

# Coach's Corner

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## 10 Keys to Success

1. Prioritize
2. Work Harder than other People
3. Compete to Win
4. Surround yourself with good people
5. Treat Everyone Fairly
6. Have confidence in your abilities
7. Be who you are
8. Enjoy yourself
9. Be inspired by others
10. You're going to fail

## Championship Season!

*From Coach Hembree*

Championship season is here! Congratulations to all of our athletes who have qualified to swim Divisionals, Age Group State, Senior State, and Speedo Sectionals, and especially to those who are first time qualifiers. I hope you are as excited as the coaching staff and I are for the championship meets this month. These meets will look different from what they have been in the past, but will still provide our athletes the opportunity to race some of the best swimmers in the state of Indiana. With our current number of qualifiers for Divisionals (3<sup>rd</sup> biggest team at the Northeast Divisional), Senior State, and Age Group State, this championship season looks to be one of more successful ones for our club. Show your team spirit and support this entire month by wearing your NASA attire (grey shirts) on Fridays this month.

Looking ahead to the summer season, we will be sending out information early this month on the process to register, schedules, cost etc. I would like to encourage all of you to consider continuing during the summer season. We have seen our athletes make so much improvement over the winter season, and we would love to see them continue this through the summer. As planning continues for the summer season there a couple items I want to put out there. First the High School pool will tentatively be shut down for our renovation right after school ends. Because of this it will create a different schedule from what we would normally see due to the entire club have to practice out of the Middle School pool. We will also be looking to get long course meter time for our top MS Groups and HS groups. This time last year was an incredible part of our swimmers development and we will be looking to take advantage of this opportunity again this summer.

Lastly I want to take time to thank the coaching staff and board of directors. This season has been one of the more successful ones the club has had in a while and all of this is due to their leadership and dedication during these ever changing times. I encourage you to take some time to thank this awesome group of people who push this club to be as successful as possible.

## Age Group Happenings

### From Coach Emma

As our season comes to an end, Coach Shelley and I have to say how incredibly proud we are of how hard our swimmers have worked these last months. We have made friends, learned a lot, and had a ton of fun. We have met the majority of our group goals and gone even further past them as well. We have adapted and overcome the challenges that this season brought, learned that "we can do hard things," and pushed for every last time drop, new technique, and mental shift to accomplish our goals. We hope to see all of our athletes back in the pool this spring, or even fall, but hope at the very least they had fun learning in the pool this season! Thank you for your dedication to help your swimmer grow in this sport that we love so much, and enjoy the break! Go NASA!!

- Coach Emma & Coach Shelley

### From Coach Powell

February was a great month for the group. We increased our yardage to between 4000 and 4500 yards a practice. The kids were challenged every practice and ended practice with a sense of accomplishment. The last 2 weeks we have decreased our yardage and focused on racing. The group is looking forward to the Last Chance Concord meet to finish up the season before Northeast Divisionals and Age Group State.

It has been an honor to coach this group of swimmers over the past 6 months. I have enjoyed watching them grow not only as swimming athletes, but also as kids having fun and enjoying life. Seven (7) members of EG group will be moving up to Middle School group starting in the summer season. Seven (7) members of EG group will continue in the group with the addition of 5 members of Elementary Blue group members moving up, I want to thank all the members of Elementary Gold Group for their hard work and dedication with all the craziness this season.

### From Coach Andrew

The last few weeks, our group has been working really hard and consistently on setting small training goals for each practice that go hand in hand with our bigger goals. It has been great to watch the kids achieve their goals no matter how big or small! We've been training harder and swimming an average of 5,500 yards per practice. We've also been using our new headsets to do tempo training which has really made a big difference in practice and overall performance. The kids are able to get instant feedback and make changes as they're swimming, rather than having to wait to hear feedback after the swim and then do it again. I'm excited to see our athletes swim at Divisionals!

### From Coach Dan

We have been working hard on race strategy and aerobic endurance this month. In preparation for the meets in March, we have been working pace times, turns, and finishes. I feel like the group has a really strong bond and commitment to each other. They have held a group avg. of 95.9% attendance this month and are on a great track to accomplish some big goals



## Important Dates

2<sup>nd</sup> - NMS vs. Wawasee/East Noble

4<sup>th</sup> - NMS @ Elkhart

5-7<sup>th</sup> - NE Divisional

9<sup>th</sup> - NMS @ Goshen MS

11<sup>th</sup> - NMS vs. Concord/Northwood

12-14<sup>th</sup> - Senior State Championships

16<sup>th</sup> - NMS vs. Jimtown

16<sup>th</sup> - New Senior group Member Parent Meeting

19-21<sup>st</sup> - Age Group Championships

24<sup>th</sup> - Big 11 Conference - Varsity

25<sup>th</sup> - Big 11 Conference - JV

25-28<sup>th</sup> - Speedo Sectionals

## Swimmer of the Month

### *Elementary Blue*

Our swimmer of the month for February is Grace Strombeck. Grace always comes to practice with a smile on her face, is encouraging to her teammates, and rarely misses a chance to be at practice! Grace has been one of our most improved swimmers in the last several weeks, and continues to work hard at things she knows she can improve on. She has become a great competitor this season, knowing when to turn on the speed at meets and also always being excited for her teammates and maintaining a positive attitude when things don't quite go as planned. Thank you for your hard work Grace, we can't wait to continue to watch you grow in the pool and out!

- Coach Emma

### *Elementary Gold*

February Elementary Gold Group Swimmer of the Month is Caleb. This past month Caleb has displayed the values of a NASA swimmer with his **Improvement** and hard work. Caleb has shown his **Toughness** during practice throughout the year, but has really displayed his drive to achieve his goals in the month of February. Caleb has shown **Leadership** and **Selflessness** by focusing in practice as a leader and being ready for the next set. He has shown the **Merit** deserving of this award.

- Coach Powell

### *Middle School Blue*

I picked Jason for February's swimmer of the month. I think Jason brings a lot to this team and has made tremendous improvement since he first started. Jason always brings a smile to practice and has a great way of connecting with other teammates in a way that brings out the best in him! I'm looking forward to watching him continue to make improvements and set goals for himself.

- Coach Andrew

### *Middle School Gold*

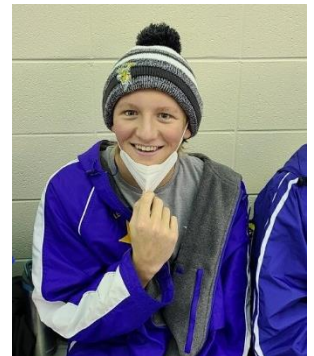
Sawyer has done really well this month. He has shown leadership in the group by including others and building them up to achieve their goals in practice. He has great attendance and is looking forward to a great State Meet.

- Coach Dan

### *Senior/Elite/National*

This month Tim Blough was selected as our Swimmer of the month. Tim has joined the senior group this winter and immediately felt as if he had been a part of the group for years. Tim always comes to practice with a great attitude and works hard. He is a pleasure to have the group and is always challenging his teammates to be better. Tim has stepped up to be a leader on the team, which isn't something that we always see from freshman. I am excited to see Tim continue to grow and mature over the next few years.

- Coach Hembree



## February Scenario

## Safe Sport Corner

Your team is sharing outdoor pool space with another team this summer. Swimmers from the other team make a lot of sexual jokes and even some homophobic and sexualized threats to other swimmers in the locker room. Some of your teammates have started to join in, and you're really uncomfortable with it.

- What do you do? *Safe Sport Says: Speak up. Talking-even if it's joking -about explicit sex acts or making homophobic comments is not okay! Everyone has a right to feel safe at swim practice on deck, in the water, AND in the locker room.*
- How do you speak up without becoming a target of the threats? *Safe Sport Says: Practice useful phrases like, "we don't talk like that here" or not cool, guys." You can also change the subject or tell your coach or parent that his is happening. Chances are that others also feel uncomfortable and will support you speaking up. If you do nothing else, walk away. Jokers hate to lose their audience. Go tell your coach or parent.*
- What kind of rules are in place about this? *Safe Sport Says: Your team might have an athlete code of conduct or honor code that addresses how teammates behave in the locker rooms and speak to one another. If these kinds of behaviors are not mentioned in a code of conduct, or you don't have one, now is a good time to put one in place.*
- How should your coach help the situation? *Safe Sport Says: If this kind of behavior is happening in the locker room, your coach should be informed. Your coach will be able to take the situation to the coach of the other team, as well as work with your teammates who were joining in.*
- What kind of Boundaries are involved in this situation? *Safe Sport Says: These are behavioral boundaries. Simply speaking, behavioral boundaries are what you will or won't do. They are the actions and behaviors that define your character. If someone is pressuring you to participate in something that you don't feel comfortable with, they are crossing your behavioral boundaries, and that's not okay.*

## February Perfect Attendance

### Elementary Blue

Peighton Hembree                      Carson Lalime  
Sophia Short

### Elementary Gold

Michael Behkterev                      Liz Holds  
Natalie Weaver                          Hudson Hembree  
Christopher Dibley

### Middle School Blue

Lilly Behkterev

### Middle School Gold

Jerimiah Behkterev                      Madox Hembree  
Cora Gephart                              Evan Haney  
Drew Gleim                                 Audrey Yeater

### National

Hailey Clark                              Tristin Bratt  
Luke Dibley                                Sydney Nethercutt  
Alaina Yeater                              Anna Yeater

### Elite

Carson Clemens                          Reid Haney  
Jonah Hyden                                Caleb Kauffman  
Braden Marshall                          Jacob Sullivan  
Aaliyah Wilson

### Six Things Mentally Strong People Do

1. They move on. They don't waste time feeling sorry for themselves.
2. They embrace change. They welcome challenges.
3. They stay happy. They don't waste energy on things they can't control.
4. They are kind, fair and unafraid to speak up.
5. They are willing to take calculated risks.
6. They celebrate other people's success. They don't resent success.

## Parent Corner

### *Healthy Foods that Support Your Immune System*

We know that exercise is good for a healthy immune system, but what about nutrition? Let's dispel a few myths and provide a list of healthy foods that support your immune system.

Note I said foods that "support" your immune system. Despite what you might hear from others on social media, you cannot "boost" your immune system. It is after all, a system comprised of many parts to keep you well. From your skin (the largest immune system organ in the body), to the mucous membranes in the nose and mouth, to the stomach acid produced in your gut, to antibodies and white blood cells, they all work as a system to help repel bacteria and viruses.

The best approach to keeping the system working hard for you is a whole foods diet filled with nutrient-rich foods. Supplements cannot substitute for eating well.

There are specific nutrients that the immune system really likes, but getting these nutrients from food is better than supplements. Foods provide a mix of nutrients that work in concert to support immunity.

Some of the key nutrients include:

- **Vitamin C.** Why? It acts as an antioxidant, protecting tissues from the oxidative damage (that is the oxygen-consuming process that happens in exercise).
  - Vitamin C-rich foods include oranges, grapefruit, mandarins, peppers of all types, kiwi, strawberries, broccoli, tomatoes, cantaloupe, cabbage, cauliflower, and Brussels sprouts. Don't forget that orange and tomato juice are also good sources.
- **Zinc.** Why? It is part of more than 200 enzyme systems involved in many aspects of the immune system. Some studies show that up to 90% of endurance athletes do not meet the recommendation for zinc.
  - Zinc-rich foods include oysters, crab, lobster, fish, beef, pork, dark-meat chicken and turkey, baked beans, and whole grains.
- **Iron.** Why? Iron is needed for immune cells to grow and multiply, especially white blood cells. Many female athletes have low iron intake and a high rate of iron depletion or deficiency, resulting in anemia.
  - Iron-rich foods include clams, beef, dark-meat chicken and turkey, iron-fortified grains and cereals, and dried beans and peas. Consuming Vitamin C-rich foods with plant sources of iron increases absorption of this important nutrient.

Remember, more isn't better! Nutrients work together to keep us healthy. Overloading on one nutrient can lead to imbalances of others. And, excessive intake of zinc (especially from supplements) can lead to nausea and vomiting.

In addition to nutrients, probiotics found in yogurt and kefir, support a healthy gut, and colorful fruits and veggies are loaded with plant compounds that act as antioxidants, too.

Put all these nutrients together with these tasty meals ideas:

- Whole grain, iron-fortified breakfast cereal with glass of orange juice or slice of cantaloupe.
- Bean burrito in whole grain tortilla topped with tomato salsa and dark leafy greens.
- Baked chicken thighs with mango-salsa topped baked potatoes and steamed broccoli.
- Fish tacos with coleslaw.
- Lobster mac and cheese and mixed fruit salad.

- Grilled pork loin with roasted cauliflower and brown rice.
- Clam chowder, crusty enriched bread with a spinach salad with sliced strawberries.

*Christine Rosenbloom is a registered dietitian, sports nutritionists, and nutrition professor emerita at Georgia State University. She welcomes questions from swimmers, parents, and coaches at [chrisrosenbloom@gmail.com](mailto:chrisrosenbloom@gmail.com).*