



LCAT

Las Cruces Aquatic Team

Quarterly Newsletter (July-September 2015)

INSIDE THIS ISSUE

From the Coaches 1-3

President's Perspective 4

Birthdays 5

Fundraising News 5

Swimmer Highlights 6

Old Gold Practice Schedule;

*Mon-Sat, Swim 7-9am @NMSU
*Mon/Weds/Fri, Required Dryland 9:15~10am @NMSU
*Mon/Tues/Thurs, Swim 7-8pm @NMSU Outdoor Pool
*Mon/Thurs, Optional/Invited Dryland 6-6:45pm @NMSU meet outside pool

Senior Practice Schedule;

*Mon-Sat, Swim 7-9am @NMSU
*Mon/Weds/Fri, Required Dryland 9:15-10am @NMSU
*Mon/Tues/Thurs, Swim 7-8pm @NMSU Outdoor Pool
*Mon/Thurs, Optional/Invited Dryland 6-6:45pm @ NMSU meet outside Pool
*Weds, Invited A Mountain Run, TBD Weekly

From the Coaches:

Head Coach Curtis:

Many years ago, the parents of an 8 year old boy, mom with college swimming background and dad a lifelong enthusiast, were giving him plenty of 'advice' on swimming and racing. As time passed, it began to interfere with why he began swimming: because it was fun. As the 'tips' increased the boy finally commented: "Mom. I have coaches, let them be the ones to coach me."

This wasn't said out of disrespect, but he knew he could trust his parents to understand and to support him no matter what. Initially it was selfish, he didn't want mom & dad coaching him. Yet much more came out of it.

I was the 8 year old and it was my parents.

To this day it comes up at times. She wasn't upset that I said that to her. It was what I had to do. They knew I had respect and trust for them as parents and it wasn't about disrespecting them, but becoming self-reliant and independent in certain areas of my life.

To this day, I'm glad I said it, because it made me accountable for my swimming and built pride in a sport I loved and grew to love even more.

My point isn't for all the kids to read and tell their parents to get lost, but to inspire a desire for our swimmers to be independent and responsible for their swimming.

The more choices they make on their own, the more enjoyment they get from the sport. The more room for independence they have to pick up after themselves, carry their own bags and equipment, search for their own equipment (no, parents, you shouldn't be looking for fins for your swimmer) the more they will grow and learn in swimming and other areas of life.

Yes, there are still things coaches will give them and it's not a matter of choice. Yet the overall choice to be there, listen and really believe in what we're doing as coaches is the swimmers' responsibility alone.

I speak from personal experience. Once relieved, they became just my parents free to watch me swim. Enjoying it for that alone; watching their son give his all in something he truly loves. They became my biggest fans, cheerleaders and supporters. They were proud, but having that separation made it much easier for me to know.

My parents sacrificed a lot in regards to swimming. They paid for swimming, gas, insurance, equipment (I lost 2-3 drag suits in ~3 weeks time span once...), drove me to the pool, feed me (not an easy or small task!) among countless other things.

I truly appreciate the amount of sacrifice our LCAT parents do for their swimmers and the team. It is great!! I love that I get to see or know that it is happening!

With all the support given to me growing up and given to LCAT swimmers now, it's hard to find ways to give the swimmers some of that responsibility when our goal is to do whatever we can to make them the best swimmers we can.

Let's start small. Have them carry their own equipment/swim bags in or let them tell you when they need to leave the house to get to practice or to the meet. Make their lunch for when they go to a meet, etc...I don't have specific areas for anyone in particular, but whatever it is, I'm more curious and excited to see what new changes this would bring on the swimming side!

Young Gold Practice Schedule;

*Mon-Fri, Swim
7-8:30am @NMSU
*Mon/Tues/Thurs,
Swim 7-8pm @NMSU
Outdoor Pool
*Mon/Thurs, Dryland
6-6:45pm @NMSU
meet outside pool

Coach Liz has several years of competitive swimming and coaching experience. Liz was a Big Ten Finalist and National Qualifier in 1979 as a member of the University of Wisconsin swim Team. She has over 15 years of coaching experience with various swim clubs in Wisconsin and Illinois. She was the Head Swim Coach for the Morris Area Leisure Services club in Morris, IL from 1993-1995 with over 100 swimmers including National Age Group Qualifiers and Illinois Top Ten Swimmers. Liz has also studied Elementary Education and worked with gifted education students and teachers at Hinsdale Junior High School in Illinois.

From the Coaches (Continued)

Page 2

Coach Liz (Gold):

The following inserts are copied from an article by the Detroit Free Press (<http://on.freep.com/1lpbKDA>);

Teens roll their eyes when parents ... Exist

"It's important to understand that teenagers are going through a time of change and are hypersensitive, because they're in a very raw period of time developmentally, when they are trying to separate from their families and become individuals," says psychologist Alexandra Barzvi.

"So any time they feel like you're judging them or criticizing them or are angry with them, they feel vulnerable and go into shut-down mode and break the lines of communication. Rolling their eyes is their way of expressing their disagreement, resentment, frustration with what you're saying or doing."

"Between the ages of 6 and 12, children are pleasant, and they listen better and develop interests, and they're still very affectionate and think their parents are great," says Jennifer Senior, author of "All Joy and No Fun: The Paradox of Modern Parenthood." "So when teens start to pull away from their parents, it's a very abrupt rupture."

The phase will end, eventually, but until the tumultuous teen years run their course, parents have a challenging road to navigate — especially when it comes to effective communication in light of all that dismissive eye rolling.

A stoic reaction may help. "Parents should try not to express their anxiety or their anger, because teenagers are sensitive to their emotional state," Barzvi says.

Still, when a teen rolls her eyes during a conversation, a parent should control the urge to call out the behavior and tell her to stop. Rather, stand and wait until the insolent, albeit nonverbal, reaction stops before continuing the conversation.

"When you attend to negative behavior, it increases because they know it annoys you," Barzvi says. "Teens, just like 3-year-olds, know when they're misbehaving. They wouldn't roll their eyes at their teacher or their best friend's mother. By waiting, you let them know that their behavior is unwelcome."

Instead, take a deep breath and suggest a timeout until your teen is calmer, Barzvi advises. "You can say, 'I'm trying to talk to you, and I can see that you're not interested, so why don't I come back later?' You'll get more bang for your buck if you try to help teens understand the emotions that they're trying to communicate underneath the eye rolling."

Something else happens when you take this approach, Barzvi says. It shows that you recognize your child is frustrated or unhappy, and that you're there to listen when she is ready to talk. In the meantime, parents need to take care of their own emotional well-being during the eye-rolling phase. Because it means teens are seeking a new level of independence, this can create a void for their parents, who start re-evaluating their own lives for better or for worse, says Senior.

"When kids start holding their parents in contempt and bitterly cataloging everything dumb they've ever done, they tend to unmask all the other problems going on in the life of the parents, such as a job that is unsatisfying or a spouse that's disrespectful," Senior says.

"Parents of teens have to make sure their own identity is well-shored up from other places. Ideally they have hobbies, a community of peers or friends, a spouse they like, a spiritual community, so that when the kids exit stage left the stage is not empty."

From the Coaches (Continued)

Pre-Bronze Practice Schedule:

Mon, Tues, & Thurs -
Swim 6:00-6:45pm
@NMSU Outdoor Pool

Coach Rachel grew up swimming in Scottsdale, AZ for Scottsdale Aquatic Club, with 10 years of club swimming experience. She then went on to attend New Mexico State where she swam for the Aggies under Rick Pratt for 3 years; she competed in the distance freestyle and butterfly events. Before her senior year, Rachel had a career ending shoulder injury and was unable to compete but filled the role of Student Assistant Coach for the remainder of her education. After graduating, Rachel returned to Scottsdale where she taught science and social studies and was the Head Swim Coach for Notre Dame Preparatory for 2 years. She then moved back to Las Cruces and is the current Assistant Coach for NM State Swimming.

Coach Rachel (Pre-Bronze):

Do you have a goal to make your first state time? A zones cut? Qualify for sectionals? Go to Olympic Trials? WRITE IT DOWN! Write it down on the first page of your notebook and write down your steps on how you think you are going to accomplish your goals.

Example:

Goal: I would like to break 1:00 in my 100 Free.

What I need to work on to reach my goal: I will not breath into my walls. I will do tight streamlines off every turn. I cannot breath every stroke.

How am I going to work on my goals: At practice during the main set I will think about not breathing into or off of the wall. I will also try to do a perfect streamline every time I push off a wall, even during warm up.

Then keep track... every day when you get home from practice write a few things in your journal. It can be a few simple sentences. Things you could include are: the date, the details of your workout, the main set, how many times you got out to go to the bathroom, your favorite part of the workout, what you did that worked towards your goals... etc.

Even the simplest of journals carry a lot of weight for people who want to get better! If you need help getting started, never hesitate to ask your coach for help.

DEVELOPMENTAL GROUP

This spring about half of our group moved up to Bronze with Coach Mark. The remainder of the group has continued to get stronger at kicking, develop stroke techniques and gaining endurance! We are growing in numbers again and are hoping to continue to use this group to prepare kids to have fun with swimming and gain confidence as they approach being able to become competitive.

LCAT CAMPS

We are running camps this summer out of the East Mesa pool. Our groups are awesome and the kids are getting ready to join the developmental group in the fall when the craziness of summer is done! Our three groups that we are instructing are the guppies, minnows and sharks! Guppy and minnow groups practice floating, gliding, kicking, streamlines and strokes for freestyle and backstroke. In the sharks group we have some visitors from a club in California who enjoyed their vacation in Las Cruces with a little time in the pool with LCAT!

President's Perspective

Hello LCAT Parents.

As we head into the short-course season, I just want to provide a perspective on the Club. On the financial side, the Board continues to take a proactive approach in managing the Club's finances. We are projecting around \$17,000 cash balance in our primary checking account at the close of the fiscal year August 31. More importantly, the Board created a reserve account and the cash balance now stands at \$5,010. We will continue to take our fiduciary duty seriously in how we manage the club's finances.

However strong we currently are, there are always ways new threats and ways we can improve management. We face ever increasing competition for swimmers in Las Cruces and increasing pool rental fess. I strongly encourage you to attend our upcoming membership meeting. We have several important issues that need the input of the members. It will be Tuesday, August 18th from 6:30 to 7:30 p.m. We are in the process of securing a meeting place and will let you know when it is finalized.

Once again, the Pecan Classic swim meet is upon us. Hosting a meet of this size cannot happen without the tremendous support from our families. Please visit the webpage and signup to volunteer. If you are unsure of how you might help, please just ask and we will find ways that fit your unique talents.

In an effort to increase revenues from Ad sales, we will be launching a contest for highest ad sales. Please check the website regularly for details.

Effective communication is extremely important for the success of any organization. Swim clubs are no different. Please remember to check your email frequently as that is our primary method of communication.

In this day and age, people are relying less on traditional email and more on other forms of communication like text messaging and twitter. We have the capability to push out communications via text messaging. What is required is for you to visit your account on the website and verify your phone number. Once verified, you will be included on any text messages.

We are currently working to set up our twitter account. Once up and running, we will use it as an additional means of communications.

All ways remember that no matter how sophisticated we become with respect to technology, face-to-face communication is still hard to beat. If you have any questions or concerns, please do not hesitate to let us know.

I look forward to seeing everyone at the pool and a successful short-course season.

Sincerely,

**Randy McFerrin
President, LCAC**

Upcoming Birthdays

JULY:

Ainslie Boswell (Gold)
 Paul Cooney (Silver)
 Emma Gonzales (Pre-Bronze)
 Katherine Krizek (Gold)
 Jenny Matsler (Silver)
 Makaia Mosley (Silver)
 Brianna Sanders (Gold)
 Abygail Sanchez (Bronze)

AUGUST:

Irene Fernald (Senior)
 Aldo Gonzalez (Bronze)
 Macy Kohl (Bronze)
 Noah Lambert (Senior)
 Sydney Lambert (Senior)
 Olivia Pratt (Silver)
 Brayden Rodriguez (Bronze)

SEPTEMBER:

Noah Cooney (Silver)
 Jenna McMillian (Silver)
 Kyli Metz (Silver)
 Giselle Moreno (Bronze)
 Jacob Pratt (Silver)
 Qi Zhou (Gold)

Happy Birthday!



Fundraiser News

Fundraising is the life blood of any not-for-profit organization. It is no different with our Club.

Traditionally, revenues from monthly dues alone cover approximately 65% of our coaching and pool expenses. Together with the swim meets we host, fundraising is the primary way we keep our monthly dues low and cover the remaining operating expenses.

To help our member's fundraising efforts, LCAC offers four events per year. Families may sell ads for the swim meets, sell pecans in the fall and participate in the Swim-A-Thon. Moreover, you can help the Club by using Amazon Smile for your online purchases. Amazon donates a portion of the sales to our Club at no additional cost to you.

Albertson's sent us a letter indicating they will no longer offer their Community Partners Program. As of December 31, the discount cards will not be honored. However, the last check Albertsons will write to the club will include not only the last quarter's donations, but an average of the last two quarters. So get out there and maximize your purchase from Albertsons!

We will continue to actively seek additional ways to increase our fundraising efforts. Corporate sponsorships are an underutilized way to help our club. While, the Board is currently seeking a corporate sponsor, any ideas in this area would be greatly appreciated.

Swimmer Highlights:

Upcoming Meets/Events

July 16-19: Speedo Sectional Champs

Meet in Santa Clarita, CA
This is a times qualifying meet that is open to athletes who have achieved the required time Standards as set forth in the meet information.

July 17-19: EPAP LC International In- vite Swim Meet in El Paso, TX

This meet is open to all currently registered USA Swimming and FINA registered members. A "B" time is required for any 200 meter event. A "BB" time is required for any event 400 meters or longer. No time standard is required for any other event.

July 18-19: 10 & Under LC NM State Champs Meet in Santa Fe, NM

This meet is for athletes 10 & Under who have achieved the required state qualifying time standards as set through NM Swimming.

JULY 23-26: 11 & Over LC NM State Champs Meet in Farming- ton, NM

This meet is for athletes 11 & Over who have achieved the required state qualifying time standards as set through NM Swimming.

[https://www.teamunify.com/
Home.jsp?
tabid=0&team=nmslcat](https://www.teamunify.com/Home.jsp?_tabid_=0&team=nmslcat)



Swimmer Biographies:

All swimmers with Birthdays in the months of July-September were given the opportunity to answer a mini-biography question sheet to post in the newsletter.

IRENE FERNALD (GOLD, COACH CURTIS) AGE 15

Role Model: Jane Goodall
Favorite Stroke: Breaststroke
Favorite Events: 100 Breaststroke, 200 Back, & 100 IM
Favorite Swimmer: Leisel Jones
Future Goal: To Improve Understanding & Communication Between Nations
Hobbies: Running, Playing The Trombone, Paper Art, & Piano
Favorite Epic: The Odyssey
Favorite Movie/Show: Sherlock
Famous Person You Would Like To Meet: Vladimir Putin

KATHERINE KRIZEK (GOLD, COACH LIZ) Age 12

Role Model: Missy Franklin
Favorite Stroke: Backstroke
Favorite Events: The Mile, 200 Back, 400 IM
Favorite Swimmer: Missy Franklin
Future Goal: Becoming A Veterinarian
Hobbies: Swimming, Cello, Girl Scouts, & Art
Favorite Book: Conversion; Maybe One Day
Favorite Movie/Show: Girl Meets World
Famous Person You Would Like To Meet: Missy Franklin
My Personality Strengths Are: I'm Outgoing & Happy

SYDNEY LAMBERT (GOLD, COACH CURTIS) AGE 16

Role Model: Jesus
Favorite Stroke: Freestyle
Favorite Events: The Mile, 1000, & 800 Free
Favorite Swimmer: Curtis Robinson
Future Goal: To Become A Teacher
Hobbies: Babysitting/Hangin' With Kids
Favorite Book: Looking For Alaska-John Green
Favorite Movie/Show: Sabrina (Aubrey Hepburn, Not Harrison Ford)
Famous Person You Would Like To Meet: Ed Sheeran or John Mayer
My Personality Strengths Are: I'm An Encourager, I'm Good With People Sometimes

MAKAIA MOSLEY (SILVER, COACH ADRIAN) AGE 10

Role Model: My Mom because she always encourages me to do a sport. If not for my mom I would be slumped on a couch eating chips
Favorite Stroke: Freestyle, to me it's the easiest
Favorite Events: 100 Free, 50 Breast, & 100 Freestyle
Favorite Swimmer: Michael Phelps because he is so fast to me & he made me want to try harder
Future Goal: To Qualify In Meets so I can go to the state meet
Hobbies: Tennis (I love to do tennis with my friends and can't wait for my 1st competition)
Favorite Book: Land Of Stories by Chris Colfer
Favorite Movie/Show: I like to watch Arrow with my Dad, Mom, Sister, & Brother
Famous Person You Would Like To Meet: Sam Smith, I love his music & my favorite is "Lay Me Down"
My Personality Strengths Are: I Love To Talk, I'm Outgoing & I'm Always There To Help Others In Need