

# CHOMP!



Meadowbrook Woods **MAKOS** Swim Team  
June 9, 2017



## Next Meet:

6/10 - Time Trials  
8:00am

## Upcoming Meets:

6/17 - Lake Manassas  
6/24 - @ Wellington  
7/1 - Brookside  
7/8 - Westridge  
7/15 - @ Stonewall Park  
7/22 - @ Old Bridge  
7/29 - Divisionals

## MAKOS NEWS

- ▶ Welcome new and returning **MAKOS** to the 2017 swim season!
- ▶ The **MAKOS team store** is **OPEN** again! If you didn't get a chance to get the spirit wear you wanted, you have until midnight on Saturday, June 10<sup>th</sup> to place your order!
- ▶ Parents - Please don't forget to **volunteer** for a job at Time Trials this Saturday, June 10<sup>th</sup>! Log into your **MAKOS** account and click on "Edit Job Signup!"
- ▶ If you have a swimmer who is unable to attend Time Trials, please don't forget to **OPT** them **OUT**! Log into your **MAKOS** account and click on "Edit Commitment" and then your child's name.
- ▶ The last day for evening swim practices is next Thursday, June 15<sup>th</sup>! **Morning practices will begin Monday, June 19<sup>th</sup>!**

## SWIM FACT:



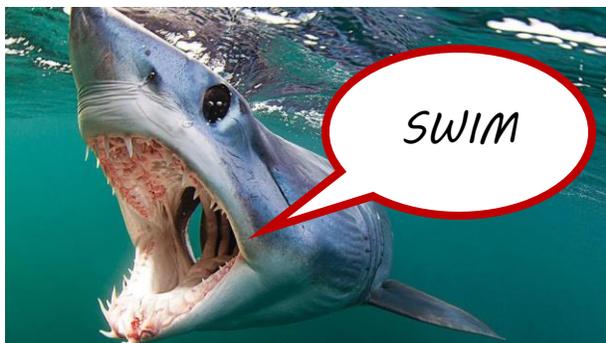
The oldest swimming stroke is breaststroke, which is also the slowest stroke swum at the Olympics.

## SWIM BRAIN TEASER:

What word looks the same backwards and upside down?

(Answer on last page.)

# WHAT IS A MAKO?



**A Mako shark is the fastest shark species in the world!**

There are two kinds of Mako sharks:  
longfin and shortfin.

The longfin is approximately 14ft and weighs 375lbs,  
whereas the shortfin is approximately  
half this size and weight.

Mako sharks swim approximately 60mph  
when hunting for prey!

The lifespan of a Mako shark is 28 to 35 years.

The Mako shark is easily identifiable due to its mean  
and strange looking teeth. These teeth are visible  
even when their mouths are closed!

# SWIM MEET CHECKLIST

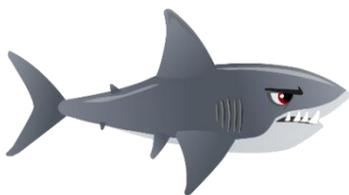


Swimsuit  
Goggle(s)  
Swim Cap(s)  
Towel(s)  
Sunscreen  
Water  
Snacks

## EXTRAS:

Tent  
Chair(s)

\$ for Concessions



**THE STRONGEST PEOPLE AREN'T  
ALWAYS THE PEOPLE WHO WIN,  
BUT THE PEOPLE WHO  
DON'T GIVE UP WHEN THEY LOSE.**

# SWIM CLINICS

The MAKOS will be holding evening clinics every  
Tuesday and Thursday beginning the week of June 19<sup>th</sup>.  
Topics will be displayed during morning practices.  
(Clinics are not a substitute for morning practice.)

6:00-6:30pm – 11 & Over Clinic

6:00-6:30pm – DQ Clinic (open ONLY to swimmers with an individual DQ  
from the most recent swim meet)

6:30-7:00pm – 8 & Under Clinic

7:00-7:30pm – Breast/Fly Clinic (open ONLY to swimmers who do not have a  
legal time in Breast and/or Fly this season)

7:30-8:00pm – 9-10 Clinic

## Upcoming Events



Friday, 6/16 – Pep Rally  
5-9pm

Wednesday, 6/21 – Mini Golf  
Magic Putting Place – 2pm

Tuesday, 6/27 – Team Picture Day  
(Rain Date: 6/28)

Wednesday, 6/28 – Night Swim  
8-10pm

Friday, 6/30 – Pep Rally  
5-9pm

# THIS WEEK IN PICTURES



**This picture sums up  
the first week of practice  
perfectly!**

**MAKOS Swimmer:  
Adam Smith,  
fast asleep after a  
tough practice!**

Send us your pics! If you have any pics you would like to share for the newsletter, please email them to Donna @ [dowaiss@fcps.edu](mailto:dowaiss@fcps.edu) or text them to 571.428.3610. Thanks!

# TEN COMMANDMENTS OF SWIMMING PARENTS

By Rose Snyder

- 1. Thou shalt not impose your ambitions on thy child.** Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is people can strive to do their personal best and benefit from the process of competitive swimming.
- 2. Thou shalt be supportive no matter what.** There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.
- 3. Thou shalt not coach thy child.** You are involved in one of the few youth sports programs that offer professional coaching, do not undermine the professional coach by trying to coach your child on the side. Your job is to provide unconditional love and support and a safe place to return at the end of the day. Love and hug your child no matter what. Tell them how proud of them you are. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy or any other area that is not yours. And above all, never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.
- 4. Thou shalt only have positive things to say at a swimming meet.** If you are going to show up at a swimming meet, you should be encouraging, but never criticize your child or the coach. Both of them know when mistakes have been made. And remember "yelling at" is not the same as "cheering for." You also may want to consider being positive anytime you are around the pool.
- 5. Thou shalt acknowledge thy child's fears.** A first swimming meet can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event if your child was not ready to compete in it. Remember your job is to love and support your child through all of the swimming experience. Most of their fears are ones you have given them.
- 6. Thou shalt not criticize the officials.** If you do not care to devote the time or do not have the desire to volunteer as an official, don't criticize those who are doing the best they can. You too can be trained to be an official in an afternoon.
- 7. Honor thy child's coach.** The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child, it will only serve to hurt your child's swimming.
- 8. Thou shalt be loyal and supportive of thy team.** It is not wise for parents to take their swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team are often ostracized for a long, long time by the teammates they leave behind and are slowly received by new team mates. Often times, swimmers who do switch teams never do better than they did before they sought the bluer water.
- 9. Thy child shalt have goals besides winning.** Most successful swimmers are those who have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.
- 10. Thou shalt not expect thy child to become an Olympian.** There are 280,000 athletes in USA Swimming. Only 2% of the swimmers listed in the 10 & Under age group make it to the Top 100 in the 17-18 age group and of those only a small percentage will become elite level, world class athletes. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%. Swimming is much more than just the Olympics. Ask your coaches why they coach. Chances are, they were not an Olympian, but still got so much out of swimming that they wanted to pass the love for the sport on to others. Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far outweigh any medal they may have won. Swimming builds good people, like you want your child to be, and you should be happy your child wants to participate.