

ISSUE #

02

September  
25<sup>th</sup>

2019

WEEKLY  
NEWSLETTER  
FOR  
THE VICTOR  
SWIM CLUB

# VICTOR SWIM CLUB NEWS...

## Upcoming Events/Meets:

- 9/29: Niagara House of Delegates Meeting @ MCC, Athlete Rep. must attend w/Coaches.
- 9/30: Victor Swim Club PARENT MEETING/DEEP END SIZING 6:15pm
- 10/5: Kickoff Frenzy, SYCH @ Jamesville-Dewitt High School, Syracuse
- 10/5: GVSL Jr. Meet #1 @ Webster
- 10/6: GVSL College Coaches Seminar @ Hilton Garden Inn, 1-3pm U of R.
- 10/13: GVSL Sr. Meet #1 @ Victor
- 10/16: Victor Swim Club Practice Meet @ Victor Aquatic Center.
- 10/19-20: SDSC "Fire in the water," @ Penfield
- 10/26: Victor Swim Club Halloween Classic @ Victor: MANDATORY
- 10/30: DEVELOPMENTAL & INTERMEDIATE "Wear your costume to practice night!"
- 11/8-11/10: STAR, Can-Am Invite @ ECC, Room Block Info TBD...
- 11/23: GRSC Thanksgiving Invite @ Spencerport High School

*\*Meetings with Coach Mike for our "Coffee with the Coach" Program are always open for appointment, email or text Coach Mike:*

[coachmurray3m@gmail.com](mailto:coachmurray3m@gmail.com)

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## This Week:

- \*Swimmers of the Week!
- \*Upcoming Meets & Events
- \*VICTOR Sr. Athlete Spotlight
- \*What Meets Should We Attend?

\*\*\*Reminder: ALWAYS check team email!

## PROGRAMMATIC SUCCESS & YOUR FAMILY'S ROLE

*By: Head Coach, Michael M. Murray, ASCA 5*

We have officially initiated our journey of FUN-FAST-SWIMMING for 2019-2020 and the energy and enthusiasm on deck has been tremendous! One of the aspects of our program that I have always particularly enjoyed is that many of our parents seem to enjoy watching practice. I love our open-practice policy and I encourage all our families to come to the pool, sit in our stands and witness the ever-present special moments that happen during our workouts. One of the joys of being a coach is that on any given day, someone is going to do something they've never done before, there is palpable excitement in the anticipation of discovering who will make a breakthrough!

Our collective/collaborative success as a program is critically tied to PARENT and FAMILY involvement on our team. That is not simply tied to those who routinely volunteer, attend meets & practice, or offer special services to our athletes; PARENT and FAMILY participation is also linked to the way in which you actively promote our organization. There are innumerable ways to contribute to Victor Swim Club that don't require volunteer hours, long days or nights on the pool deck, or additional time spent on projects or developing resources for the team. The easiest way to help VSC today is writing a Facebook or Instagram post

that mentions/illustrates our athletes' successes; further a positive comment about our staff, swimmers or even other members works wonders in terms of developing our reach and brand in the Greater Rochester Area.

Our goals are intertwined with more than just swimming results, ultimately our mission is most concerned with the development of young people, instructing them to believe in process-oriented success and using sport as a vehicle for enhanced opportunities later in life. Victor Swim Club PARENTS and FAMILIES play perhaps the most significant role in the continued success of the team. If our PARENTS and FAMILIES truly believe in the product of Victor Swim Club, the lessons learned through training and competition will be mirrored at home!

As a staff we feel extraordinarily privileged that you have the trust and faith that we can build on the strong foundations you've gifted your children with from a young age; we are PARTNERS in a long-term strategy to equip your children with the tools they need to face any and every challenge in their matriculation through life.

The Victor Swim Club doesn't need parents who volunteer crazy hours or stand as a lifeguard at every practice, who routinely donate time and money to our various fundraisers; the **Victor Swim Club needs PARENTS & FAMILIES to TRUST our staff, COMMIT to our mission and BELIEVE in the endless potential of your child!**

## VICTOR SWIM CLUB PARENTS, LOOKING FOR MASTERS SWIMMING OR ADULT FITNESS?

Coach Mike is PROUD to offer 2 opportunities for any VSC parents looking for MASTERS swimming or adult fitness classes. We have a wonderful partner in Genesee Valley Masters

Swimming Team and "Move-It" fitness with Coach Mike @ The Perinton REC Center (1350 Turk Hill, Rd. Fairport, NY). For more details, call coach Mike.

### HF-L Site Updates:

Please Both Locker Rooms at the HF-L Pool are open now. Boys may use the locker room to change and use the bathroom if needed. Please note we will NOT be using the back entrance to the pool off Church Street anymore starting on Monday Sept. 9. Another change to parking. You may now use BOTH the main visitor entrance in front of the school OR Door #14 behind the pool off Church Street. Both entrances are now open, so you have your choice of where you park. Keep up the great work!

### Volunteers Needed!

We will need some parents to volunteer for the Victor Practice meet on 10/16 to help the coaching staff line up the younger swimmers for all their races!



### Summer LCM Swimming: Chances to Advance!

OK, I get it, the summer season is behind us; but that makes it even **MORE IMPORTANT** to address!

Our staff has already been brainstorming ideas on how to motivate our athletes and families to increase their participation in the long course season (April-August). Training and racing during this time of year is not only critical to success and consistency in the season, but your future success **DEPENDS** on what you accomplish over the summer. Many athletes fail to realize that the training you complete over the course of the summer is the MAJOR underlying reason for your success in the fall and beyond.

From a physiological standpoint, you're increasing your aerobic base and lactate tolerance; 2 main ingredients that are the key factors in your body's development for the short course season of racing.

Another important aspect of summer training to consider is the myth that you don't need to be as focused on competitions during the summer; this mentality has inhibited our growth as an organization over the past 2 years. We are going to be making a concerted effort

NOW in September to really discuss the significance and participation in summer practices and competitions. This doesn't mean that we're discouraging Victor swimmers from working various job, or @ outdoor town pools, next summer...it simply means that we're looking to encourage our athletes to continue their training with us throughout the summer months and commit to participating in 3-4 or more competitions.

There should never be the excuse of "**I can't make practice times because of work.**" We will have morning practice available throughout the summer months: Monday-Friday; and nightly workouts at Victor & HFL for those who wish to swim during the evenings. Additionally, Coach Mike will offer make-up workouts at the Perinton REC Center. The **Victor Elite** Program for our returning college swimmers will be in full swing!

If there are athletes who are looking for a part-time lifeguarding job, one that will pay you well, keep you out of the sun and work around your training schedule, please contact Coach Mike and he will recommend you at The Perinton REC; which comes with access to great workout equipment!

## Swimmers of the Week:

\*VICTOR & HF-L SITE's:

Developmental: Brenna Ray

Intermediate: Jackson Potter

Performance: Anna Cywinski

Sr. & Sr. Prep: Evan Peters & Bill Chang

### College Bound Athlete? Better Train April-August if you want to make the Team!

One of the most important aspects of training over the summer is that it really increases your chances of collegiate recruitment and developing a relationship with the coaching staff of some of the school's that you may be interested in applying to in the fall. This is especially true for all 10<sup>th</sup> & 11<sup>th</sup> graders who have the goal of swimming in college.

The summer months are the primetime/critical recruiting period for many college coaching staff members. This is always a good time to schedule an "unofficial visit," i.e. you fund your trip, nothing is paid for by the school.

Most college assistant coaches and even some Head coaches will be on the road, traveling to some of our local meets, regional and national meets to make some contacts and initial evaluations on the athletes. If you're too wrapped up in your job commitments and not swimming regularly, or competing, you will most likely NOT be recruited, even if you've already developed a contact...if you're not committed to improving your swimming you'll be dropped by most programs, or you will have moved yourself out of potential scholarship money or award programs that you may have qualified for; the coaches will save that for the swimmers who show the most potential as student athletes in their programs.



## SOCIAL MEDIA, GOOGLE MAPS & GOOGLE REVIEWS!

Thanks to our parent volunteer, Heather Gilbert for helping us set up our practice locations on Google Maps and getting us started with Google reviews! If you read my introduction to this week's newsletter, you'll know there are SO MANY SIMPLE ways for you to help our team grow! One of those ways to help is to give us an AWESOME Google or Facebook review! These help our "SEO," i.e. "Search Engine Optimization," essentially helping potential new members search for Victor Swim Club and access the information they'll need to register with our team!

**\*\*BE SURE TO FOLLOW TEAM EMAIL BLASTS & SOCIAL MEDIA!**

**THINGS TO LOOK FOR IN THE NEXT FEW WEEKS!**

**\*\*VICTOR PARENT MEETING\*\***

@ Victor Jr. High School Cafeteria, September 30<sup>th</sup> @ 6:15pm

**\*\*THE DEEP END SUIT SIZING\*\***

@ Victor Aquatic Center Lobby with Barb Anzalone!

**\*\*MEET SIGN-UP'S\*\***

@ Email sign-up, via our Team Unify platform

Use these #'s (hashtags) when posting about our Victor Swimmers at competitions:

#VictorSwimClub #WorkWorks

#VictorTYRTeam #VSCWorks



## WHAT MEET(S) DO I SIGN UP FOR? HOW DO I KNOW WHAT EVENTS TO SWIM?

### WE HAVE YOU COVERED!

If there are parents worried or wondering about the meet sign-ups take place, or you're not sure what events your child(ren) should be swimming, DON'T WORRY! Generally speaking, our coaches take care of this entire process and will notify you by email or tell your swimmer directly which competitions to attend.

Victor Swim Club Coaches reserve the right to enter your athlete in events that they choose for your swimmer. We are happy to work with some parents on their event schedules; however, coaches approve all entries.

Parents are always encouraged to write a note on the entry box to coaches that notify our staff if your athlete has to leave a meet early, can only attend certain sessions, or days; or notify a coach if your swimmer needs certain events to finish their IMX series of events.

To streamline this process, you can look at the Victor Swim Club "New Developmental Model," which outlines the major competitions for each age group. Of course, as a team, we expect all Victor Swimmers, in every age group to attend our team hosted events, i.e. home meets. Our coaching staff will ALWAYS be available to answer parents' questions regarding meet entries, events, etc...

Typically, from the Intermediate group all the way up through the Senior group, especially in the early season months, our staff will be most concerned with giving your athlete the best opportunities to complete the IMX series of events. The developmental coaching staff will collaborate on which athletes they feel are comfortable for each stroke and distance before entering them in competitions or certain events.

Our staff may also send you email should you not enter a certain competition and make a case for your child to attend. We respect and realize the weight of each individual family's schedule, but also want to teach you what meets are most important!

## Victor Sr. Spotlight Swimmer-Braden Murphy

**Q: When Did you start swimming for Victor Swim Club?**

A: I joined VSC when I was seven years old.

**Q: Who is your favorite Olympic Swimmer?**

A: Caeleb Dressel

**Q: What is your favorite, go-to meal?**

A: Chicken Parmesan Sandwich

**Q: Who is your all-time favorite band?**

A: The Beatles

**Q: What are some of the Colleges & Universities your considering?**

A: There are several schools that I'm currently considering:

- 1.) University of Delaware
- 2.) Towson University
- 3.) Michigan State
- 4.) Denison University

**Q: Favorite Meet:**

A: Niagara LSC Championships!

