

“Lane 4” Times



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MOTIVATION – Why do we do what we do?

Before getting too far into this article, I would like to wish all of our members, families and friends a very happy and prosperous New Year.

Have you ever asked yourself, “Why do I do this? Or do that? What is *my* motivation?”

As I write this article, it occurs to me that I have been coaching swimmers for almost 23 years and swam for 6 years prior. As a former swimmer, my motivation was achieving a best time. I, like many swimmers, would write on a sheet of paper my current best time and then my goal time and post this paper on the wall next to my bed. This way it was the first thing I read when waking up and the last thing I read before going to sleep.

As I achieved my goal, I would make a new goal time and write it down. Sometimes, I would achieve my goal more than once in a season and would have to keep making changes. It was fun to write some time down, cross it out and write down a faster time; then repeat! This was my *motivation* as a swimmer.

When I began coaching, my motivation was to learn as much as I could to become the best coach possible. My goals not only became personal, but also revolved around developing the best team possible. For many years, I learned from someone I consider, even to this day, to be the best coach I ever knew – my high school coach. His nickname was “CL” and he was more than just a high school coach; to me he was a mentor. Since he was my high school’s anatomy and physiology teacher so he knew how the body worked and how to train swimmers. CL was the local club coach for many years as well. After many years of teaching, CL received his Master’s degree and became a counselor.

Some of his best stories were from his time as a US Marine. CL served in the late-50’s during the early years of the Cold War. But he strived to be more than just a ground-pounding Marine. Eventually he was named to an Admiral’s guard detail. This is a great honor for a Marine because as a member of the Admiral’s guard, he would travel everywhere with the Admiral. I stayed with CL for 11 years – two as a swimmer and nine more as his volunteer assistant coach.

CL grew up in the late-30’s and 40’s in rural Alabama, telling us stories of picking cotton, by hand as a kid. He would tell us how his hands would bleed from being pricked by the thorns on the cotton bushes. How each field-hand had to pick so many bales per day to be paid, pennies. CL was *very* motivated.

As a coach, my goals continue to be to develop the best team and best athletes – this motivates me. In just our first few months of life, the Riptides’ organization was recognized by USA-Swimming as a Level 3 program. I am very motivated for the Riptides to achieve Level 4, which is the highest level of recognition a club can receive. As many know by now, Club Recognition is based on a team’s overall programming – athletes, coaches, volunteers and business structure.

The next thing for the Riptides is to be recognized as a Bronze level club. This is solely based on athlete performance, and we should know in late-February if the Riptides will have achieved Bronze level in Club Performance.

As head coach of the Riptides, I am motivate daily watching our superb coaching staff teach and work with our swimmers become more proficient at their craft and having fun. I am also motivated each day to not only write educational and challenging workouts for the Senior and Gold swimmers, but even more motivated when they “beat” those workouts, forcing me to make the workout even more challenging the next time!

Meet results tend to motivate me as well. When reviewing the meet results from Grand Prix meets to “focus” meets, best times, q-times, number of dq’s, or first-time swims all motivate me to continue to learn and improve as a coach so each swimmer can fulfill their goals.

But enough about me, as members of the Riptides, both swimmers and parents, ask yourself, “What *motivates* me?”

There is more to being a swimmer than just doing laps. Why are you doing this? What are you trying to achieve? Your goals will motivate you.

As a swim parent, what are you looking to get out of your family commitment to the Riptides? Are you doing everything possible to help ensure that the Riptides will be a successful program?

With the new year, I ask everyone on the Riptides to take some time to consider their goals and how to get motivated to achieve those goals. If we all do our part, no matter how small, immeasurable success will come to fruition for our program.

Thanks and happy new year!

New Year's Marathon Swim!

Congratulations to all of the Riptides swimmers who participated in the 2009 New Year's Eve Marathon Swim. Twenty-six members of the Riptides, and two guests, came to participate in this annual event to test a swimmer's physical, mental and emotional toughness. And every swimmer who survived has achieved a milestone in their swimming career.

Every swimmer who secures a minimum of \$200 in fundraising for this event is eligible to earn prizes from the brackets listed below. Please remember some items take longer to be ordered and returned than others, so be patient.

- \$200-299 – Commemorative t-shirt and silicon team cap
- \$300-499 – Commemorative t-shirt and 2 personalized silicon team caps
- \$500-799 – Above and embroidered team towel and chair and team hooded sweatshirt
- \$800-1199 – Above and \$50 gift card
- \$1200-1699 – Above and \$100 gift card
- \$1700 and up – Above and 19"-21" flat-panel television!

Swimmers now have until **January 31, 2010** to return all funds to Coach Jimmy. Any funds returned after January 31, 2010 will not be counted towards marathon prizes, but will go towards fundraising obligation. Remember, each swimmer is required to raise at least \$200 towards their fundraising obligation. Swimmers are to turn in checks only, please no cash; convert cash to checks.

Great job Riptides!

Upcoming meets:

If you haven't had a chance to look at the meet schedule, you should know that we will be very busy from now until the end of March. More importantly, we will be hosting 3 meets over a 6-week period starting January 15 until February 22.

In order to make each of our events run as smoothly as possible, we will need ALL members of the Riptides to be available to volunteer some time at each event. Although not all Riptides will be able to compete at all the events, all Riptides' families can assist in a variety of areas from timers, to hospitality/concession, awards, safety personnel, runners and much more!

When you receive a call, please be sure to say "yes, I will help and do my part."

Thanks!

Practice Changes:

- Jan 6** – MBR Board meeting, 7:00pm. RSVP Brad Kingsley at Brad.Kingsley@orcsweb.com for location.
- Jan 9** – No practices – swimming meets GP #4 and ABSC Senior Circuit
- Jan 15-17** – 3rd Annual MB Riptides Winter Invitational; swimmers in Senior, Gold, Silver, Bronze
- Jan 29-31** – MB Riptides Low-state Qualifier meet; swimmers with less than current SCS q-times

Birthdays:

Nina Meyer – 3rd, Ashlyn Dekleva – 11th, Yianni Paraschos – 13th, Jack King – 16th