

**SILVER STREAKS  
CALENDAR FOR 2016-2017 SEASON**

**SEPTEMBER**

SUN	MON	TUES	WED	THURS	FRI	SATam	SATpm
				1	2	3	3
4	5	6	7	8	9	10	10
11	12	13	14	15	16	17	17
18	19	20	21	22	23	24	24
25	26	27	28	29	30		

**OCTOBER**

SUN	MON	TUES	WED	THURS	FRI	SAT	SAT
						1	1
2	3	4	5	6	7	8	8
9	10	11	12	13	14	15	15
16	17	18	19	20	21	22	22
23	24	25	26	27	28	29	29
30	31						

**NOVEMBER**

SUN	MON	TUES	WED	THURS	FRI	SAT	SAT
		1	2	3	4	5	5
6	7	8	9	10	11	12	12
13	14	15	16	17	18	19	19
20	21	22	23	24	25	26	26
27	28	29	30				

**DECEMBER**

SUN	MON	TUES	WED	THURS	FRI	SATam	SATpm
				1	2	3	3
4	5	6	7	8	9	10	10
11	12	13	14	15	16	17	17
18	19	20	21	22	23	24	24
25	26 ?	27	28	29	30	31	31

**JANUARY**

SUN	MON	TUES	WED	THURS	FRI	SAT	SAT
1	2 ?	3	4	5	6	7	7
8	9	10	11	12	13	14	14
15	16	17	18	19	20	21	21 C
22	23	24	25	26	27	28	28
29	30	31					

 TDYCC 7:30-9:30 PM everyone. Young 7:30--9PM

 TDYCC 7:30-9:30 AM small group orig. 2nd sat

 TDYCC EVERYONE: 12:30-2:30PM

 NO PRACTICE

 Probable meet,

 probable meet. CHECK IF THERE IS PRACTICE

 Picnic, team meeting, parties, luncheon,

 lapathon

 Championship Meets with qualifying times. Rest have practice

 Championship Meets with qualifying times.

 lollipop day, captains practice

**FEBRUARY**

SUN	MON	TUES	WED	THURS	FRI	SAT	SAT
			1	2	3	4	4
5	6	7	8	9	10	11	11
12	13	14	15	16	17	18	18
19	20	21	22	23	24	25	25
26	27	28					

**MARCH**

SUN	MON	TUES	WED	THURS	FRI	SATam	SATpm
			1	2	3	4	4
5	6	7	8	9	10	11	11
12	13	14	15	16	17	18	18 L
19	20	21	22	23	24	25	25
26	27	28	29	30	31		

**APRIL**

SUN	MON	TUES	WED	THURS	FRI	SAT	SAT
						1	1
2	3	4	5	6	7	8	8
9	10	11	12	13	14	15	15
16	17	18	19	20	21	22	22
23	24	25	26	27	28	29	29
30							

**MAY**


SUN	MON	TUES	WED	THURS	FRI	SAT	SAT
	1	2	3	4	5	6	6
7	8	9	10	11	12	13	13
14	15	16	17	18	19	20	20
21	22	23	24	25	26	27	27
28	29	30	31				

**JUNE**

SUN	MON	TUES	WED	THURS	FRI	SAT	SAT
				1	2	3	3
4	5	6	7	8	9	10	10
11	12	13	14	15	16	17	17
18	19	20	21	22	23	24	24
25	26	27	28	29	30		

**JULY**

SUN	MON	TUES	WED	THURS	FRI	SAT	SAT
						1	1
2	3	4	5	6	7	8	8
9	10	11	12	13	14	15	15
16	17	18	19	20	21	22	22
23	24	25	26	27	28	29	29
30	31						

 Chemka pool Hastings 9-11 AM NOT DEFINITE

 Chemka pool Hastings 4:30-6:30 PM

**METROPOLITAN SWIMMING MEET SCHEDULE  
SILVER STREAKS SWIM CLUB-----2017 SEASON**

<u>DATE</u>	<u>HOST</u>	<u>WHERE</u>	<u>WHO SWIMS</u>
Sept. 12	<b>FIRST PAYMENT DUE BEFORE PRACTICE. CONTRACT ALSO DUE BEFORE FIRST PRACTICE FOR RETURNING SWIMMERS</b>		
Sept. 17	<b>Mandatory House of Delegates Meeting 10AM At Lehman Col Coach Don and Athletes Rep. Gray Cullen</b>		
Sept. 25	<b>Picnic and Team Meeting 11:30a Secor Road Park Pavilion 1 Swimmers, Parents, Siblings, NO DOGS ALLOWED</b>		
Oct. 8-9	FAST Hispanic Heritage Swim Me	Theodore D. Young CC	Everyone with skills swims this meet as first meet of season--4 sessions-we are in the r
Oct. 16	Badger Season Starter Invite ar	Lehman College (2 sessions)	Not the new swimmers. Sunday only. Everyone practices on Saturday.
Nov. 4-6	LIE November meet at Hofstra (5 sessions)		Friday distance. Swimmers will go to LIE or NYSA
Nov. 4-6	NYSA Fall Classic	Felix Festa Middle School	Experienced distance swimmers team split with this and FAST meet
Nov 14	<b>SECOND PAYMENT DUE FOR ALL SWIMMERS ON THE 3 OR 5 PAYMENT PLAN.</b>		
Nov. 11-13	Viking Aquatic Club--Viking Classic	Valley Central HS Montgomery	Distance Friday, reg. on Sat. and Sunl. Experienced on Fri. Rest 1-2 days-we are
Nov. 12-13	FAST 4rd Annual TDY Invitational	TDYCC	Those not in Viking meet. 4 sessions team may be split for 2 meets
Dec. 10-11	Redfox Invit at Marist or FAST \		all swimmers not in MIT rest of team practices.
Dec 8-11	MIT Invitational	MIT--Massachusetts	Very fast cut-off times. Those qualified v We are in the meet for 3 days
Dec. 17	<b>Chain Yonkel Day and HOLIDAY PARTY beginning at 12 noon in pool team picture .</b> <b>Chaim Yonkel events in pool. Party following at 2:30pm in Lounge.</b>		
Jan 14	<b>THIRD PAYMENT DUE FOR ALL SWIMMERS ON THE 5 PAYMENT PLAN.</b>		
Jan 14-15	Nu-Finmen-31th Annual MLK Jr. Cl	Nassau Aquatic Center	not Fri., sat. and sun reg. age group. GOOD MEET. Almost everyone swims something.
Jan 27-29	Hawks Trials and Finals	Valley Central HS Montgomery	Everyone swims something. Faster swimmers consider staying over because of finals.
Feb. 4-5	FAST Black Legends Meet	TDYCC	Everyone swim both days.
Feb 4	Maybe miss meet on Saturday and have team go to restraut for pizza and then go to the movies together		
Feb. 10-12	LIE second last chance	HOFSTRA	Not for Zone Qual. Swimmers. This is a fast moving meet.
Feb. 10-12	<b>ZONE TEAM QUALIFIER</b>	Lehman College	<b>T/Finals ONLY THOSE WITH CUT-OFF TIMES. 11-18 T/F; 10&amp;u F only</b>
Feb 15	<b>THIRD PAYMENT DUE FOR ALL SWIMMERS ON THE 3 PAYMENT PLAN.</b>		
feb 17-20	<b>SENIOR METS</b>	Lehman College	<b>Prelims/Finals ONLY THOSE WITH CUT-OFF TIMES. Almost nobody goes.</b>
Feb 24-26	<b>SILVER CHAMPIONSHIPS NOR</b>	Felix Festa	Those who hit the cut-off times will go No practice for others.
Mar 4-5	<b>8 AND UNDER CHAMPIONSHIP:</b>	Felix Festa	for all 6, 7, 8 and under swimmers in pre-Team and Team groups
Mar 15	<b>FOURTH PAYMENT DUE FOR ALL SWIMMERS ON THE 5 PAYMENT PLAN.</b>		
Mar 10-12	<b>JUNIOR OLYMPICS</b>	Nassau Aquatic Center	Those qualified will go. Prelims and finals... Also relays(swim once)
Mar. 10-12	<b>15-18 AGE GROUP TEAM CHALLENGE</b>	Nassau Aquatic Center with JO'S	timed finals middle session
Mar 31-Apr1	<b>METRO BRONZE CHAMP NORTH</b>	Newburgh Free Academy	must have slower than silver times in the event, no 8 and unders can swim.
Mar 15	<b>FIFTH PAYMENT DUE FOR ALL SWIMMERS ON THE 5 PAYMENT PLAN.</b>		
Jun 4	<b>43nd ANNUAL SILVER STREAKS LUNCHEON at Hastings Rec. Required event. Everyone invited...kids, parents, grandparents, siblings..</b>		
TBA	White Water Rafting	Amazing family and team fun.	
May	Sarasota, Florida YMCA Invitation	Selby Pool, Sarasota Florida	3 day meet, we attend 2-3 days, probably 2, not a family trip. Kids together in condo with an adult. It's swimming/life lessons

# PARTIES FOR 2016-2017 SEASON

EVENT	PARENT	SWIMMER
<b>PICNIC--</b> <b>SUNDAY, SEPTEMBER 25</b>	Deborah Cohen    347-668-0161	Sophia Mainiero
	Anna Bangay        917-373-7720	Lyla and Luc Gatterdam
	Sudha Reddy        646-245-8131	Maya, Leela, Samira Phillips
	Cathy Baecher      973-464-9071	Amanda, Michael Scholz
	April Johnson       914-282-4717	Olivia Seidenberg
	Georgia Mischka    646-418-0710	Camilla Mischka
<b>HOLIDAY PARTY</b> <b>DEC. 17, 2016</b>	LESLIE WONG*    914-484-3812	JUSTIN WONG
	Brooke Nalle        917-885-2594	Alistair Nalle
	Jennifer Gallagher 648-388-2035	Erik and Liam Fass
	Sandra Socastro    646-232-9015	Gabriella, Kareen, Keira Parasnis
	Lyde Cullen         914-787-9397	Gray Cullen
	Mary Ann Rees      914-282-9668	Berkeley Steinhauer
	Nadia Tantsyura    203-768-2604	Daniel, Eva Tantsyura
<b>LUNCHEON</b> <b>June 4, 2017</b>	Mindy Walker       917-405-4722	Lucy, Ellie, Pheobe Walker
	Pinar O'Flaherty    347-612-8039	Roisin O'Flaherty
	Mary Ann Rees      914-282-9668	Berkeley Steinhauer
	Anna Bangay        917-373-7720	Lyla and Luc Gatterdam
	Trish Kotronis       914-396-7007	Zach Kotronis
	Amanda Blatter     917-880-5960	Jade Blatter
<b>PARENTS COMMITTEE</b>	LYDE SIZER         914-787-9397	GRAY CULLEN
	DEBRA COHEN       347-668-0161	SOPHIA MAINIERO
	MARY ANN REES    914-282-9668	BERKELEY STEINHAUER
	ANDREW ISLES      917-416-7408	AJANI ISLES
	BECKY SELINGER    914-450-8541	LILY TRIEFF
<b>SILVER STREAKS</b> <b>WEBSITE-communication</b>		
<b>SILVER STREAKS</b> <b>LAPATHON</b> <b>April 8, 2017</b> <b>start time: 7PM</b>	PATTY MINOZZI*    914-497-9451	MARISSA MINOZZI
	Fay Perry            917-328-8431	Laura Hibbert
	Deborah Cohen      347-668-0161	Sophia Mainiero
	Maria Silver         914-282-1678	Christina Silver
	Jen Leff             917-486-8509	Sofie Kirshbaum
	Sharon Huang        203-837-6490	Ben, Michael Wu

# SILVER STREAKS SWIM CLUB

## equipment order form 2017 season--Checks to GAY SILVERMAN

Swimmer's Name:	Total for order: \$
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CHECKS PAYABLE TO: GAY SILVERMAN and returned no later than Sept. 19th, 2016. Email me immediately if you want a parka... Remember, swimmers MUST wear warm shirts and pants on deck at meets. Swimmers MUST wear Silver Streaks logo on deck at meets. NO OTHER LOGOS.

		how many	Total
<p>ALL SHADED ITEMS ARE REQUIRED. MANY RETURNING SWIMMERS OUTGREW ITEMS. PLEASE CHECK !!!</p> <p><b>REQUIRED ITEM:</b> EVERYONE must purchase at least one of each of the following items. If you already have a latex cap buy another because it is not going to make the season. You must use caps at practice and MUST use TEAM cap at meets.</p>			
<b>FEMALE TEAM SUIT:</b> 22 24 26 28 30 32 34	\$35.00		
<b>MALE TEAM SUIT JAMMER:</b> 22 24 26 28 30 32 34 36	\$25.00		
<b>SILICONE SILVER CAP:</b> new DOME cap with your name on it. Try to buy extra because I can make 1 order only.	\$20.00		
<b>LATEX CAP</b>	\$3.00		
<b>WINDBREAKER JACKETS WITH WHITE LINING, POCKETS IN FRON AND 1/2 ZIPPER. MUST WEAR AT MEETS</b>	\$31.00		
size: CL S M L XL XXL (add \$2.00)			
<b>SWIM FINS:</b> BOYS SHOE SIZE GIRLS SHOE SIZE	\$26.00		
<b>HAND PADDLES:</b> SMALL MEDIUM LARGE	\$15.00		
<b>MESH EQUIPMENT BAG</b>	\$10.00		
<b>PRACTICE SUITS</b>			
Girls 22 24 26 28 30 32 34	\$35.00		
Boys-BRIEF 22 24 26 28 30 32 34 36	\$18.00		
Boys Jammer 22 24 26 28 30 32 34 36	\$25.00		
<b>PRACTICE LYCRA CAP (fabric)</b> excellent under latex cap so hair doesn't pull.	\$5.00		
<b>SWIMMING BAG</b>			
Navy with white team logo and name on bags. Pockets and all kinds of good features. Water resistant. waterproof pocket to rip. Bag is waterproof. NAME TO APPEAR ON BAG if they will do it:	\$45.00		
<b>SWEATSHIRTS</b>			
Navy hooded--front pockets, white print on front and back--they run true to size and do not shrink	\$31.00		
size: CL S M L XL XXL (add \$1.00)			
<b>SWEATPANTS</b>			
Navy with white lettering down leg--these run VERY large and do not shrink.	\$18.00		
size: CL S M L XL XXL (add \$1.00)			
<b>T SHIRTS</b>			
For Parents and Swimmers alike---Navy with white lettering. Parents also like to wear them at meets. Very nice when sitting together.	\$10.00		
size: CL S M L XL XXL (add \$1.00)			
<b>LONG SLEEVED NAVY T-SHIRT</b> .... Same as short T-Shirt but with long sleeves..GOOD FOR MEETS when not too cold			
For Parents and Swimmers alike---Navy with white lettering	\$18.00		
size: CL S M L XL XXL (add \$1.00)			
<b>PARKA</b>			
Long coat used as coat, at meets, very warm and cozy. Most large teams have it as required attire. Buy big and it lasts for many years. Not required but we hope you will get it. NOT a substitute for windbreaker. Price is not guaranteed. Depends on quantity. Waterproof and windproof....Navy outside, royal fuzzy lining, royal with white shadow double letters on back, name on front. We will size swimmers.	\$130.00		

**Metro Swimming**

**2016 Age Group Championships Time Standards**

**Short Course**

Eligibility period: from **January 1, 2015** to the meet entry deadline - **standards updated 09/15/2015**

BRONZE not faster than					SILVER					JO					ZONE Q.					EVENT					ZONE Q.					JO					SILVER					BRONZE not faster than																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																													
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## THE TEN COMMANDMENTS FOR PARENTS OF ATHLETIC CHILDREN

These helpful hints are primarily directed to the new families in swimming. They are not new. They get the point across, no matter how over-used or riddled with clichés they may be. The feelings of a young athlete are very much affected by what goes on away from the pool. It is recommended that each parent re-read these hints every time the feeling surfaces that your child is not doing as well as the family expects.

1. Make sure your child knows that—win or lose, scared or heroic—you love him, appreciate his efforts, and are not disappointed in him. This will allow him to do his best without a fear of failure. Be the person in his life he can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic ability, his competitive attitude, his sportsmanship, and his actual skill level.
3. Be helpful but don't coach your child on his way to the pool or on the way back or at breakfast, and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks and often critical instruction.
4. Teach him to enjoy the thrill of competition, to be "out there trying," to be working to improve his skills and attitudes. Help him to develop the feel for competing, for trying hard, for having fun.
5. Try not to re-live your athletic life through your child in a way that creates pressure; you lost as well as won. You were frightened, you backed off at time, and you were not always heroic. Don't pressure your child because of your pride. **Note:** Athletic children need their parents, so you must not withdraw. Just remember there is a thinking, feeling, sensitive free-spirit out there in that swimsuit who needs a lot of understanding, especially when his world turns bad. If he is comfortable with you—win or lose—he is on his way to maximum achievement and enjoyment
6. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc., with your athlete.
7. Don't compare the skill, courage, or attitude of your child with other members of the team, at least within his hearing.
8. Get to know the coach so that you can be assured that her philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under her supervision.
9. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before over-reacting.
10. Make a point of understanding courage, and realize that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us can and will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort.

**Note:** Being the parent of an athletic child is tough. But it makes it all worthwhile when you hear your child say: "my parents really helped and I am lucky to have them."

## How Not to Ruin a Swimming Prodigy

Todd Schmitz Has Guided Swimming Phenom Missy Franklin Since She Was 7;

By MATTHEW FUTTERMAN

Nothing about the aquatic credentials of Todd Schmitz hinted at future glory: After swimming for Metropolitan State College in Denver, he started coaching the 8-and-under group at a Colorado youth club in 2002.

But his very first "Starfish" class featured a 7-year-old newcomer named Missy Franklin. Yes, that Missy Franklin. Now the 17-year-old world champion in the 200-meter backstroke, Missy the Missile is a likely medal contender in several events at this summer's London Games.

And beside her on the Olympic deck will be Schmitz, head coach of a youth club so makeshift that it has no pool. Its practices shift between rented lanes at five Denver-area facilities, with Schmitz lugging club equipment in the bed of his GMC Sierra pickup.

That a world champion swims among these migrants is something Schmitz shrugs off as good fortune. "The train was going by, I jumped on and I'm enjoying the ride," says Schmitz, a 33-year-old native North Dakotan. But better-pedigreed coaches don't dare call Schmitz lucky. So often do children seemingly destined for aquatic greatness quit or fall short that Franklin's trajectory has earned her coach a large measure of respect. "It's hard to argue with his success," said Greg Troy, University of Florida head coach and a head coach of the 2012 U.S. Olympic swim team.

Perhaps the biggest supporters of Schmitz are Franklin's parents. In an era when many parents turn their lives upside down in quixotic, high-dollar pursuit of their offspring's athletic glory, the Franklins have left the nation's premier teenage swimmer in the lanes of a club that costs about \$2 an hour, far less than a baby sitter, and that welcomes every kid regardless of ability.

It isn't as though Franklin's parents—her father an executive, her mother a physician—couldn't afford to place their daughter in costly elite program. "Why would we?" said Dick Franklin, Missy's father, a director with the renewable energy organization Cleantech Open. "We have a kid who is happy and who keeps swimming faster." For a young and aspiring Olympian, arguably no choice is more important than picking a coach. For years, Franklin's parents have been urged to move their child to California, Texas or Florida to train with coaches whose swimmers have won enough Olympic hardware to fill a vault. The Franklins decline to identify the sources of such pressure, in part because they say it is well meaning.

The Franklins believe they already happened upon the ideal coach for their daughter. Schmitz, who earns a salary of about \$70,000 a year, arrives at the pool around 5 each morning and during the school year leaves most evenings at 7. His work ethic and passion for coaching were apparent when he swam at Metro State, where after practice he hung around to write down that day's routine and ask about the philosophy behind it. "That's rare," said Andy Lehner, ex-coach of Metro State's now-defunct swim team. "Most kids after practice are pretty focused on what their next meal is going to be."

As a coach, however, Schmitz stands out for a devotion to rest and play. No less important than his swimmers' splits is whether they are having fun inside and outside the natatorium. At practice, if the kids seem spent, he'll end the workout midway through and start a game of water polo. "He's a fun loving kid, he laughs with them, he plays loud music," said D.A. Franklin, Missy's mother.

Schmitz's swimmers also go through a structured dry land practice twice a week that focuses on building core strength and athleticism. "Looking at a black line all day, every day gets awfully dull," he said. Even when it comes to improving form—something other coaches regard as a strict science—Schmitz believes in the art of play. Sometimes, in fact, he orders his charges into the deep end for a session of vertical kicking, with the aim of lifting their torsos out of the water.

"A lot of this is about simply playing around in the water," he said. "That's what kids do naturally, and the play engages the mind and gives the swimmer the tools to figure out the right way to move their body." Before joining the Colorado Stars, Schmitz tended bar, waited tables and ran a lawn-mowing business. A business major, he became a junior executive with a national restaurant chain.

But corporate success was less appealing to him than a career beside the pool, and a year after college he accepted a full-time job as the under-8 coach of the Colorado Stars, a club with about 130 young swimmers. Schmitz's dad, Orell, an attorney in Bismarck, said he wasn't surprised when Todd quit his corporate job to coach full-time. "It was obvious when he was dealing with kids how excited he was about it," says the elder Schmitz. "It became real apparent that this was where he was getting his joy."

When Missy first joined the Starfish, the Stars' youngest group, Schmitz says her strokes were hardly Olympian, and she didn't care much for practice. When the workout board called for 50-yard sprints, Missy sometimes sat out one for each one she swam.

But from the outset she took pleasure in reaching the wall first. At age 12 she broke three national age group records in one meet. As she moved from the Starfish group to the adolescent division of the Colorado Stars, Schmitz followed her, with the club's board promoting him to head coach in 2008.

Many coaches with a prodigy in their stable would choose to increase her workouts to test her potential. But in the view of Schmitz, the biggest danger for Franklin and for all his swimmers is burnout. So even as Franklin broke record after record, Schmitz treated her like everyone else her age in his elite group. That was the equivalent of owning a Ferrari and driving the speed limit.

This meant that Franklin would swim two hours a day, five or six days a week, with an average of roughly 4,000-5,000 yards per day—less than half the yardage logged by top college swimmers. In the summer, he doesn't hold Saturday morning practices, giving Franklin and all of his other swimmers a weekend-long break from the pool.

"The last thing I want to do is for them to get to the end of the summer and feel like all they've done is swim," he said.

Even in the run-up to the Olympic trials, Franklin usually takes off two days a week. One recent week, Schmitz told Franklin to skip practice to get ready for her boyfriend's prom. Working with Schmitz, Franklin says she has come to believe that balance is as important to her success as stroke improvement.

This approach differs radically from the high-mileage, high-intensity philosophy of Michael Phelps's coach, Bob Bowman. "My way doesn't have to be the way for everybody," said Bowman, calling Schmitz's strategy "perfectly fine."

Unlike Phelps, who went professional as a teenager, Franklin has eschewed sponsorship offers in order to swim in college after she graduates from high school next year. Colleges eager to conscript Franklin could offer Schmitz a coaching job—a recruiting strategy that is not unprecedented in cases involving a huge star.

But Schmitz says the Stars club is big-time enough. His dream is to gain funding sufficient to build the club a pool. That way, he said, he wouldn't have to haul his digital clock with the extension cord out of his truck to every practice.