

# Donner Splash



*April 24, 2020*

*Volume 1, Issue 2*

## Special Interest Articles:

- Virtual Parent Meetings
- Donner Swimmers make All-Decade Teams
- Donner Achieves USA Swimming Club Recognition



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# DON Recognized by USA Swimming

Have you ever wondered what “great” club do to be great?

That question is at the heart of the Club Recognition Program used by USA Swimming.

Designed by USA Swimming’s National Club Development Committee, this program presents four levels of achievement across four component areas deemed critical to long-term club

success (1. Business & Organizational Success 2. Parent & Volunteer Development 3. Coach Development & Educations 4. Athlete Development & Performance

Donner is excited to announce that we have recently completed the requirements and have been recognized as **Level 2** club. Great work Donner swimmers, parents, and coaches!

Next up, Level 3!



# Swimmers Make ‘All-Decade’ Teams

Current Donner senior swimmers **Betsy King**- Columbus North, 2020 and **Christopher Lee**- Columbus North, 2021 recently made The Republic’s All-Decade Team (2010-2020)

Several Donner Swim Club Alumni make up the swimmers named to the team as well as both boys and girls swimmers of the decade. Those Alumni are:

## GIRLS

**Myra Retrum**- Columbus North, 2012: *Girls Swimmer of the Decade*, **Kristin VanDeventer**- Columbus North, 2012, **Rachel Sollman**-Columbus North, 2013, **Emma**

**Wyke**- Columbus North, 2013, **Maddie Wyke**- Columbus North, 2015, **Marah Bieger**- Columbus North, 2015, **Darby Coles**-Columbus North, 2017

## BOYS

**Cody Taylor**- Columbus North, 2014: *Boys Swimmer of the Decade*, **Kevin Brinegar**- Columbus North, 2012, **Conner Conroy**- Columbus North, 2012, **Sam Parker**- Columbus North, 2013, **Sam Loescher**-Columbus North, 2014, **Matt Freudenthaler**- Columbus North, 2015, **Sam Russell**- Columbus North, 2019

[Girls Article](#) [Boys Article](#)

# USA Swimming Holding Safe Sport Training & Virtual Summits

The USA Swimming Safe Sport staff has set up a **weekly training schedule for parents and athletes** to assist clubs.

## Parent Training

Every Wednesday, 300-400 pm:  
[LINK TO TRAINING HERE](#)

## Athlete Training

Every Thursday, 300-400 pm  
[LINK TO TRAINING HERE](#)

## Coach Training

Every Friday, 300-400 pm  
[LINK TO TRAINING HERE](#)

## Virtual Summits

### SHE Leads

May 9<sup>th</sup>, 1100-130 pm EST  
[REGISTRATION LINK HERE](#)

The summit will be open to the first 60 high school aged female athletes (9th-12th grade). The event is FREE and is designed help high school aged girls learn about, discuss, and implement leadership skills.

### WE Lead

May 16<sup>th</sup>, 1100-130 pm EST  
[REGISTRATION LINK HERE](#)

The summit will be open to the first 60 high school aged athletes (9th-12th grade). The event is FREE and is designed help high school aged athletes learn about, discuss, and implement leadership skills.



## Zoom Meetings & Virtual Dryland Continues

Virtual Drylands are still being held on Zoom for IMAG, CHALL, and SNR groups weekly.

### IMAG

Mon & Wed: 530-600 pm

### CHALL

Mon, Wed, Fri: 430-510 pm

### SNR

Mon Wed, Fri: 330-420 pm

If you are interested in helping keep your swimmer stay connected to the team and stay active during this quarantine please email Coach Schaefer to receive the Virtual Dryland Waver before participating.

Additionally, groups are meeting over Zoom 1x per week on TUE to continue learning away from the pool, connecting with teammates, and promoting our team. These invitations are sent to every IMAG, CHALL, and SNR family. All swimmers in each group are encouraged to attend.

## Virtual Parent Meetings Scheduled

### 12&U Parent Meeting

Thursday, Apr 30 - 7-730 pm

swimmers, and our eventual return to the pool.

### 13&O Parent Meeting

Thursday, Apr 30 – 730-810 pm

We also want to keep the communication open and allow you to ask questions at the end of the meeting.

Parents, we cannot build the best version of Donner Swim Club without your help and input.

These parent meetings plan to update you on the summer ahead, some of our plans for our

We hope to see you this Thursday and hope you are able to attend the Safe Sport Parent meetings provided by USA swimming on Wednesdays. USA Ssport meeting info on pg. 2.

## Planning for the Future

As schools in our community remain closed due to the pandemic so do the use of athletic facilities in these school facilities.

While we do not yet know when we will be able to resume our normal programming, we are developing plans and scenarios for the time that the opportunity does present itself to return to aquatic life.

We will continue to communicate via email and the Donner Swim

Club website when and how our programming will resume.

This time in our lives has required us all to be adaptable, think creatively, and to remain grateful for opportunities we do have. (as families and as a club)

Please stay health conscious and let us know if we can be of assistance to your family or your swimmer(s). Go Donner!

**Coach Logan Schaefer**  
[schaeferl@bcsc.k12.in.us](mailto:schaeferl@bcsc.k12.in.us)

# Swimmers Corner

## Swim Videos to Watch

[2016 Rio Olympic Replay: Women's 200m Backstroke Final – USA's Maya DiRado takes surprise Gold!](#)

[Freestyle – Kicking unlocks your speed at all distances](#)

[2000 Sydney Olympic Replay: Mens 200m Butterfly Final - Michael Phelps competes in his 1<sup>st</sup> Olympic Final – even the greatest swimmer of all time must start somewhere!](#)

## Outside the Pool – 'Responsibility Day' by Seth Godin

Often mis-characterized as a day of independence.

What actually matters is what you're going to do with it.

It turns out that if you have the power to make rules, the rules are your responsibility.

If you have the freedom to make choices, the choices are your responsibility.

And if you have the ability to change the culture, to connect with others, to make a ruckus, then yes, what you do with that is your responsibility as well.

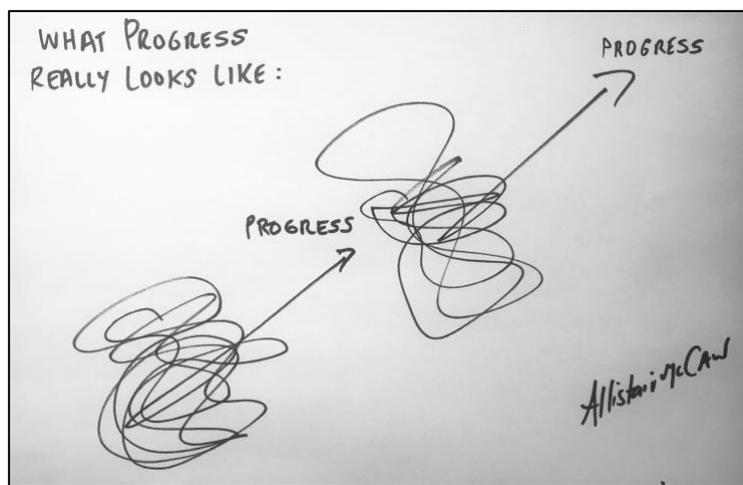
Doing nothing is a choice. The thing you didn't say, the project you didn't launch, the hand you didn't lend...

But whatever we do, if we have the independence to do it (or not) it's our responsibility. teammates, discuss and learn something new, and foster community.



## What do Progress & Growth look like?

"Progress involves going through multiple messy stages. The best embrace it!" -Allister McCaw



## [‘\(temporarily\) Dechlorinated: Slowing Our Rolls’ – by USA Swimming](#)

A week into our kids’ school closures, not a single child had learned to play a stringed instrument. None had created an art piece worthy of display at the Louvre. Embarrassingly, exactly zero had picked up a new language — not even an easy one like Mandarin.

Instead, they sat on the couch, played Minecraft and ate for 14 hours each day. I was ashamed.

Not because of my children’s actions, but because of mine. In a panic, I was projecting unfathomably unrealistic expectations of personal growth on my kids... during a global crisis. “When life gives you lemons, engineer a Rube Goldberg machine with no less than 39 intricately-designed moving parts to make lemonade” seemed to be my mentality.

I had myself convinced that nothing short of a day spent creating, exploring and learning at Davinci-esque levels — void of electronics, mind you — would constitute time well spent. In short, it was about appearances. Namely mine.

Making the mistake to scroll through social media — as is most often the case — only served to heighten my feelings of ineptness in playing the role of parent-during-pandemic.

On day one of strongly-encouraged social distancing, a mother shared a photo of her prodigal cherub sculpting a bust of Gandhi — utilizing homemade clay concocted from coconut shavings, chocolate milk, a handful of lentils and Floam — that would make Michaelangelo envious. A dad proudly posted a time-lapse video of his Mensa munchkin building a scale replica of the Golden Gate Bridge with no less than a quadrillion Legos, then disassembling it only to construct a model of the Louvre of all things. My kids weren’t even fluent in Mandarin yet!

What my kids were — and are — is anxious, sad and a little lonely. They’re frustrated, worried and scared. Why wouldn’t they be? The world is unrecognizable.

I’d say there’s a 100% likelihood that every one of us is upset and afraid at some level. I know I am. Angst and uncertainty are more contagious than the virus, it seems, and understandably so.

We’ve got to cut ourselves some slack. Coronapalooza arrived on our doorsteps with no instruction manual. If *Pandemics for Dummies* were in print, it would be a hands-down, worldwide best-seller, but that book can’t be written because there is no qualified author to pen it.

Yes, my kids have played a fair amount of video games since this all began, and by fair amount I mean the majority of those 14 hours that they are eating each day. It’s comforting for them, and social. They somehow play with their friends remotely via some type of online sorcery that was unavailable to me and my friends when we slogged through Frogger in the 1980s. Our children play video games with one another, too, at times bordering on peacefully. Yelling, arguing, trash talk and laughter waft upstairs in a highly-audible, thrash-metal-concert-sort-of-way. It feels almost normal, and anything in the ballpark of normal right now is welcome.

Our children have also been outside riding bikes, shooting baskets and playing some sort of hybrid volleyball game involving the roof, which has resulted in only one broken garage window. As a family, we’ve gone hiking and fishing. We’ve played a couple of board games and a few hands of cribbage. We’ve read. We’ve watched a WHOLE LOT of TV.

There’s been talk of a talent show but nothing has materialized. That’s okay. In the meantime we’ll watch several more episodes of *American Idol* for inspiration.

Beating myself up about not being the perfect coronavirus parent is unfair to me and unfair to my kids. They don’t expect me to be perfect under the best of circumstances and remind me quite regularly that I’m not. They sure don’t need me pushing them unnecessarily right now. They’re stressed plenty as is. What they need me to do is pull them in.

**Continued on next page...**

## Continued....

Interestingly, it took my wife baking cinnamon rolls to put things in perspective. She hadn't done so in years, mainly because there just isn't time.

A typical non-COVID weekday is up in the morning, rush, hustle, bustle, practice, school, practice, rush, hustle, bustle, prep for the next day, bed. Repeat, repeat, repeat, repeat.

Weekends are often drive to a meet, compete, drive back. When weekends aren't that, they're catching up at home from the rush, hustle, bustle of the week(s) prior.

But cinnamon rolls don't really do rush, hustle, bustle. Dough can't be pushed to rise faster. It works on its own schedule. Cinnamon rolls simply take time, and time is one thing our new viral lifestyle is affording.

Prepping, waiting and baking took the better part of a day, but it was so worth it. When describing those cinnamon rolls, delectable is an understatement (but a really fun word to say so I threw it in anyway). They were served alongside a bowl of hot chili, the classic school lunch — minus the small carton of milk, carrot sticks and nasty glares from the cafeteria supervisor. It was scrumptious (also fun to say).

Maybe this pandemic is a dire warning sent by the cosmos strongly encouraging humanity to slow down, take a deep breath and smell the cinnamon rolls.