

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

Welcome Back!

From Coach Hembree

Welcome Back! I hope all you had a chance you get some good rest and relaxation over spring break. The coaching staff is excited to be back at it with your athletes and are excited for the summer season.

This season comes with some changes as well as some getting back to normal. First you might have notice some changes in the coaching staff. We have a couple coaches no longer with us and thus have some additions to the staff. Aaliyah Wilson has been hired on to lead our Middle School Blue athletes. Aaliyah comes from a swimming background including 3 years of time spent with NASA and the high school team. She is off to a great start focusing not only on teaching our middle school athletes the sport of swimming but connecting with them. Coach Dan and I are excited to have her on staff and to see her grow as a coach this season. We also have an open spot on the senior staff that we are working to fill before the end of the summer.

Speaking of the summer, there is going to be a lot going on. First we are excited to get to use the facilities at the Elkhart Health and Aquatics Center to do some long course meter training this season. As a staff we feel this time will help our athletes be more competitive during the summer season (Long Course Season) as well as on the national level. That also means we will be having meets this summer (unlike last summer). Please keep in mind as we work through the meet schedule that many things are still in flux and that means things can change last minute. I think it is also important to remember that many teams are required to follow the rules of their counties and their facilities. In the end the decision for masks, spectators, etc., is probably not the host team's. Lets make sure as an organization we continue to be respectful of the policies that are in place at other facilities, and continue to be flexible as we know things can change from day to day.

Lastly, the high school pool will be going through a renovation this summer. Starting the week of May 31st the pool at the high school will be shut down to begin renovations. The goal is to have everything completed no later than September 1st. This is extremely exciting as we will be replacing the failing air handler equipment, draining/cleaning the pool, replacing the lights with all new LED lighting, and doing about \$120,000 in Daktronics equipment refresh including brand new HD video Scoreboards. What this means is that all programming has to move to the middle school pool and will cause us to have to do some creative things with the practice schedule. We have a plan in place and will get that to you sometime next month. Please be patient as this plan may change as we see what works and what doesn't. Let's have a great season!

Age Group Happenings

From Coach Emma

We have had a great start to the season so far! In the last 2 weeks we have been working on being comfortable in the water, having good body position, and for our new swimmers, learning breaststroke and butterfly. We have also learned and practiced our starts, turns, and finishes in preparation for our upcoming meet, which we are really excited about!! Since we had a later start than other groups this month, we are focusing on getting to know each other and the sport, but our group is excited to get going with Swimmer of the Month for May.

From Coach Powell

April is a rebuilding month for EL Gold. We have 4 returning EL Gold members and 4 new members. Our average yardage has been 2,200 - 3,200 depending on the sets and type of practice. We are already seeing great improvements in all the kids and giving Leadership opportunities to the returning members of EL Gold. I look forward to what this summer season has in store for us and anticipate great success for these young athletes.

From Coach Aaliyah

In the past two weeks or so we've covered freestyle drills, backstroke drills, turns and a lot of kicking. We've been focusing on technique, teamwork, reading pace clocks, getting times, and positive attitudes. This week (4/26) we're going to be finishing up backstroke drills and beginning breaststroke drills. We are still going to be kicking a lot. Next week (5/3) we are going to continue breaststroke drills and choose a day to work on meet etiquette and starts. I'm going to be talking to Dan this week about meet entries. For the week of 5/10 we will be finishing up breast drills and moving into fly drill and moving into more aerobic free sets.

From Coach Dan

The beginning of any season is always a little different than you would expect. It is very challenging to transition from the "competition mode" at the end of the previous season, to the "setup mode" at the beginning of the next. To do this you must have new goals as well as a ready understanding toward any changes made to your training plan. When transitioning into the summer season this includes SCY to LCM times and training, new members of your training group, and the balancing of different activities in your routine. I recommend a patient, growth minded approach that will allow new variables to process, while still keeping the end goal in your mind's eye. Trust your training and yourself. You will fall into a rhythm, you will learn to keep up with those around you, and you will achieve whatever improvement you commit yourself too wholly. You might even become friends with the person in your lane that drives you crazy along the way. I urge you all to have fun this summer and commit yourselves wholly to "the process".



Important Dates

8th - NASA Off the Blocks Meet

9th - Mother's Day

14-16th - FAST 500

15th - Practice at NMS/NHS not Elkhart

21-22nd - Practice at NMS/NHS not Elkhart

21-23rd - SCA Spring Splash

24th - Practice at NMS/NHS not Elkhart

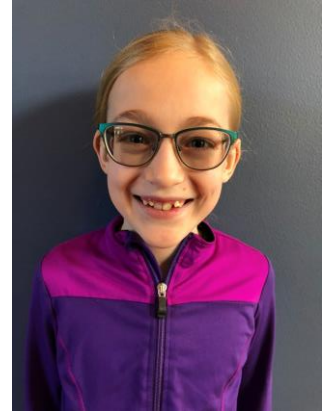
26th - Last Day of School

Swimmer of the Month

Middle School Blue

The Middle School Blue Swimmer of the month is Calista Gephart. She was chosen because she has shown so much improvement in just a few weeks. She is always positive during practice and encourages her teammates even when the set gets hard. She shows selflessness because she is always the last one in our group to leave deck to make sure that everything is picked up. Overall she has done amazing these past few weeks

- Coach Aaliyah



Middle School Gold

This month Cora has been ready to go. She has discussed goals with me, been a kind leader to the new additions to our group, and has shown up every day with those qualities in tow. I cannot wait to see what happens when this tenacity and teamwork has compounded over the entire season. Cora has evidently set out to be better, and be a part of something better right from the start.

- Coach Dan



Senior/Elite/National

This month the Senior/Elite/National athletes selected Madox Hembree as their swimmer of the month. Madox has come into the elite group with a willingness to learn and improve. He has been very open to stroke corrections and putting himself out there. He shows up to every workout prepared with everything he needs and ready to get better. I am excited to see Madox continue to grow and improve as an athlete.

- Coach Hembree



Safe Sport Corner

During the summer season we will be sharing NASA's Safe Sport / Minor Athlete Abuse Prevention Policies (MAAPP) as part of our Safe Sport Corner. These policies exist to protect all of the stakeholders involved in the club. It is important that all stakeholders understand these policies. Please take the time to learn or review these each month.

BEST PRACTICE GUIDELINES

All USA Swimming members are required to abide by the Code of Conduct. In addition to that Code, USA Swimming publishes the following Best Practice Guidelines. The Best Practice Guidelines below describe strategies for creating an open and observable environment and establishing clear boundaries between adults and athletes.

1. Parents will be encouraged to appropriately support their children's swimming experience.
2. Two-deep Leadership: One coach member and at least one other adult will be present during all practices, suit fittings, athlete pick-up and other sanctioned club activities whenever at least one athlete is present.
3. Open and Observable Environment: An open and observable environment will be maintained for all interactions between adults and athletes. Private, or one-on-one situations, will be avoided unless they are open and observable. As an example, a meeting should be moved to an open and observable location if the meeting inadvertently begins in private.
4. Coaches will not invite or have an athlete(s) to their home without the permission of the athlete's parents (or legal guardian).
5. During team travel, when doing room checks, attending team meetings and/or other activities, two-deep leadership and open and observable environments will be maintained.
6. Athletes will not ride in a coach's vehicle without another adult present who is the same gender as the athlete, unless prior parental permission is obtained.
7. During overnight team travel, if athletes are paired with other athletes they will be of the same gender and should be a similar age. Athletes and Unrelated adults will not share a hotel room, other sleeping arrangement or overnight lodging while traveling.
8. When only one athlete and one coach travel to a competition, at the competition the coach and athlete will attempt to establish a "buddy" club to associate with during the competition and when away from the venue.
9. Communications between non-athlete adult members and athletes will not include any topic or language that is sexual or inappropriate in nature.

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.

Perfect Attendance

Each month, starting with May, we will list those who made to all of their training sessions and had perfect attendance.

Parent Corner

Deli Meats Such as Beef Are Rich in Protein and Nutrients

March is National Nutrition Month, but I bet you didn't know it is also National Deli Meat Month.

OK, I can hear you asking, "How can deli meats be a healthy choice for swimmers?"

One of the biggest obstacles to healthy eating for busy athletes and their parents is time: time to shop, time to cook, and time to eat. Enter deli meats. They are convenient, pre-cooked, and packed with protein. There are many options at the deli counter that are low in fat, low in sodium, and even some that are American Heart Association certified. In addition, some selections are organic and grass-fed.

For swimmers, I suggest focusing on the beef options like roast beef, London broil, top round, eye of round, or pastrami. A 3-ounce serving of roast beef has 21 grams of protein and 6 grams of fat. Twenty grams of protein is recommended as a recovery dose after a hard workout, so a roast beef sandwich is a tasty way to get replenishing protein. Beef is nutrient-rich, containing the minerals iron and zinc in a more bioavailable form than is found in vegetables, grains, or beans. Beef is also a good source of vitamin B12, needed for making healthy red blood cells and nerve cells.

Here are some easy and quick ways for using this prepared meat to boost good nutrition:

- Slice London broil over a green salad for a change of pace from chicken Caesar salad.
- Warm roast beef in the microwave and serve over a thick slice of crusty bread with beef broth for a quick Roast Beef Au Jus sandwich.
- Slice roast beef into strips and stir fry with veggies, such as asparagus, green beans, snap pea pods, edamame, carrots, onions, or peppers. Serve with steamed brown or white rice.
- Make a classic pastrami sandwich served on rye bread with a big dill pickle. (It will help to replace sodium lost in practice or competition).
- Simmer roast beef slices in barbeque sauce and serve on your favorite sandwich bun.
- Add to noodle bowls for an Asian inspired beef meal.
- Impress your teammates with a Charcuterie board. That is French for the appetizer course, and it features a platter with cooked meat, sausages, cheeses, dried fruit, veggies, nuts, olives, and crusty slices of bread.
- For a novel idea, consider making beefshi. You read that right; beefshi is a take on sushi using prepared deli meats. Try the recipes found at beefshi.com. My favorites for swimmers are the Sunday Supper Sushi, The Texan Roll, and the Reuben Roll. The website has videos showing you how to make beefshi!

Disclosure: I was at a sponsored conference that served beefshi at lunch, but I was not asked to write about it or paid to do so.

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