

YEAR TWO WITH THE

COMMONWEALTH

CURRENT

COMMONWEALTH ***CURRENT***

PARENT MEETING, FALL 2016

- 1. THREE NEW IMPORTANT POLICIES**
- 2. GET INVOLVED**
- 3. TEAM ENGAGEMENT**
- 4. THREE CRUCIAL TIPS TO HELP YOUR SWIMMER**
- 5. THIS YEAR'S COMPETITIVE OPPORTUNITIES**

NEW POLICIES

INCLUSION STATEMENT:

COMMONWEALTH SWIMMING AND THE CURRENT STRIVES TO BE AN OPEN AND INCLUSIVE ENVIRONMENT. OUR COMMUNITY IS ENRICHED BY THE MANY INDIVIDUAL JOURNEYS OF OUR ATHLETES, COACHES AND COMMUNITY MEMBERS, AND WE VALUE WHAT THESE IDENTITIES BRING TO OUR TEAM. ALL ATHLETES HAVE THE RIGHT TO FEEL RESPECTED AND WELCOMED BY COACHES, TEAMMATES AND COMMUNITY MEMBERS. ATHLETES ARE EXPECTED TO TREAT EACH OTHER AND ALL MEMBERS OF THE CS COMMUNITY WITH RESPECT AND DIGNITY.

NEW POLICIES

INSTAGRAM, OUR PILOT POLICY FOR SOCIAL MEDIA:

ATHLETES ARE EXPECTED TO REPRESENT THEMSELVES AND THE TEAM WITH DECORUM AND RESPECT IN ALL ONLINE FORUMS, INCLUDING BUT NOT LIMITED TO: FACEBOOK, INSTAGRAM, SNAPCHAT, YIKYAK, BLOGS, TWITTER, ETC. TEXT, IMAGE OR VIDEO POSTS THAT INDICATE OR IMPLY A VIOLATION OF THE CODE OF CONDUCT WILL BE DEALT WITH THE SAME WAY AN ACTUAL VIOLATION OF THE CODE OF CONDUCT WOULD BE HANDLED. ATHLETES ARE ALSO EXPECTED TO USE THEIR BEST JUDGMENT WITH REGARDS TO POSTS THAT ARE NOT TECHNICALLY VIOLATIONS OF THE CODE OF CONDUCT, BUT MIGHT BE QUESTIONABLE. JUST BECAUSE IT ISN'T AGAINST THE RULES DOES NOT MAKE IT OK.

NEW POLICIES

EQUIPMENT BAGS, FIGHTING THE EPIDEMIC:

OUR TRAINING GEAR PLAYS A CONSISTENT AND IMPORTANT ROLE IN OUR PRACTICE SESSIONS. ATHLETES ARE REQUIRED TO BRING THEIR COMPLETE EQUIPMENT BAG TO EVERY PRACTICE SESSION. ATHLETES IN THE RIPTIDE, SENIOR 1, SENIOR 2, NATIONAL AND HIGH PERFORMANCE GROUPS WITH MISSING EQUIPMENT WILL BE GIVEN EXACTLY ONE WEEK TO FIND OR REPLACE THE MISSING EQUIPMENT OR THEY WILL NOT BE ALLOWED IN THE WATER UNTIL THE EQUIPMENT IS REPLACED.

THE COMMONWEALTH DIFFERENCE

COMMUNITY AND CULTURE

- **WE ARE INVESTED IN DEVELOPING THE WHOLE PERSON**
- **A LOVE FOR THE SPORT, THE TEAM AND OUR COMMUNITY IS TAUGHT ALONGSIDE TECHNICAL FOUNDATIONS**
- **GOALS ARE DEVELOPED BY AND WITH ATHLETES AND LEADERSHIP SUPPORTED**
- **A FOCUS ON LEADERSHIP AND INTEGRITY ARE WOVEN INTO THE FABRIC OF EVERY DAY**
- **OUR TEAM EXISTS IN A COMMUNITY LARGER THAN THE TEAM, AND WE WANT TO GIVE BACK AS MUCH AS WE RECEIVE**
- **WE GET OUT WHAT WE PUT IN**

FOUR WAYS TO GET INVOLVED WITH THE TEAM

1. MEET MANAGEMENT

2. CHAPERONE MEETS & EVENTS

3. BANQUETS AND SOCIAL EVENTS

4. BECOME AN OFFICIAL

TEAM ENGAGEMENT

2016 RETREAT

FOCUSED ON DEVELOPING VITAL LIFE SKILLS TO LAST BEYOND THE POOL.

GOAL SETTING SESSIONS

FULL VALUES CONTRACTS

TEAM GOALS

BONDING BEYOND GROUP

2016 RETREAT PEER REVIEWED GOAL SETTING SESSIONS

ATHLETES WERE ENCOURAGED TO FIND GOALS FOR THE YEAR THAT ARE MOTIVATING, CHALLENGING AND ACHIEVABLE.

GOALS VARY FROM PERSON TO PERSON AND FROM GROUP TO GROUP.

BIG DREAMS, LIKE MAKING THE OLYMPICS, DO NOT QUALIFY AS GOALS FOR MOST SWIMMERS DUE TO THEIR CURRENT LEVEL OF ABILITY AND THE LONG TIMELINE.

BIG DREAMS AND SEASON GOALS ARE MOTIVATORS THAT ATHLETES CAN LEAN ON WHEN THEY ARE STRUGGLING TO MAKE THE RIGHT CHOICES.

ATHLETES WERE CHALLENGED TO FIND HABITS THAT ARE PREVENTING THEIR PROGRESS.

COMMON THEMES WERE NEGATIVE SELF TALK, TECHNICAL CHALLENGES AND A LACK OF MENTAL TOUGHNESS WHEN THINGS GET HARD.

ATHLETES WERE ASKED TO TURN THE NEGATIVE HABIT INTO A POSITIVE, ACTIONABLE PROCESS-ORIENTED GOAL.

IN THE EYES OF THE COACHES, THIS REMAINS A VITAL AREA FOR IMPROVEMENT, AS GOAL ORIENTED, MOTIVATED ATHLETES ARE MUCH MORE LIKELY TO ENJOY THEIR PROCESS AND LIFT THEMSELVES AND THE TEAM TO HIGHER LEVELS. IN ADDITION, GOAL SETTING IS A VITAL LIFE SKILL THAT WILL SERVE OUR ATHLETES LONG BEYOND THE POOL.

2016 RETREAT ATHLETE DEVELOPED TEAM-WIDE GOALS

ATHLETES WERE ASKED TO BRAINSTORM MOTIVATING, CHALLENGING AND ACHIEVABLE GOALS FOR THE TEAM.

THROUGH AN ATHLETE-LED PROCESS, THE FOUR HOUSES PRESENTED THEIR TEAM GOALS AND THE TEAM AS A WHOLE DETERMINED WHICH WOULD BECOME OUR GOALS FOR THE YEAR.

THE TEAM GOALS PROVIDE A MOTIVATING FRAMEWORK FOR ALL LEVELS OF THE TEAM.

THIS FRAMEWORK EXTENDS TO THE COACHES, AS WE ARE FACED WITH AN EXCITING NEW CHALLENGE OF COACHING TO THE GOALS SET FORTH BY THE COMMUNITY, NOT JUST THE GOALS OF THE COACHES.



TEAM GOAL SETTING SESSION

Commonwealth Team Goals

🏅 higher medal count ↑

⇒ Cheering at EVERY meet ⇐

👍 giving people props EVERYDAY 👍

30% of the team at top 10 banquet

100% of the team makes a championship meet

Top 3 @ IA & V, top 5 @ Indy, top 8 @ Seniors

Major



:

HAVE
FUN!

2016 RETREAT

FULL VALUES CONTRACTS

EACH HOUSE WAS CHARGED WITH CREATING A FULL VALUES CONTRACT.

THE FVC IS A LIST OF CHARACTERISTICS AND VALUES THAT ARE HELD UP AS CRUCIAL TO THE CORE OF OUR COMMUNITY.

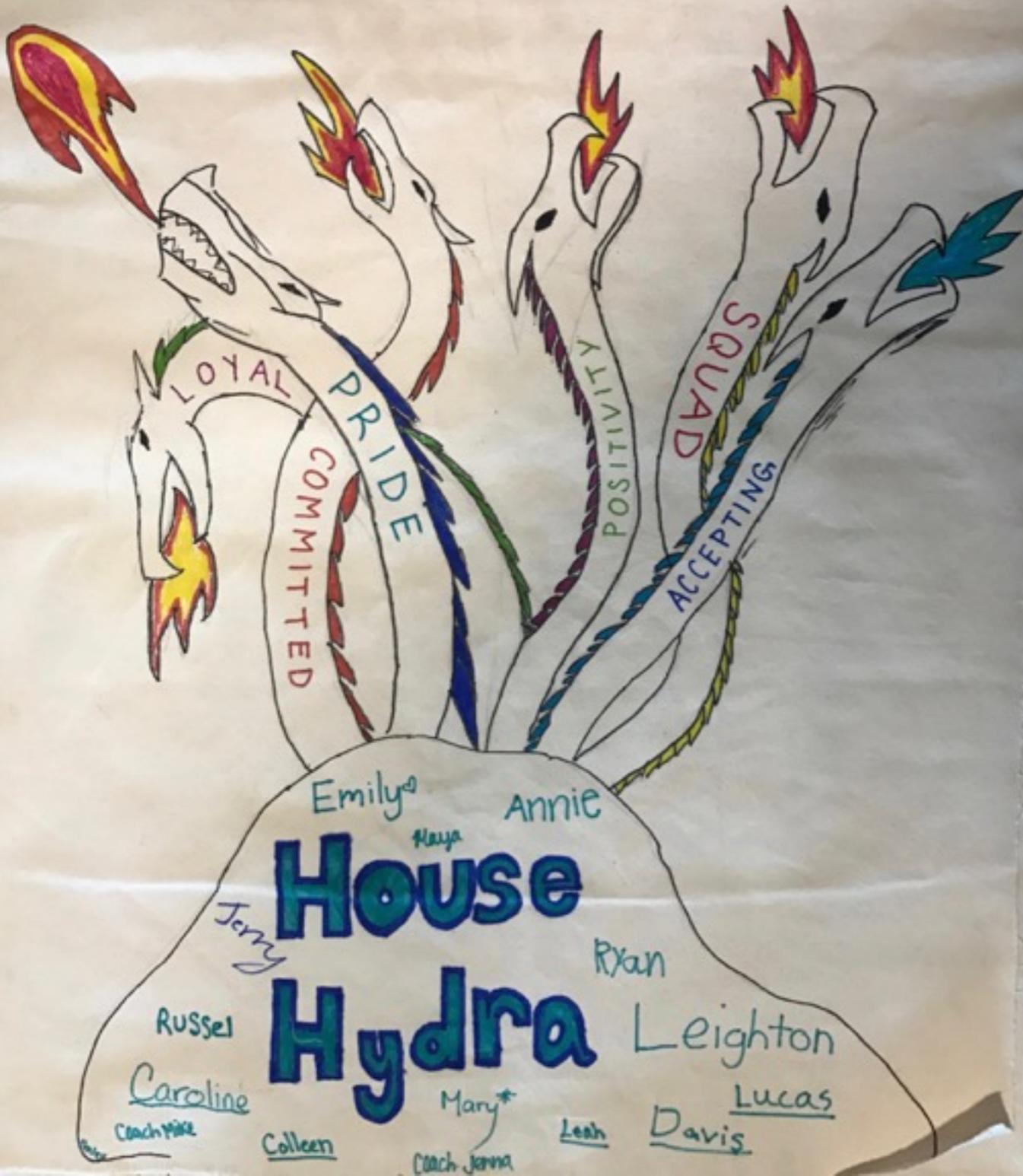
EVERYONE'S INPUT WAS EQUALLY VALUED, ATHLETES HAD TO DEBATE THEIR POINTS TO THEIR PEERS.

100% OF EACH HOUSE HAD TO AGREE TO EACH OF THE VALUES BEFORE IT WAS PLACED ON THE FLAG.

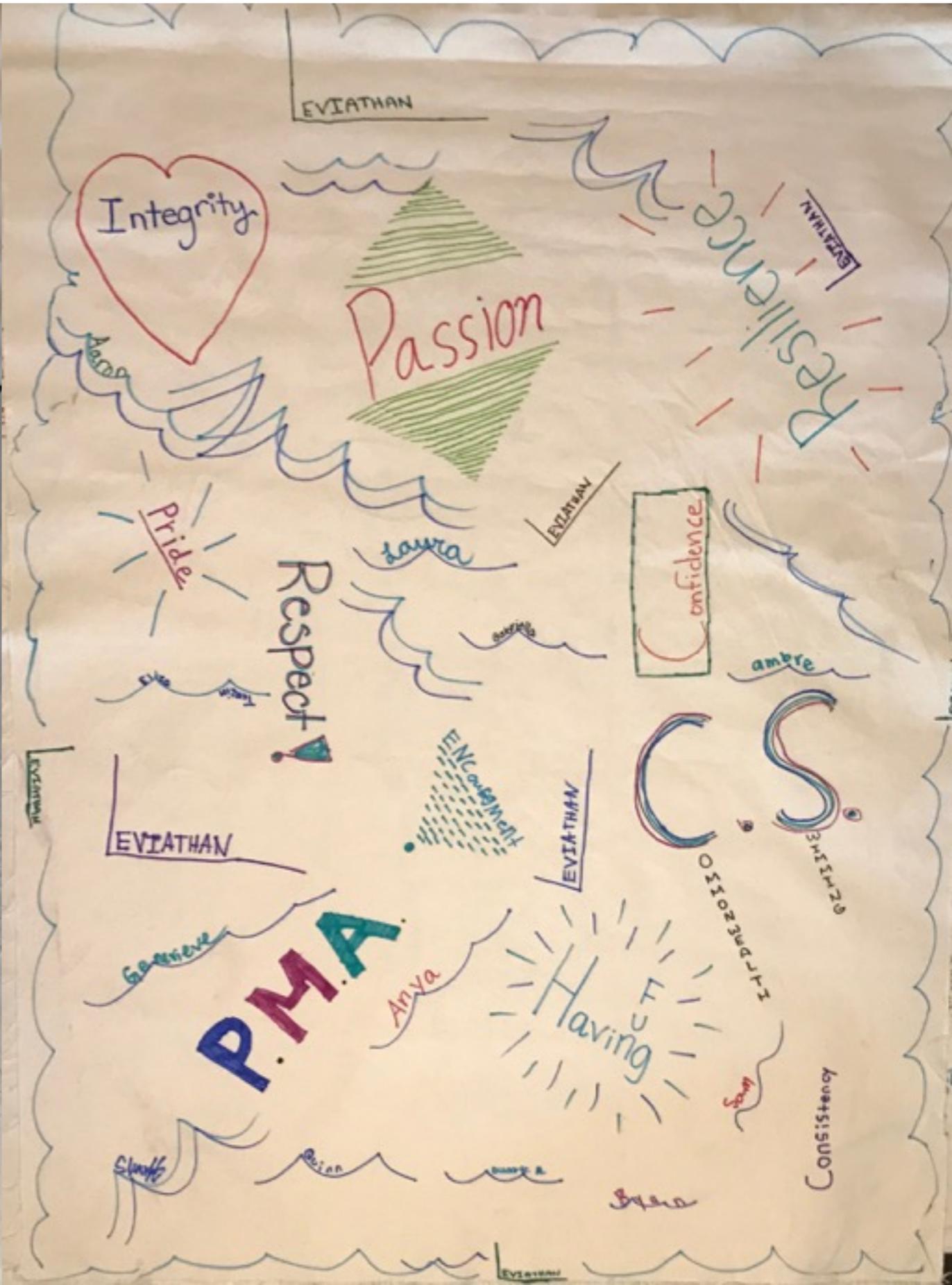
THE FLAGS SERVE AS DOCUMENTS OF THE TENETS THE ATHLETES ARE COMMITTED TO UPHOLDING.

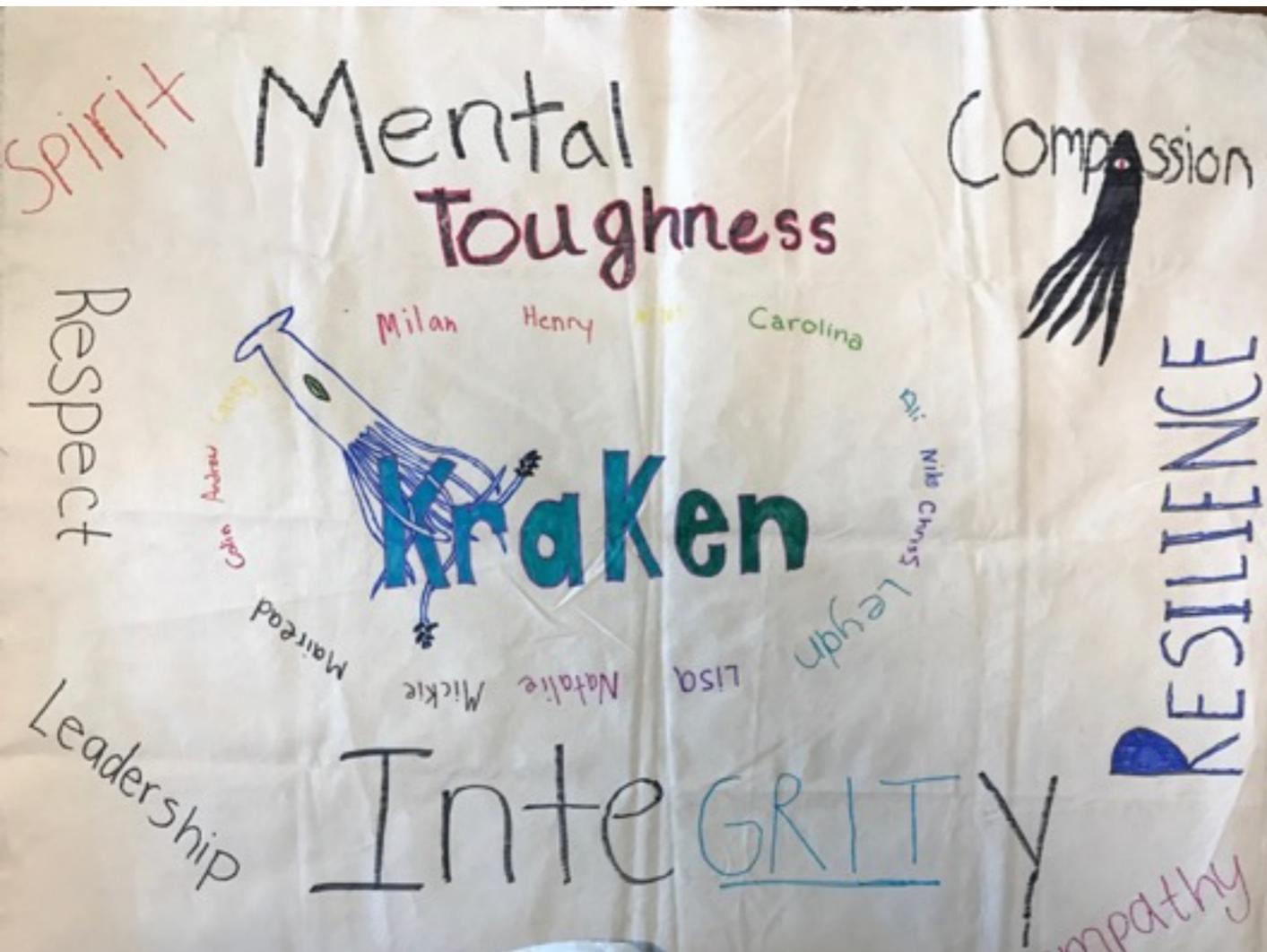
HYDRA

COMMONWEALTH VALUES 2016



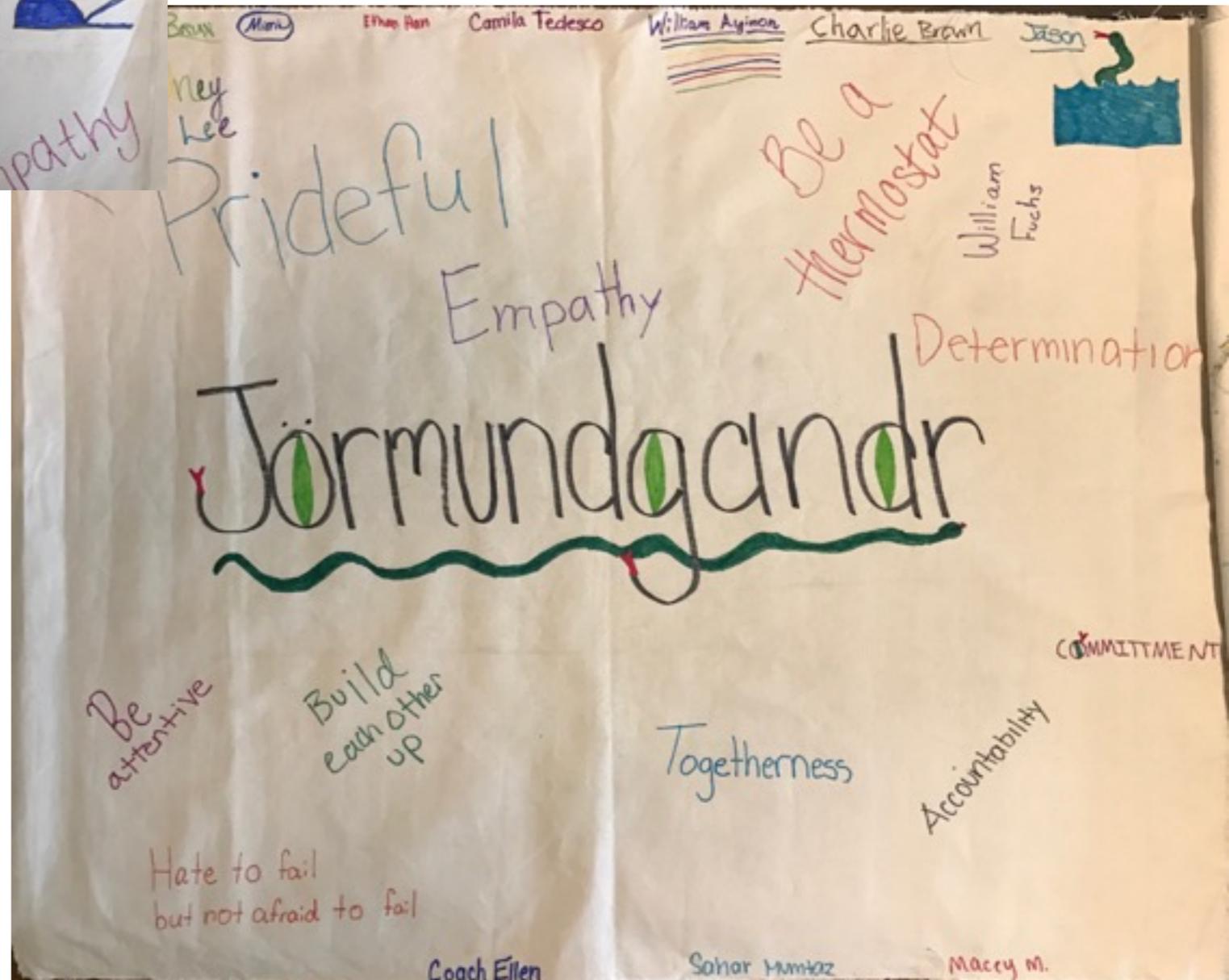
LEVIATHAN





JÖRMUNDGANDR

KRAKEN



2016 RETREAT

BONDING BEYOND PRACTICE GROUP

THE TEAM WAS SORTED INTO THEIR HOUSES WITH THE GOAL OF EQUAL NUMBERS OF EACH PRACTICE GROUP, SEX, AGE.

CABINS WERE ARRANGED BY HOUSE AND SEX, TEAMMATES WERE CHALLENGED TO INTERACT OUTSIDE OF THEIR NORMAL PEER GROUP.

YOUNGER, LESS EXPERIENCED MEMBERS WERE FORCED TO RELY ON THEIR OLDER TEAMMATES RATHER THAN THEIR COACHES.





2016 RETREAT 2016-2017 HOUSE CUP

DESIGNED TO CARRY THE TEAM BUILDING AND RAPPORT BEYOND THE RETREAT, AND TO SHARE AND INCORPORATE THE UNDERCURRENT.

WILL RUN ALL SEASON.

ATHLETES EARN OR LOSE POINTS BASED ON CITIZENSHIP, EFFORT, SUPPORT.

A SCORING RUBRIC FOR CERTAIN COMPETITIONS WILL BE USED AS WELL. THIS WILL NOT BE ABOUT SPEED OR LEVEL OF QUALIFICATION, RATHER ON GRIT, COMPETITIVENESS AND EFFORT.

THREE CRUCIAL TIPS TO HELP
YOUR SWIMMER

(DEVELOP THE RIGHT MENTAL SKILL SET)

THREE CRUCIAL TIPS TO HELP YOUR SWIMMER

No. 1: DON'T RESCUE

No. 2: DON'T MINIMIZE (OR MAXIMIZE) YOUR CHILD'S BIG DREAMS

No. 3: KIDS NEED RESPONSIBILITY, NOT AUTONOMY

No. 1: DON'T RESCUE

IF YOUR CHILD FORGETS THEIR EQUIPMENT BAG, WHAT DO THEY LEARN BY YOU RETURNING HOME TO GET IT FOR THEM? OR BY YOU TAKING THE BLAME FOR THEM NOT HAVING IT? THE COACHES' GOAL IS TO HELP YOUR CHILDREN GROW AND DEVELOP RESPONSIBILITY.

YOUNG PEOPLE MUST LEARN TO MANAGE WHEN THINGS AREN'T GOING THEIR WAY.

THE CURRENT STRIVES TO PROVIDE A SAFE ENVIRONMENT WITH CONSTANT, BEHIND THE CURTAIN, SUPPORT.

HELP THEM TAKE OWNERSHIP OF THEIR CHOICES. THERE IS NO BETTER CONFIDENCE BOOSTER FOR A YOUNG PERSON THAN TO FACE A SEEMINGLY IMPOSSIBLE SITUATION AND TO NAVIGATE IT ON THEIR OWN.

THE CONVERSE OF THIS IS NOT TRUE—YOUNG PEOPLE DO NOT DESTROY THEIR CONFIDENCE FROM TRYING THEIR HARDEST AND FAILING. INSTEAD, IN A SAFE, SUPPORTIVE ENVIRONMENT THEY LEARN FROM THEIR MISTAKES.

LET THEM FAIL. YOUNG PEOPLE MUST LEARN PROPER TIME MANAGEMENT. THEY HAVE A COMMITMENT TO THEMSELVES, THEIR COACHES AND THE TEAM. AVOIDING PRACTICE EVERY TIME THE HOMEWORK LOAD SEEMS SCARY PREVENTS CHILDREN FROM LEARNING TO MANAGE TIME.

DON'T RESCUE YOUR CHILD FROM STRUGGLE

**DON'T LIMIT THEIR
CHALLENGES, CHALLENGE
THEIR LIMITS**

JERRY DUNN

No. 2: DON'T MINIMIZE (OR MAXIMIZE) YOUR CHILD'S BIG DREAMS

BIG DREAMS ARE EXTREMELY HELPFUL IN KEEPING KIDS MOTIVATED. NOT EVERY KID HAS THE SAME BIG DREAM, AND THAT'S OK.

"I WANT TO BE PRESIDENT" "I WANT TO GO TO THE OLYMPICS" "I WANT TO SWIM AT STANFORD."

COMMON RESPONSE #1 "MY KID WILL NEVER BE THAT GOOD."

COMMON RESPONSE #2 "MY KID IS ABSOLUTELY GOING TO BE THAT GOOD AND BETTER."

YOUR CHILD'S DREAMS ARE THEIR OWN. EXTREME RESPONSE IN EITHER DIRECTION CAN HAVE LONG LASTING NEGATIVE EFFECTS.

MINIMIZING THEIR DREAMS, OPENLY OR OTHERWISE, SENDS THE MESSAGE THAT THEIR PARENT DOESN'T BELIEVE IN THEM AND CAN LIMIT THE EFFORT THEY ARE WILLING TO GIVE.

MAXIMIZING THEIR DREAMS, OPENLY OR OTHERWISE, SETS A STANDARD OF EXPECTATION BY THE PARENT (REAL OR OTHERWISE) THAT CAN CREATE ANXIETY ABOUT DISAPPOINTING THEIR PARENTS.

HELP KEEP YOUR KID'S FOCUS ON THE "NOW" BY ENCOURAGING SHORT TERM AND PROCESS GOALS.

No. 3: KIDS NEED RESPONSIBILITY, NOT AUTONOMY

MOST 12 & UNDERS SHOULD NOT HAVE THE “YES” OR “NO” POWER OVER PRACTICE AND MEETS. PARENTS OFTEN CONFUSE PROVIDING ATHLETES THESE OPTIONS WITH HELPING THEM DEVELOP OWNERSHIP.

SWIMMERS SHOULD BE TAUGHT ABOUT COMMITMENT BY ATTENDING PRACTICE EVEN ON THE DAYS THEY DON'T “FEEL LIKE IT.” DON'T CONFUSE CHOICE WITH RESPONSIBILITY.

SWIMMERS SHOULD EARN TRUST BY BEING GIVEN IMPORTANT TASKS THAT ARE DEVELOPMENTALLY APPROPRIATE:

10 & UNDER—PACK SWIM BAGS, MAKE SURE THEY GET TO PRACTICE. RECOVERING LOST ITEMS FROM LOST AND FOUND.

12 & UNDER—COMMUNICATE WITH COACHES REGARDING GOALS, STRUGGLES. PACK SWIM BAGS, MAKE SURE THEY GET TO PRACTICE.

13-16—MEAL AND SNACK PLANNING, HOMEWORK/TIME MANAGEMENT. ALLOW THEM TO FAIL SOMETIMES! COMMUNICATE WITH COACHES REGARDING GOALS, STRUGGLES.

17 & 0—TRANSPORTATION TO PRACTICE. COMMUNICATE WITH COACHES REGARDING GOALS, STRUGGLES. MEAL AND SNACK PLANNING, HOMEWORK/TIME MANAGEMENT.

SHORT COURSE COMPETITIVE OPPORTUNITIES

COLOR CODED MEET SCHEDULES BY GROUP WILL BE INCLUDED IN THE EMAILED NOTES.

SWIMMAC MEET IS AN INCREDIBLY SPECIAL OPPORTUNITY. IT WILL BE HIGHLY COMPETITIVE AND COACHES WILL BE VERY SELECTIVE. CRITERIA INCLUDE PREPARATION (EFFORT AND ATTENDANCE), SPEED (THERE ARE BASELINE QUALIFYING TIMES, AND ADDITIONALLY WE WILL SELECT THE STRONGEST TEAM TO REPRESENT THE CURRENT), CITIZENSHIP (ATHLETES MUST CONSISTENTLY DEMONSTRATE THEIR POSITIVE INFLUENCE ON THE TEAM ATMOSPHERE). TEAM WILL BE NAMED IN MID-NOVEMBER.

END OF SEASON MEET CHANGES BASED ON A MYRIAD OF CHALLENGES AND GOALS. HAPPY TO ANSWER QUESTIONS.

NOTE ON TAPER: HOW CAN WE FOCUS ON GETTING BETTER IF WE ARE ALWAYS RESTING FOR A MEET? WE MUST WORK ON KEEPING OUR END GAME IN SIGHT AND NOT SELL OUR LONG TERM GOALS FOR SHORT TERM SATISFACTION.

COMMONWEALTH CURRENT

Undercurrent		
Date	Location	Host/Meet
October 22-23	UNH	SSA
November 19-20	Brown	SEEK
December 9-11	Wheaton	ABF
January 27-29	Keefe Tech	Framingham
Feb 10-12	TBD	Regionals*
March 4-5	Wheaton	10 & U Champs*
March 17-19	Wellesley	Silvers*

All meets listed are appropriate and encouraged for the Undercurrent practice group.

*These meets have qualifying times.

COMMONWEALTH CURRENT

HighTide		
Date	Location	Host
October 22-23	UNH	SSA
November 19-20	Brown	SEEK
December 1-4	Indy*	OLY*
December 9-11	Wheaton	ABF
January 6-8	BU	ABF
January 13-16	SwimMAC	SwimMAC*
January 27-29	Keefe Tech	Framingham
Feb 10-12	TBD	Regionals*
March 4-5	Wheaton	10 & U Champs*
March 9-12	BU	11-14 Champs*
March 17-19	Wellesley	Silvers*

All meets listed are appropriate and encouraged for the HighTide practice group.

*These meets have qualifying times.

COMMONWEALTH CURRENT

RipTide			
Date	Location	Host	
October 22-23	UNH	SSA	
November 19-20	Brown	SEEK	
December 1-4	Indy	OLY*	
December 9-11	Wheaton	ABF	
January 6-8	BU	ABF	
January 13-16	SwimMAC	SwimMAC*	Those Selected
January 27-29	Keefe Tech	Framingham	
Feb 10-12	TBD	Regionals*	
Feb 17-20	Schenectady	Sharks*	Likely not RT
March 9-12	BU	11-14 Champs*	
March 17-19	Wellesley	Silvers*	

March meets are approved by the HighTides practice group.

*These meets have qualifying times.

COMMONWEALTH CURRENT

SENIOR GROUPS

Silvers/ Regionals Qualifiers			Age Group Qualifiers			Sectionals Qualifiers		
Date	Location	Host	Date	Location	Host	Date	Location	Host
October 22-23	UNH	SSA	October 22-23	UNH	SSA	October 22-23	UNH	SSA
November 19-20	Brown	SEEK	November 19-20	Brown	SEEK	November 19-20	Brown	SEEK
December 1-4	Indy	OLY	December 1-4	Indy	OLY	December 1-4	Indy	OLY
December 9-11	Wheaton	ABF	December 9-11	Wheaton	ABF	December 9-11	Wheaton	ABF
December 15-18	WPI	Seniors	December 15-18	WPI	Seniors	December 15-18	WPI	Seniors
January 6-8	BU	ABF	January 6-8	BU	ABF	January 6-8	BU	ABF
January 13-16	SwimMAC	SwimMAC	January 13-16	SwimMAC	SwimMAC	January 13-16	SwimMAC	SwimMAC
January 27-29	Keefe Tech	Framingham	January 27-29	Keefe Tech	Framingham	January 27-29	Keefe Tech	Framingham
Feb 10-12	Regionals	TBD	Feb 10-12	Regionals	TBD	Feb 10-12	Regionals	TBD
Feb 17-20	Schenectady	Sharks	Feb 17-20	Schenectady	Sharks	Feb 17-20	Schenectady	Sharks
March 3-5	WPI	15-18 Champs	March 3-5	WPI	15-18 Champs	March 3-5	WPI	15-18 Champs
March 9-12	BU	11-14 Champs	March 9-12	BU	11-14 Champs	March 9-12	BU	11-14 Champs
March 17-19	Wellesley	Silvers	March 17-19	Wellesley	Silvers	March 17-19	Wellesley	Silvers
March 30-April 2	Ithaca	Sectionals	March 30-April 2	Ithaca	Sectionals	March 30-April 2	Ithaca	Sectionals
Appropriate and likely; expected if qualified.			Appropriate and expected if qualified.			Not likely/Appropriate.		

COMMONWEALTH

CURRENT