same goal. If we stay in our lanes, we can all work together and achieve amazing things!
   1. Your most important role is to be their biggest cheerleader. Encourage them. Cheer them on. Offer your unwavering love and support. They are working so hard and can get quite nervous. Their biggest need is your smile, your high five, and your bear hugs. You will be amazed at their accomplishments. Celebrate all the small victories, and enjoy the journey. 😊
   2. My role is to offer my professional coaching advice while developing a safe, loving environment where each individual can grow and be successful. This includes stroke technique, race strategies, meet procedures, techniques for increasing mental toughness and grit, etc.
   3. Their role is to begin being responsible for their sport. This includes packing their own bags, being prepared for practice each day, giving their best effort, being coachable and open to learning, being a great teammate, etc.
2. Remember the big picture. The world of youth sports is full of learning opportunities and growth for everyone involved. Ultimately, we want our kiddos to build characteristics that will make them successful in life. Sports is one way to teach those characteristics. The hard part is keeping that big picture in focus and not getting bogged down in all the tiny pictures along the way. [Check out this article by the Positive Coaching Alliance, titled “The Second Goal Parent”](https://www.teamunify.com/gsfcst/UserFiles/File/SecondGoalParent.pdf). They have some great resources!
3. Encourage your child to speak to me about their anxieties. The best way to combat anxiety is preparation. Feeling prepared results in feeling confident. However, I can’t help our kiddos prepare if I don’t know they are experiencing these feelings. This month, we have been focusing on teamwork and how we can help encourage each other, support each other, and be great overall teammates. This includes you and me, too! 😊 The more communication, the better. Also, here is an article with some great tips for our young, anxious swimmers: [7 Ways for Swimmers to Build Confidence as Pre-Race Anxiety Kicks In](https://swimswam.com/pre-race-anxiety-swimming/).

**MAY MEET INFORMATION**

2022 SPA LC Invitational

May 21-22, 2022

Don Cook Natatorium

16255 Lexington Blvd., Sugar Land

Final Entries are attached

**Session 2: Saturday PM**

* Age Groups: 12 & under girls and boys
* Warm-up: Immediately upon the conclusion of the AM session (no earlier than 12pm)
* Meet Start: 1 hour after warm-up starts (not earlier than 1pm)

**Session 4: Sunday PM**

* Age Groups: 12 & under girls and boys
* Warm-up: Immediately upon the conclusion of the AM session (no earlier than 12pm)
* Meet Start: 1 hour after warm-up starts (not earlier than 1pm)

Our sessions will be the PM sessions, after the 13 & Overs compete in the morning. Please keep an eye on your email for the Meet Itinerary coming from Coach Pete. It will be imperative that you arrive on time. This meet will be deck-seeded, meaning all **SWIMMERS MUST CIRCLE IN UPON ARRIVAL** (and no later than 45 minutes prior to the start of the session). The circle-in sheets will be pulled 45 minutes prior the session. Once they are pulled, the meet management team will seed the meet and post heat sheets to Meet Mobile. Please have your swimmer’s Events listed on their arms when they arrive. You can fill in the heats and lanes when they are made available shortly before the session starts.

**FCST CORE VALUE OF THE MONTH: TEAMWORK**

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**BLUE 1A SCHEDULE SPRING 2022**

**Please check the** [**Blue 1 Webage**](https://www.teamunify.com/team/gsfcst/page/competitive-group-pages/fc-blue-1--blue-2) **regularly for updates**

Blue 1A- Monday through Thursday 5:00-6:15 PM at Colony Grant 6

Saturday 8:00-9:15 AM at Colony Grant 6

Dryland will be the first 15-20 minutes of practice every Monday through Thursday; No Dryland Saturday

* **Saturday & Sunday, May 21 & 22**- SPA LC Invite at Don Cook
  + ​All 12 & Unders will compete in the PM sessions​
* **Monday, May 23- NO PRACTICE**- Enjoy a day of rest after the meet
* **Monday, May 30- NO PRACTICE**- Happy Memorial Day!
* **Tuesday, May 31- Summer Schedule Begins for Blue 1 at the AC**
  + **​**Blue 1A, Blue 1B, & Blue 1 NT will practice together at the AC from 5:00-6:15 PM Monday through Thursday
  + Saturdays will remain at CG6 from 8:00-9:15 AM

As always, please feel free to reach out to me if you have any questions or concerns at all. I am always happy to help!

See you at the pool!

Coach Mandy