

SWAC Speaks

Southwest Allen Community Swim Team

The time of your life!

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Editor

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December Events & November Results

December greetings, SWAC Families! What an exciting month we have had in the pool! Congratulations to ALL participants and volunteers at our "Fall in the Pool" invitational, 11/20-22 for a wildly successful meet! We had close to 700 swimmers, 180 of which were from SWAC. THANK YOU to everyone for their efforts to make this meet the best it can be! Also, BIG thanks to our Meet Directors, Deb Luarde and

Deb Nussear; Meet Entry Chair, Christine Koehn; and our Meet Referee, Melissa Heinerich. Results are posted on the team bulletin board at the pool and can be found on the team website under *My Account, My Meet Results*.

November also brought with it the start of the Homestead Girls and Boys Swim and Dive season. This is a very exciting time for high schoolers and for Coaches Bobby, Julie and Matt; the season also brings with it scheduling challenges. The SACS Natatorium at Summit MS is the home pool for the Homestead Spartans. When HHS hosts any meets, SWAC will make every effort to provide pool time at HPB Natatorium. We will also update practice calendars as soon

as changes are made.

In December, the National Focus training group will be traveling to Nashville, TN for the Music City Invite 12/4-6; the Senior training group will race in Muncie at the Christmas CARD Invite 12/4-6, and the Age Groupers will have the opportunity to compete at the NASA Winter Classic 12/11-13. Good luck to all participants!

Looking ahead, during our winter break from school, we will have two solid weeks of excellent training opportunities! Please let your swimmer's lead coach know if/when you will be out of town and/or unable to practice.

Have a great month and Happy Holidays to all!!!



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20 Habits of Elite Swimmers

Part IV of V, By Oliver Poirier-Leroy

While there is no exact formula for success that can be applied to everyone, there are some typical traits and habits of those who have achieved success in swimming that are universal.

13. Possess a Willingness to Accept Constructive Criticism. Feedback from coaches isn't taken personally or negatively. Elite swimmers listen to and assess criticism as objectively as possible.

14. Accept Ownership. Playing the blame game, or sugar-coating a bad swim with lame excuses is a disservice to yourself. Sure it may be an easy band-aid for your ego, but explaining your performances away with excuses only means that you lose out on a

valuable lesson and provides conditions for it to happen again down the road.

15. Take Pride in Hard Work. Hard work sounds, well, hard. And in a day and age where we expect instant results and instant satisfaction, it can be easy to cast aside hard work as something we don't need to do anymore. Elite swimmers take pride in the fact that they work hard, that they are willing to do what others won't.

16. Support Teammates. Whether it is cheering on teammates, helping out the younger ones, or being a friendly ear when someone is having a rough day, elite swimmers have a strong sense of compassion for their teammates and for the sport as a whole.

Group Spotlight: Swim School & Ex 1 By Coach Sally Martin

EXPLORATION 1 This group of kids are super hard workers, which makes my job much more enjoyable! We started off the season as one very large group and quickly realized to best accommodate everyone two groups were needed. Since then, we have been able to work closer with each swimmer to make sure all are benefiting from the smaller coach to swimmer ratio. Ex1 just wrapped up learning the basics of each stroke. Next, we will begin to refine them, work on the details and increase endurance. Coaches Sarah, Kayla and I absolutely love working with this group of kids as they always have a story that can bring a smile to your face. We also enjoy watching the smile on their face when a stroke finally comes together. The SWAC meet was AWESOME, with kids conquering their fears like champs, swimming their tails off and having a blast; as a coach I can't ask for much more than that! I look forward to having the rest of the season as great as this first part has been. A huge shout out to my parents who are great at communicating with me as that makes everything work even better!



SWAC SWIM SCHOOL is our new program this year for those kids who are just learning about swimming. These young swimmers are placed in groups by ability level for instruction appropriate for their skill set. We have swimmers learning the basics of bubble blowing and floating all the way to those learning the four competitive strokes (freestyle, backstroke, butterfly and breaststroke) that will hopefully lead them into joining me in Exploration 1. Swim School is coached by select group of senior athletes, with both the kids and their teachers learning lots. We hope that the swim school continues to grow each session. The current session finishes 12/10; we will start a new one after spring break. If you know of anyone with a young swimmer who may be interested in the swim school please send them my way!

Swim Parent 101: The only six words parents need to say to their kids about sports -or any performance

By Brad M. Griffin

I'll be honest, I kind of hate a lot about kids' sports. It's one area where my wife and I hold different opinions. I'm the wet blanket in the office about everything from little league to major sporting events. I get concerned about the ways our culture obsesses about kids' performance. All kinds of parental anxiety and dysfunction plays out on the sidelines and bleachers, and you only need to walk to your local park to catch a glimpse for yourself. Sports have such potential to build character, perseverance and skill. Sometimes they succeed and other times coaches, parents and mobs of hot-or-cold fans burn out or puff up kids in quite damaging ways.

All that aside, my son's getting ready to play T-ball this spring. I say getting ready, because after sign-ups we were informed that "spring training" would start immediately this week, in February. *I didn't sign up for that.* They want kids there four nights a week, *pre-season*, to build skills prior to being

placed on teams. Did I mention that this was just at my local neighborhood park league, not "competitive" T-ball?

In the midst of considering my own response to this, I stumbled across a great article by student leadership development expert Tim Elmore. In it he discusses research on what parents can say both before & after the game to encourage their kids, without making everything about performance (either positively or negatively). Elmore suggests:

Before the competition:

Have fun. Play (Swim) hard. I love you.

After the competition:

Did you have fun? I'm proud of you. I love you.

It gets even better. Researchers Bruce Brown and Rob Miller asked college athletes what their parents said to them that made them feel great and brought them joy when they played sports. Want to know the six words they most wanted to hear their parents say?

"I love to watch you play (swim)."

That's it. Nothing aggrandizing like, "you're an all-star," and nothing discouraging like, "here are a couple things I noticed that you can work on." Just "I love to watch you play."

As I gear up for T-ball, band concerts, gymnastics practice and everything else my three kids do this year, I'm internalizing these six words. I'm sure I'll say other things, some that are helpful and some that aren't. But all I want my kids to hear that doing what they do, and learning about themselves is a joy to watch as it unfolds.



Bobby's Blog

By Bobby Mattin

Meet season is finally upon us! November brought us a super successful SWAC Fall in the Pool Invitational! We had more lifetime personal best times and high point award winners than can be listed here!

At the risk of being too sentimental, it is moments like that when I am so proud to serve this team and this community. We had an army of volunteers who all pitched in to create this wonderful event for our athletes and all the teams who participated. At SWAC we are constantly trying to build a positive reputation both in Indiana Swimming and USA Swimming as a whole. Your hard work, charm and commitment to not only your own swimmers but the community of swimming help us do that.

Swimming is a sport of participation. We are always searching for ways to promote our own internal motto; *Inclusion and Accessibility*. Your role as a family is paramount to that end. Just as a swimmer needs to commit to being at practice in order to improve, a swim club relies on its families to participate in a number of different ways. If you enjoyed working alongside other SWAC families and with our SWAC athletes please seek out ways to join in! I am sure that you will find that the rewards of volunteering far outweigh the work put in.

I hope all our families had a happy Thanksgiving!

SWAC on three...1...2...3...SWAC!!!

Tip of the Month: Enjoy the Race!

By Bobby Mattin

Many of our swimmers get too wrapped up in what the outcome of a particular race will be.

- ❖ *Will I get a best time?*
- ❖ *Will I make a state cut?*
- ❖ *What if I don't do well, will my parents or coaches be disappointed in me?*

The best athletes in the world LOVE TO RACE! It is the fun part of or sport! Racing is a celebration of all the hard work that our swimmers put in!

Ultimately it matters little what place an athlete finishes. The important thing is that our swimmers learn something from this experience. We teach them to embrace challenges.

Watch This!

See Missy Franklin dominate the 100m Bk in London!

Here is a cool video from the London Olympics. This is Missy Franklin swimming the 100m Backstroke in the Olympic Final. I'd like you all to pay attention to her facial expressions as she gets ready to race. You cannot watch this and not see just how much she loves racing! One of my favorite moments from those games.

<https://www.youtube.com/watch?v=3nTv7p64pQA>



Nutrition Notes:

Do swimmers need a special diet?

No. Not unless they have a medical problem or diet related condition that has been diagnosed by a nutrition professional. As a general rule, top swimmers follow a "4 More, 4 Less, 4 Me" diet:

- ❖ More-complex carbs (rice, bread, pasta)
- ❖ More-lean quality protein (chicken, meat, fish)
- ❖ More-liquids (water, fresh juices)
- ❖ More-fresh fruit, nuts, veggies
- ❖ Less-fast food
- ❖ Less-saturated fats & oils
- ❖ Less-processed & pre-packaged foods (high salt)
- ❖ Less-soda (excess sugar and Co2)





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Our Mission:

To provide a program of long-term development and competitive swimming excellence

Swimmer's Meet Progression

There are A LOT of swim meets out there. It seems like every year, newer and faster competitions are popping up all over the place. Sometimes even coaches have a hard time keeping track! The following is a SWAC guide of the swim meet progression we work towards and recommend for our student-athletes:

- | |
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| 1. Divisionals |
| 2. Age Group State |
| 3. Zones |
| 4. Senior State |
| 5. Sectionals |
| 6. Futures |
| 7. Junior Nationals |
| 8. Senior Nationals/
Olympic Trials |

Hotel Blocks for 2016 Indiana Swimming Supported Events Now Open for Reservations

Indiana Swimming, in partnership with Visit Indy, and our host clubs, is pleased to offer Indianapolis-area housing options for our 2016 visitors to the IU Natatorium for Indiana Swimming supported events.

Hotel blocks are now open for reservations for these 2016 Meets: 14 & Un MidStates All-Star Championships, Circle City Classic, IN Swimming Short Course Age Group Championships, IN Swimming SwimFest, and Central MegaZone Championships.

To access the online reservation system for these events, please visit the Indiana Swimming at www.inswimming.org and click on the Events tab (**Hotels**) at the top of the home page.

Anyone who books using our reservation system will have their name entered into a drawing for a complimentary all-session parking permit in the Natatorium Sports Garage for that event. Please contact Arlene McDonald at arlenemcd@aol.com with questions.

Business Briefs

SWAC Board Meetings: 3rd Tue. of the month, open to SWAC members, 6:30 p.m. at Deer Ridge Elementary. If you would like to attend or want more info, please contact Jason Koehn: jkoehn@gmail.com.

SWAC swimmers need to stay healthy! No school = no practice. Kids should be fever and symptom free for at least 24-48 hours before returning to practice.

Want to see an article on a specific topic? Please send your thoughts, comments & ideas to JulieAnderson95@frontier.com

Need a good anti-chlorine

shampoo for your swimmer?

Shampoo Three by Paul Mitchel is

Coach Julie's favorite.

SCHOOL CANCELLATIONS: When SACS cancels school, the pool is closed. However, sometimes we are able to practice. Look for team emails about possible pool time on snow days. (As always, these will be optional practices and only if you feel comfortable transporting your child.)

SWAC Car Decals-available through Diane Wilson. **SWAC Swim Caps**-available at the pool via coaches and billed to your account.

Group Activities- Attention parents! Would you be willing to organize get-togethers for your swimmer's training group? SWAC would like to see 2-4 group activities (ie: bowling, lazer tag, paintball, etc.) planned throughout the SC season. Please talk to your swimmer's lead coach if you can help!

SHOP AMAZON SMILE & EARN \$ for SWAC! Don't forget to go through the SWAC home page and use the Amazon Smile program to earn \$ for our team. There is no catch, just enter Amazon via our website and shop away!

SPONSOR SPOTLIGHT:

Tolon Restaurant

Fort Wayne's first farm to table restaurant located in historic downtown Fort Wayne at 614 S. Harrison opening January 2016. Tolon focuses on bringing the best quality of locally grown foods to the table including a one of a kind craft cocktail menu that features locally distilled spirits from the Midwest. Let Chef Matthew Nolot and his wife, Nicky, entertain you on your next evening out. Call 260.438.2604 for more information about Tolon or to make a Valentine's Day reservation!

