



September 2019

Great swimmers...Great families

Welcome back

Welcome back!

PAAC is back! We are about to start the 2019-2020 season and the excitement is all around us. We are coming off an incredible summer of racing where our swimmers were all over the East Coast representing PAAC over the past few months. All of our coaches are excited to see our swimmers in the water and helping them reach new goals this season.

Swim Meets and automatic entries

When are they and how do we know if our swimmer is entered?

Welcome to the world of competitive swimming! There are over 270,000 swimmers competing each year throughout the country and your swimmer is a part of this incredible group of physically fit humans. USA Swimming is the most accomplished sport in the Olympics every four years and it all starts with your swimmer! Most of our new families, as well as a few of our returning families, can very easily figure out how swim meets work. It may take a few tries, however, almost every swim meet is the same. Please continue with this section and hopefully most of your questions will be answered.

When are they? Our swim meets are held almost every month. Usually, there are no swim meets in September, April and August. Most of our younger swimmers will compete locally. As they get faster, they might qualify for swim meets that might take place in other locations. So, what do I need to know for each meet?

Please go onto the home site and look at the meets that are offered. Click the name of the meet you are interested in. Please notice the registration deadline at the top of

that new page. If your swimmer can attend the meet, then you do not need to do anything else. If your swimmer **CANNOT** attend, then you must go to the "Edit Commitment" button and declare them as "No, I cannot attend the meet".

This year, all our swimmers are automatically entered in each meet. Some meets are only for certain ages or training groups so we suggest that you please check each meet to be sure.



If you do not go online and make the declaration before the deadline, then the coaches will make the assumption that your swimmer is going to the swim meet.

You will see the meet announcement listed. This is what you should read through.

After the deadline has passed, the coaches will start working on the entries and we will eventually post a PDF on the website. This will be located in the same place as the meet information packet.

This PDF is a useful guide as you can double check your swimmers' entry's. Each swim meet will stop accepting entries at some point. Because of this, it is very important that we send our entries in as early as possible. Once we send in the entries, then each family is responsible financially for their entries.

We recommend that if you still have questions regarding any of this, please ask your child's coach and they will be able to help you. After a meet or two, you will become a champion in understanding this process and can help other new families in the future.

Thank you parents!

To have a successful program there must be complete understanding and cooperation among parents, swimmers, and coaches.



The progress your child makes depends to a great extent on this GOLDEN triangular relationship. With the swimmer being the focus here, it is up to the parent and the coach striving to help the swimmer reach his or her goals. All three need to work together over the years and the rewards could be remarkable.



You the parent, do so much for your swimmer. You are the one who drives them to and from practice every day. You are the one that feeds them before and after practice every day. You are the one that takes them to swim meets once per month (sometimes

twice per month). You are the one that will sit at practice and strike up conversations with other PAAC parents talking about the fun times your family is having. You're the parent who gives so much of yourself to not only your swimmer, but to the entire PAAC program. Thank you for being you!



Safe Sport

USA Swimming's top priority continues to be keeping our athletes safe. No form of abuse, including child sexual abuse, has a place in our sport.

This past summer, USA Swimming implemented their new program called Minor Athlete Abuse Prevention Policy (MAAPP).



AT PAAC, we want to be very proactive with this and have taken

necessary steps to comply with the standards that USA Swimming has set forth.

This summer, all of our 17-year-old swimmers had to take an athlete protection course on line before they turned 18 in order to swim. Coach Rick will be letting all our swimmers who are required to do this know how.

Also, we ask that if our swimmers need to get a hold of a coach, they include their parent or guardian in the email or text. All of the coaches are aware that there is a proper way to communicate with our swimmers and we will be following this policy.

Virtual Club Championships

HOW DOES OUR CLUB STACK UP? The VCC recognizes and highlight clubs that are developing athletes and achieving success at multiple levels emphasizing the team element in club swimming. This past summer, there were 2,551 teams registered in the USA. More information about this motivational program can be found on the USA Swimming website.

Year/Season	National Rank	VCC Score
2019 Meters	359 th	110,396
2019 Yards	291 st	144,266



IMX and IMR Challenge



While the VCC program is a TEAM goal and challenge, the IMX and IMR are individual goal programs and have been proven to be very successful over the past 15 years.

Here are the IMX events that need to be completed:

- 10 & Under: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
- 11 & 12's: 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
- 13 & Over: 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

Here are the IMR events that need to be completed:

- 10 & Under: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM
- 11 & 12's: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM
- 13 & O: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM



Final IMX scores 2019 Long Course Season:

4000 - 5000 points: Alison Lin

3000 - 3999 points: Sophia Cerimele, Francesco D'Avella, Andrew Ehret, Pepper Ritchey, Madison Tewksbury, Justin Toomey



2000 - 2999 points: Madison Camden, Natalie Cheplick, Maggie Chi, Garrity Ford, Roman Herman, Oliver Ritchey, Lydia Strucko

1000 - 1999 points: Tegan Evans, Mazie Fleischaker

0999 - 0005 points: Mohamed Zaher

Final IMR scores 2019 Long Course Season:

3000 - 3999 points: Pepper Ritchey, Madison Tewksbury, Cece Traub



2000 - 2999 points: Andrew Camden, Madison Camden, Nicholas Carter, Sophia Cerimele, Francesco D'Avella, Andrew Ehret, Garrity Ford, Simone Lin, Mimi Norris, Andrew Pletz, Oliver Ritchey, Lydia Strucko, Chloe Vlaeminck, Annie Walls, Sabrina Yurconic

1000 - 1999 points: Olivia Amorim, Maggie Chi, Tegan Evans, Mazie Fleischaker, Sada Fleischaker, Natalie Molnar, Michael Strucko, Jillian Walls, Lauren Walls

0999 - 0005 points: Kyle Chi, Liam Solomon, Mohamed Zaher

PARENT EDUCATION

Elizabeth Wickham volunteered for 14 years on her kids' club team as board member. Please read below her thoughts.

We are so fortunate to be swim parents. Our kids get to experience failure. That's a good thing!

When my son was in Little League, we had the team over for an end-of-season party. Was I surprised to see a trophy for everyone! Even for younger siblings that weren't on the team. There were no winners or losers, the emphasis was on how to play the game. That's a nice fuzzy, warm idea, but kids who never lose won't know how to handle failure. Studies show they may be filled with anxiety and depressed when life isn't perfect.

Our kids need to lose to grow. How else can they develop into well-adjusted, empathetic people? It's not our job as parents to make our children happy, but to provide experiences where they learn life skills and are happy on their own.

In swimming, my kids both missed making cuts, repeatedly. My daughter tried for close to two years for a junior national time. In her words, "The 12th time is always the charm." Don't get me wrong, there were plenty of high points, too. Winning at CIF, anchoring a relay at big meets, and being recruited for college were moments made brighter by hard work and previous losses.

No one likes to lose, but it's a major part of why swimming is an amazing sport for our kids. Here are eight tips on what our kids learn from losing:

ONE - How to work.

Swimmers learn there are no short cuts. If you have a kid that's especially bright, he or she may not learn how to work in the classroom. If they are a natural athlete, swimming success may come easier to them, but without hard work, they won't go far.

TWO-They won't win every race.

Learning how to behave after a loss is incredibly important. Our kids get cues from us on how we act after we suffer a loss, or how we act after their races. We're their number one role models. Life is not one perfect moment after another, strung together. Learning how to cope with failure will help them with school, work and life.

THREE - Motivation.



Using the energy from the frustration of a loss and turning it into a positive is exciting stuff. Not many kids get the opportunity that swimmers do to come back after a loss and get right back on the blocks.

FOUR - Determination.

Having the focus it takes to stick with swimming throughout plateaus or adding time shows true grit. Lots of hard things in life take a stick-with-it attitude. Our kids will be prepared for the long road ahead and won't likely quit the first time they hit a bump.

FIVE – Short term versus long term goals.

Your child may want to be the next Michael Phelps, but the first step may be working on a specific goal like better streamlines. Losing will help your swimmer rethink goals. One coach told my kids to dream high for their long-term goals, but keep short-term goals within reach.

SIX – Satisfaction and confidence

Being handed a ribbon for showing up in a sport is entirely different than the satisfaction our swimmers get when they earn their first age group ribbon or medal. Our kids know instinctively that they earned their award through their efforts. Instant gratification is so prevalent today with electronics and social media. It's a blessing that our kids are building self-confidence through old-fashioned hard work.

SEVEN - Accountability.

If our kids have a less than optimal race or practice, they figure out on their own or with their coach what they did wrong. They may know practice was tough because they skipped breakfast, or added time in a race because they didn't warm up. They can learn from their less than perfect swims and take ownership on how to improve.

EIGHT - Resilience.

Bouncing back after failure is what we hope our kids learn from losing. Coming back from an injury and sticking with a slow, sometimes painful rehab also teaches resilience. Our kids know that failure is not constant. It's only temporary and how they react to it will determine what comes next.

SWIMMER EDUCATION

You may not always be the most talented or the fastest swimmer in the pool. But you can be the most consistent.

You can have the greatest facilities in the world. A world-class coach. A support system that is positive and encouraging. You can have a custom-designed nutrition plan tailored specifically to your needs. **But without consistency, it's not worth a chlorinated lick.**

All that awesome advice, all the support, all that knowledge and power—all for nothing without the consistency to go along with it. After all...

- You say you want to improve your kick, but you aren't adding any **extra kick sets** to your practices.
- You say you need to **improve your underwater dolphin kick**, but you keep doing your push-offs and breakouts the same way you always have.
- You say that you want to **improve your core strength**, but after each practice you go sit in the hot tub instead of doing core work.

Think of the importance of consistency this way: **the way you perform at the big meet is going to be a reflection of the averages in your training.**

And being consistent over long periods of time is not easy. It requires building good training habits, it means being patient, and it requires an implicit understanding that in order to be successful you need to get your reps in.



Most swimmers will say that they understand this. That they *know* they need to be consistent. And yet, far too many will work super hard for a few days and then slip off the face of the planet for a week or two, continually

repeating this go-go-and-stop-stop approach to their training, leaving them with a **low average**. Here are two things you can do to raise your average of consistency in the pool:

LOG YOUR WORKOUTS.

Logging your workouts is not only the easiest way to get yourself some accountability and some much-needed self-awareness, it's also a cheap and **scientifically proven** way to get better results from yourself.

Whatever form you use, a spreadsheet, a Word doc, one of the million tracking apps, a notebook, or even loose-leaf paper, track your workouts. **It will provide you with an accurate overview of your training, nutrition and even sleep.**

A bird's eye-view of your training can help combat inconsistent training by showing you what happens right before you fall off (too much stress, lack of sleep, etc) so that you can avoid those pitfalls moving forward.

Having your workout history at hand can also show you that your expectations of having a much-improved kick are a little overblown given that you've done three kick sets in the past month, or that your **core strength** is stagnant because you haven't done any ab work in weeks.

GRADE YOUR WORKOUTS.

One of the biggest mistakes swimmers make when they track and log their workouts is not measuring the things that matter most in their training. **Overall volume and even attendance aren't an accurate indicator of effort and focus.**

This is one of the reasons that two swimmers, who attend all the same practices and swim the same yards, can have wildly different results when it comes to racing at the big meet.

Showing up to practice, while half the battle, is *not enough*.

How are you training while in the water? A simple way to stay on top of giving a consistent effort is to grade yourself after each workout. Out of 10, or with a letter grade, or with an emoji of your choice. Since I was a 12-year old age grouper I have always given myself a quick ranking out of 10 for how I did at practice. The power of this simple action is profound the more I think about it in that it really forced me to be honest about how I was swimming. Knowing that I had to grade myself later on pushed me while in practice. I wanted to be able to go home and write a 9.9 out of 10 simply because it felt good and it was a point of pride. Which meant that on a day when I felt like a "5" I would still push myself so that I could avoid having to give myself a bad grade.

THE TAKEAWAY

If you looked back at the "average" of your recent training, would you say that it matches up to the expectations that you have for your swimming? If not, no worries—start logging and grading your workouts starting today and start getting more from your time swimming around the black line.

You may not always be the most talented swimmer in the pool, or be the tallest, **but you absolutely can be the most consistent athlete in the water.**