

The Exeter Fleet EST. 1984



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Friday Night Lights begins October 28th!

What is it?

Beginning Friday, October 28th, EST will be introducing FRIDAY NIGHT LIGHTS! In essence, this will be a mock meet during the first hour (7:00-7:45pm). We will have the event just about every Friday that we do not have a meet. Each Friday Night Lights will have a concept or theme, and the swimmers will rehearse everything from the meet warm-up to talking to their coaches before and after races to giving high fives to neighboring lanes.

Benefits

Sometimes meets can seem scary and unfamiliar. It is also hard to fully prepare swimmers for all of the procedures and routines at a meet during practice. Friday Night Lights is the perfect opportunity for the swimmers to be walked through a meet environment with low stress. More seasoned swimmers will be able to sharpen their racing skills, try out different race strategies, and get to know their teammates better!

How Swimmers Sign Up

In order to run our mock meets smoothly, we will list the event on our website and have parents commit their swimmers up until Thursday, October 27th. Unlike our actual meets, we are asking you to commit your swimmer instead of decline your swimmer. We will create heat sheets

with swimmer's names on them, so we know who is coming beforehand.

WPI Meet: October 21-23

Location: WPI Natatorium – Worcester, MA

Friday

Timed-Finals: Royal Blue Caps, Orange T-shirt

Saturday

Prelims: Orange Caps, Royal Blue T-shirt

12 & Under Session: Orange Caps, Royal Blue T-Shirt

Finals: Royal Blue Caps, Royal Blue T-shirt

Sunday

Prelims: Orange Caps, Black T-shirt

12 & Under Session: Royal Blue Caps, Black T-shirt

Finals: Royal Blue Caps, Black T-shirt

We will distribute warm-up times when we receive them from WPI.

IMPORTANT: No parents are allowed on the pool deck unless assigned by a coach to help with the 10 & Unders or a timing assignment!

Knowledge about the 4 Individual Strokes...

It is inevitable; your swimmer will get a DQ slip. As an official our job is to make sure that the race is fair to all. Some of us have disqualified our own kids, there are no favorites! There are disqualifications from the Starter or Deck Ref such as not getting to the starting blocks on time, false starting or unsportsmanlike conduct. Stroke and Turn officials call the DQ when a stroke is swum in an illegal manner. There are lots of technical points to how a stroke should be swum to be legal but here is a thumbnail sketch of what some common DQ is in each stroke from USA Swimming:

- **Freestyle:** Walking on the bottom, pulling on the lane rope, not touching the wall on a turn, or not completing the distance.
- **Backstroke:** Pulling or kicking into the wall once a swimmer has turned passed the vertical onto the breast. Turning onto the breast before touching the wall with the hand at the finish of the race.
- **Breaststroke:** An illegal kick such as flutter (freestyle), dolphin (butterfly), or scissors (side stroke); not on the breast; alternating movements of the arms; arms past the hips after the first breaststroke pull; taking two arm strokes or two leg kicks while the head is under water; touching with only one hand at the turns or finish.
- **Butterfly:** Alternating movements of the arms or legs; pushing the arms forward under instead of over the water surface (underwater recovery); a breaststroke style of kick; touching with only one hand at the turns or finish.

Being a supportive parent to your swimmer...

For some families the car ride home after a competition is more stressful than facing the number one ranked opponent. If you're experiencing more combat after competitions than during them, it might be time to change your approach. Children become defensive for one of two reasons. Let's look at them one at a time. When parents analyze a child's performance by focusing on what was not done correctly, a child often hears this as criticism. If parents appear to be on the offense in this

conversation, defense is the only position left open for a child. In this case, your child is just trying to protect himself from judgment. Now here's the other possibility and it runs a little deeper emotionally. A parent's critique after a performance is often interpreted as disappointment. Being uncomfortable with the idea of letting you down, your child feels a need to justify a performance as if to say, "See, I did my best and you shouldn't be disappointed in me." The opinion that matters most to your children is what they think you think of them. That means their greatest fear is disappointing you.

The number one strategy for preventing these unpleasant exchanges is so simple, yet so challenging for most of us. Here it is: Wait to be invited into the conversation about your child's performance. Instead of evaluating what happened, focus your attention on basic needs like "Are you hungry or thirsty?" Make non-judgmental comments like, "I really enjoyed watching you today." Be patient and wait as long as it takes for your child to ask for your feedback. Be prepared for the possibility that she might only want your support and acceptance at that time.

If you're invited in, make observations and ask open questions, which is different than making judgments and criticisms. If you work hard to keep the atmosphere fun and supportive, you'll be invited into conversations more often. And your child will never ask to ride home with someone else -- because they'd rather be with you.

Put it to Practice, Choose a quiet time several days before a competition to ask your child this question: "What's the best thing for us to say or do after you finish competing?" Honor your child's request!

Here are some positive phrases to use after a competition.

- I'm proud of you when I watch you compete.
- What was the highlight for you today?
- I admire your effort and how you conduct yourself.
- What did you learn today?

• Did you enjoy yourself?

Share non-judgmental observations if you're asked for feedback.

The EST Fleet shines at the UVAC Quad Meet this past weekend...

Over the weekend, Exeter Swim Team swam very fast and it showed with our team spirit, powerful swims both individual and on relays. Here are some highlights:

Individual winners (1 or more events): Eleanor Marshall (3), Julia Netishen (3), Brydie Olofson (3), Dennis Dragomaretski (2), Andrew Benson (2), Emma O'Brien (1), Tony Min (1), Marie King (1), Alex King (1).

Individual Top 3 Finishers: Lindsay Machado, Jalen Howarth, Caroline Cavalier, Josh Roberts, Cami Lachance, Molly Byrne, Marie King, John Hobden, Nathan Stewart, Andrew Benson, Brady Dixon, Tony Min, Alison Benson, Will Baker, Katherine Netishen, Dennis Dragomaretski, Mason Pomroy, Liv Potorti, Kate Ducharme, Bella Gerkin, Christina King, Liam Canty.

Relay Winners: **Girl's 8&U "A" 100 Medley-** Eleanor Marshall, Marie King, Molly Byrne, Katherine Netishen, **Girls 9-10 "A" 200 Medley-** Julia Netishen, Kate Ducharme, Alison Benson, Elle Ash, **Boy's 13-14 "A" 200 Medley Relay-** Brady Dixon, Mason Pomroy, Griffin Deschenes, Andrew Benson. **Girl's 8&U "A" 100 Free-** Molly Byrne, Katherine Netishen, Liv Potorti, Eleanor Marshall, **Boy's 13-14 "A" 200 Free-** Andrew Benson, Griffin Deschenes, Mason Pomroy, Brady Dixon, **Boy's 15&Over "A" 200 Free-** Josh Roberts, Will Baker, Jacob Bishop, Tony Min.

Relay Top 3 Finishers: **Girl's 8&U 100 Medley-** Ailey Olofson, Meaghan King, Liv Potorti, Gracie Smith, **Girl's 11-12 "B" 200 Medley-** Molly Mahar, Bella Gerkin, Jalen Howarth, Emma

O'Brien, **Girl's 11-12 "A" 200 Medley-** Brydie Olofson, Christina King, Lindsay Machado, Hannah Mullen, **Girl's 13-14 "A" 200 Medley-** Carly Caswell, Olivia Pelletier, Caroline Cavalier, Sutton Corzatt, **Boy's 9-10 "A" 200 Medley-** Isaac Stewart, John Hobden, CJ Eaton, Liam Canty, **Boy's 11-12 "A" 200 Medley-** Nathan Stewart, Bryson Doucette, Alex King, Trey Ferdyn, **Boy's 15&O "A" 200 Medley-** Josh Roberts, Jacob Bishop, Will Baker, Tony Min, **Girl's 8&U "B" 100 Free-** Marie King, Melisa Santistevan, Meaghan King, Ailey Olofson, **Girl's 9-10 "A" 200 Free-** Elle Ash, Kate Ducharme, Alison Benson, Julia Netishen, **Girl's 11-12 "A" 200 Free-** Hannah Mullen, Lindsay Machado, Jalen Howarth, **Girl's 11-12 "B" 200 Free-** Molly Mahar, Bella Gerkin, Emma O'Brien, Brydie Olofson, **Girl's 13-14 "A" 200 Free-** Olivia Pelletier, Sutton Corzatt, Ella Moran, Caroline Cavalier, **Boy's 9-10 "A" 200 Free-** Isaac Stewart, CJ Eaton, Liam Canty, **Boy's 11-12 "B" 200 Free-** Caden Caswell, Liam Smith, Adam Sabatini, Ryan Gerety.

Congratulations to all swimmers that competed this weekend! GO FLEET!

The story behind the Exeter Fleet...

Some of you may wonder how we came up with the name and logo of The Exeter Fleet. Here is a little background:

Keeping with a water theme, we wanted to leverage New England's rich history revolving around shipping and ports. That's why we really loved "The Fleet." A fleet of ships need to work as a "team" to accomplish something great. And we're after greatness ...

Exeter Swim Team

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