



Developing Children to be
Champions in Life through Swimming

“LANE 4” TIMES

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2013 SMRT Long-course Invite:

The long-course swim season begin with the SMRT LCI held April 27-28 in Charleston. Sixteen Riptides made the trip to Charleston and the swimming was very good.

Several Riptides were competing in their first-ever long-course pool and took full advantage of it. **Connor Campbell** earned his very first SC Swimming State Championship q-time in the 50-free.

Peyton Mc Whorter earned her first long-course State Championship q-time in the 50-backstroke. **Both swims are new team records!**

The swims by Connor and Peyton are the first teams records for Coach Mary as well... congratulations!

Lexi Roberts competed in her first long-course meet and earned three SCS State Championship q-times in the 50- and 100-backstrokes and 50-butterfly.

Andi Churchill earned two new SCS State Championship q-times in the 400- and 1500-freestyles. Andi led all Riptides with the single largest improvement of over 2-minues in the 1500!

Setting new team records in the 15-16 boys were **Chad Bateson** (200-back), **Eddie Bateson** (400-free, 100-fly and 400-IM) and **Walker Harwell** (200-IM, 200-fly, 200-breast and 1500-free).

Mackenzie Angwin had several best times, including a 31-second improvement in the 1500-free. **Connor Campbell** earned 5 personal best times, the largest in the 50-breast. **Danielle Flaherty** swam to best times, her largest improvement in the 400-free. **Barbara Long** swam to several best times and the Riptides' only event win in the 400-IM. **Yianni Paraschos** earned six personal bests, led by a 25-second drop in his 400-free. **Chase Teasley** swam to several bests and competed in a few events for the first time.

Rafael Adi and **Ethan Nechemia** competed in their first meets with Riptides and did very well. **Julia Campbell** rounded out the squad to Charleston and was right on her times.

The next long-course meet will be in Spartanburg, May 31-June 2.

Riptides' Senior Going to College:

Graduating senior, Barbara Long has made her choice and will be attending Rensselaer Polytechnic Institute this fall.

RPI is an engineering college.

Barbara will also join the RPI swim team as a member of the “Engineers.” Congratulations to Barbara and her family.

Summer Swim League:

The summer practice schedule begins June 10; it is posted on the website. Virtually all training groups will move to morning practice times.

Starting later in June, the City of MB will begin the SSL Meets. All meets are held on Thursdays at “Pepper” Geddings Rec Center.

All Riptides in the following groups are encouraged to participate in SSL – Senior Prep, Silver, Bronze, Blue, Red and White. Competing in the SSL will keep our swimmers sharp and allow MBR to attract new swimmers for the fall.

Attached is the SSL registration form. Please complete the form and return to Coach Jim before the end of May. Registration fees are to be paid to GSAM and include all meet fees and apparel from the city.

The Magic of an Opportunity

By Mike Gustafson

Imagine Doc Brown from *Back to the Future* came up to you and said, "Today you're going to set a world record. The only thing you have to do is race."

You'd swim that day, right? You'd be the first person in the pool, warming-up, excited and ready to swim?

World records aren't broken every day. The opportunity is rare. You'd take advantage of it.

Unfortunately, time travel and Doc Brown do not (yet) exist. Swimmers don't know what the future holds. Sometimes, we don't feel like swimming.

Instead of swimming that looming, ominous 1500m this afternoon, we'd rather go to the beach. Or go shopping. Or take a nap. There will be another day, another race, right?

But you never know. Sometimes the difference between breaking a world record or not is simply showing up to swim.

Take Kate Ziegler. At the Indianapolis Grand Prix, Ziegler told me that on the day she broke Janet Evans' hallowed 1500m world record, she didn't want to swim that evening. She wanted to go to the beach. She wasn't really feeling it. Fortunately, her coach convinced her to swim that afternoon. The rest, as they say, is history.

But what if she had gone to the beach? What if she never swam that day? For whatever reason, the nuts and bolts were zooming in perfect harmony that day. Would they realign? Could she repeat that same performance the next day? Next week?

What if she didn't swim that day?

I was once told from the creator of "Friends" that the hardest thing to do in the entertainment industry isn't getting your foot in the door; it's being prepared when you're already in.

People always get their foot in the door, but they rarely take advantage of it.

It's that old "elevator pitch" theory. You should always be prepared when you live in Hollywood, because you never know who could be stuck in an elevator with. Some of my friends went from assistants to executive producers in 24 hours because they were stuck in an elevator with someone like Rosie O'Donnell, pitched her an idea they had rehearsed, and made the most of their opportunity. No joke.

Swimming is similar. Any given lane at any given time is an opportunity. "Give me a lane, anywhere, anytime," one famous swimmer used to say, "and I'll aim for perfection."

Sometimes, swimming is viewed in a linear path. You'd think, "Times will get faster. Races will get easier. I'll eventually get here, do this, swim that, and by this year I'll be where I want to be." Swimmers sometimes circle on the calendar, "This is when I'll swim my fastest. This is the plan."

But swimming is rarely predictable. It's not this linear, easily-planned calendar of time progression. It's more a chaotic fun house. It's opposite than what

you'd expect. You swim fast when you expect to swim slow. You swim slow when you expect to swim fast. One day, you could be planning a trip to the beach, while your body secretly knows, "I could be breaking a world record right now, this very second."

You never know when the swim of your life will happen.

You can't plot out the future. And unless Doc Brown swings by your house and points out the highs and lows of your future swimming career, it's best to say to yourself, "Give me a lane, anywhere, anytime – and it could be magic."

How to Become a Winning Parent

By Dr. Alan Goldberg

If you want your child to come out of his youth sports experience a winner, (feeling good about himself and having a healthy attitude towards sports) then he needs your help! You are a vital and important part of the coach-athlete-parent team. If you do your job correctly and play YOUR position well, then your child will learn the sport faster, perform better, really have fun and have his self-esteem enhanced as a result. His sport experience will serve as a positive model for him to follow as he approaches other challenges and obstacles throughout life. If you "drop the ball" or run the wrong way with it, your child will stop learning, experience performance difficulties and blocks, and begin to really hate the sport. And that's the GOOD news! Further, your relationship with him will probably suffer significantly. As a result, he will come out of this experience burdened with feelings of failure, inadequacy and low self-esteem, feelings that will generalize to other areas in his life. Your child and his coach need you ON the team. They can't win without YOU! The following are a list of useful facts, guidelines and strategies for you to use to make you more skilled in the youth sport game. Remember, no wins unless everyone wins. We need you on the team!

1. When defined the RIGHT way, competition in youth sports is both good and healthy and teaches children a variety of important life skills. The word "compete" comes from the Latin words 'com' and 'petere' which mean together and seeking respectively. The true definition of competition is a seeking TOGETHER where your opponent is your partner, NOT the enemy! The better he performs, the more chance you have of having a peak performance. Sport is about learning to deal with challenges and obstacles. Without a worthy opponent, without any challenges sport is not so much fun. The more the challenge the better the opportunity you have to go beyond your limits. World records are consistently broken and set at the Olympics because the best athletes in the world are "seeking together", challenging each other to enhanced performance.

Your child should NEVER be taught to view his opponent as the "bad guy", the enemy or someone to be hated and "destroyed". Do NOT model this attitude!! Instead, talk to and make friends with parents of your child's opponent. Root for great performances, good plays, NOT just for the winner!

2. ENCOURAGE YOUR CHILD TO COMPETE AGAINST HIMSELF. The ultimate goal of the sport experience is to challenge oneself and continually improve. Unfortunately, judging improvement by winning and losing is both an unfair and inaccurate measure. Winning in sports is about doing the best YOU can do, SEPARATE from the outcome or the play of your opponent. Children should be encouraged to compete against their own potential, i.e. Peter and Patty Potential. That is, the boys should focus on beating "Peter," competing against themselves while the girls challenge "Patty." When your child has this focus and plays to better himself instead of beating someone else, he will be more relaxed, have more fun and therefore perform better.

3. DO NOT DEFINE SUCCESS AND FAILURE IN TERMS OF WINNING AND LOSING. As a corollary to #2, one of the main purposes of the youth sports experience is skill acquisition and mastery. When a child performs to his potential and loses it is criminal to focus on the outcome and become critical. If a child plays his very best and loses, you need to help him feel like a winner! Similarly, when a child or team performs far below their potential but wins, this is NOT cause to feel like a winner. Help your child make this important separation between success and failure and winning and losing. Remember, if you define success and failure in terms of winning and losing, you're playing a losing game with your child!

4. BE SUPPORTIVE, DO NOT COACH! Your role on the parent-coach-athlete team is as a Support player with a capital S!! You need to be your child's best fan. UNCONDITIONALLY!!! Leave the coaching and instruction to the coach. Provide encouragement, support, empathy, transportation, money, help with fund-raisers, etc., BUT...DO NOT COACH! Most parents that get into trouble with their children do so because they forget the important position that they play. Coaching interferes with your role as supporter and fan. The last thing your child needs and wants to hear from you after a disappointing performance or loss is what they did technically or strategically wrong. Keep your role as a parent on the team separate from that as coach, and if, by necessity you actually get stuck in the almost no-win position of having to coach your child, try to maintain this separation of roles, i.e. on the deck, field or court say, "Now I'm talking to you as a coach", at home say, "Now I'm talking to you as a parent". Don't parent when you coach and don't coach at home when you're supposed to be parenting.

5. HELP MAKE THE SPORT FUN FOR YOUR CHILD. It's a time proven principle of peak performance that the more fun an athlete is having, the more he will learn and the better he will perform. Fun MUST be present for peak performance to happen at EVERY level of sports from youth to world class competitor! When a child stops having fun and begins to dread practice or competition, it's time for you as a parent to become concerned! When the sport or game becomes too serious, athletes have a tendency to burn out and become susceptible to repetitive performance problems. An easy rule of thumb: IF YOUR CHILD IS NOT ENJOYING WHAT HE ARE DOING NOR LOVING THE HECK OUT OF IT, INVESTIGATE!! What is going on that's preventing him from having fun? Is it the coaching? The pressure? Is it YOU??! Keep in mind that being in a highly competitive program does NOT mean that there is no room for fun. The child that continues to play long after the fun is gone will soon become a drop out statistic.

6. WHOSE GOAL IS IT? #5 leads us to a very important question! Why is your child participating in the sport? Is she doing it because she wants to, for herself, or because of you. When an athlete has problems in her sport do you talk about them as "our" problems, "our jump isn't high enough", "we're having trouble with our flip turn," etc. Are they playing because they don't want to disappoint you, because they know how important the sport is to you? Are they playing for rewards and "bonuses" that you give out? Are their goals and aspirations YOURS or theirs? How invested are you in their success and failure? If they are competing to please you or for your vicarious glory they are in it for the wrong reasons! Further, if they stay involved for you, ultimately everyone loses. It is quite normal and healthy to want your child to excel and be as successful as possible. BUT, you cannot make this happen by pressuring her with your expectations or by using guilt or bribery to keep her involved. If they have their own reasons and own goals for participating, they will be FAR more motivated to excel and therefore far more successful.

7. YOUR CHILD IS NOT HIS PERFORMANCE. LOVE HIM UNCONDITIONALLY. Do NOT equate your child's self-worth and lovability with his performance. The MOST tragic and damaging mistake I see parents continually make is punishing a child for a bad performance by withdrawing emotionally from him. A child loses a race, strikes out or misses an easy shot on goal and the parent responds with disgust, anger and withdrawal of love and approval. CAUTION: Only use this strategy if you want to damage your child emotionally and ruin your relationship with him. In the 88 Olympics, when Greg Louganis needed and got a perfect 10 on his last dive to overtake the Chinese diver for the gold medal, his last thought before he went was, "If I don't make

it, my mother will still love me".

8. REMEMBER THE IMPORTANCE OF SELF-ESTEEM IN ALL OF YOUR INTERACTIONS WITH YOUR CHILD-ATHLETE. Athletes of all ages and levels perform in **DIRECT** relationship to how they feel about themselves. When your child is in an athletic environment that boosts his self-esteem, he will learn faster, enjoy himself more and perform better under competitive pressure. One thing we all want as children and **NEVER** stop wanting is to be loved and accepted, and to have our parents feel good about what we do. This is how self-esteem gets established. When your interactions with your child make him feel good about himself, he will, in turn, learn to treat himself this very same way. This does **NOT** mean that you have to incongruently compliment your child for a great effort after he has just performed miserably. In this situation being empathic and sensitive to his feelings is what's called for. Self-esteem makes the world go round. Make your child feel good about himself and you've given him a gift that lasts a lifetime. Do **NOT** interact with your child in a way that assaults his self-esteem by degrading, embarrassing or humiliating him. If you continually put your child down or minimize his accomplishments not only will he learn to do this to himself throughout his life, but he will also repeat **YOUR** mistake with **HIS** children!

9. GIVE YOUR CHILD THE GIFT OF FAILURE. If you really want your child to be as happy and as successful as possible in everything that he does, teach him how to fail! The most successful people in and out of sports do two things differently than everyone else. **FIRST**, they are more willing to take risks and therefore fail more frequently. **SECOND**, they use their failures in a positive way as a source of motivation and feedback to improve. Our society is generally negative and teaches us that failure is bad, a cause for humiliation and embarrassment and something to be avoided at all costs. Fear of failure or humiliation causes one to be tentative and non-active. In fact, most performance blocks and poor performances are a direct result of the athlete being preoccupied with failing or messing up. You can't learn to walk without falling enough times. Each time that you fall your body gets valuable information on how to do it better. You can't be successful or have peak performances if you are concerned with losing or failing. Teach your child how to view setbacks, mistakes and risk-taking positively and you'll have given him the key to a lifetime of success. Failure is the **PERFECT** stepping stone to success.

10. CHALLENGE-DON'T THREATEN. Many parents directly or indirectly use guilt and threats as a way to "motivate" their child to perform better. Performance studies clearly indicate that while threats may provide short term results, the long term costs in terms of psychological health and performance are devastating. Using fear as a

motivator is probably one of the worst dynamics you could set up with your child. Threats take the fun out of performance and directly lead to your child performing terribly. **IMPLICIT** in a threat, (do this or else!) is your **OWN** anxiety that you do not believe the child is capable. Communicating this lack of belief, even indirectly is further devastating to the child's performance. A challenge does not entail loss or negative consequences should the athlete fail. Further, implicit in a challenge is the empowering belief, "I think that you can do it".

11. STRESS PROCESS (skill acquisition, mastery and having fun), NOT OUTCOME. When athletes choke under pressure and perform far below their potential, a very common cause of this is a focus on the outcome of the performance, i.e. win/lose, instead of the process. In any peak performance, the athlete is totally oblivious to the outcome and instead is completely absorbed in the here and now of the actual performance. An outcome focus will almost always distract and tighten up the athlete insuring a bad performance. Furthermore focusing on the outcome, which is completely out of the athlete's control will raise his anxiety to a performance inhibiting level. So **IF** you **TRULY** want your child to win, help get his focus **AWAY** from how important the contest is and have him focus on the task at hand. Supportive parents de-emphasize winning and instead stress learning the skills and playing the game.

12. AVOID COMPARISONS AND RESPECT DEVELOPMENTAL DIFFERENCES. Supportive parents do not use other athletes that their child competes against to compare and thus evaluate their child's progress. Comparisons are useless, inaccurate and destructive. Each child matures differently and the process of comparison ignores significant distorting effects of developmental differences. For example, two 12 year old boys may only have their age in common! One may physically have the build and perform like a 16 year old while the other, a late developer, may have the physical size and attribute of a 9 year old. Performance comparisons can prematurely turn off otherwise talented athletes on their sport. The only value of comparisons is in teaching. If one child demonstrates proper technique, that child can be used comparatively as a model **ONLY!** For your child to do his very best he needs to learn to stay within himself. Worrying about how another athlete is doing interferes with him doing this.

13. TEACH YOUR CHILD TO HAVE A PERSPECTIVE ON THE SPORTS EXPERIENCE. The sports media in this country would like you to believe that sports and winning/losing are larger than life. The fact that it is just a game frequently gets lost in translation. This lack of perspective frequently trickles down to the youth sport level and young athletes often come away from competition with a

dis-torted view of themselves and how they performed. Parents need to help their children develop realistic expectations about themselves, their abilities and how they played, without robbing the child of his dreams. Swimming a lifetime best time and coming in dead last is a cause for celebration, not depression. Similarly, losing the conference championships does not mean that the sun will not rise tomorrow.

Fundraising Balances:

If your family has an outstanding fund raising balance, it has been invoiced on your account. Fund raising will be added to monthly tuition until the balance is cleared.

All balances must be cleared by July31.

Upcoming Events:

May 11 – 2nd Annual GSSL Meet

May 18 – Riptides' Day at Market Common/ Bring A Friend to Practice Day

May 31-June 2 – YSSC Summer Splash @ Spartanburg, SC

Tuition Payments and Meet Fees:

Just a reminder to parents who pay by check... Checks are to be made out to **Grand Strand Aquatic Management** or **GSAM**.

Families may also utilize the online billing system by adjusting their account and adding a credit card number; surcharges apply.

Thanks!

Practice Changes:

May 18 – Bring-A-Friend to Practice Day

- Senior, Gold – 10:00am-12:30pm
- Senior Prep, Silver, Bronze – 10:00am-11:30am
- Blue, Red, White – 11:30am-12:30pm @ Canal ST

Birthdays:

April – Rafael Adi – 8th, Dayton Busse – 25th, Joshua Guerra-Devine – 28th

May – Lexi Roberts – 6th, Jordan Faircloth – 7th, Connor Campbell – 13th,