

# VOLTAGE AQUATICS

## From the Coaches

February was a busy month for Voltage swimmers! The fourth annual psych up week was a success. We had 38 voltage swimmers that attended the Snake River Winter Championships in Nampa, Idaho! After a weekend of fast swimming and a multitude of best times Voltage Aquatics finished 3<sup>rd</sup> overall as a team behind the Boise Y Swim Team and the Nampa Swim Team! Great job to everyone who attended!!!!

The following article is referenced from the ASCA magazine on the habits of a great swim parent:

### 6 HABITS OF TOP SWIM PARENTS

#### **Habit 1. Getting Your Swimmers to Practice Regularly And On Time.**

With multiple-job families, single-parent families, and just "being a family," it is sometimes very hard to get your swimmers to practice each day on time. The first rule of improvement is "show up!" It's a powerful message and it teaches your swimmer that you care, amongst other positive messages that it sends.

#### **Habit 2. Providing Emotional Support In All Circumstances.**

We appreciate parents who see their primary role as providing emotional support for their swimmers in all circumstances. We'd love to say that kids should always be happy but sometimes they are not. Happiness comes and goes depending on the environment and is also heavily influenced by what children hear their parents saying about a situation. Parents who see temporary difficulties as an opportunity for their children to learn to "work it out" create a great life skill opportunity.

#### **Habit 3. Building Up The Coaches And The Program.**

We like to view our club as a family and as such we sometimes have questions about one another or the direction of the program. We appreciate families who keep it in the family and bring concerns to the proper person in the chain of command.

#### **Habit 4. Comparing Your Swimmer With**

**Themselves.** Every swimmer is different. Some have more passion than others. Some swim only for the socialness of the sport. Some are stronger and faster. Some become craftsmen of their technique. Thinking about your own children you may remember that they learned to tie their own shoes at different ages. Trying to compare any swimmer, regardless of time in the sport, or age, is a problematic. The emphasis should be on your swimmer's personal improvement and overall enjoyment of the sport. Coaches tend to be "long term patient" with swimmers in terms of technique and speed. Some get it early, some later. In the meantime, we love them all.

#### **Habit 5. Making Your Children Victors, Not Victims.**

This may be the most difficult of all the life skills a parent seeks to instill in their child. In the world today excuses abound and blame shifting is common place. We hear the excuses all the time: "I have too much homework," "I'm not feeling well," "I didn't get enough to eat today," "The lane is too crowded," "The set is too hard," And on and on. We believe that victors are created by toughing it out in the face of adversity and difficulties. When we (coaches or parent) empower a child to do what they want, when they want, it does not promote athletic development or the ability to find a solution. If a swimmer is sick, keep them home. If a swimmer is injured, bring the physical therapist's exercise routine to the pool so the swimmer can do it there. Love and protect your kids, of course, but don't allow them to become victims.

#### **Habit 6. Respecting the Coaches' Time During**

**Practice.** We appreciate the parents who come early to talk to the coaches or stay until after practice. If that is not convenient please call. The coach's focus needs to be on the swimmers in the water during workout time.

~ Coach Phoebe

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## Important Dates

March 15-18: Senior Sectionals, Federal Way, WA.

March 17: Pot O' Gold Meet, Jackpot, NV.

March 22-25: Age Group Sectionals, Federal Way, WA.

April 21: Swim-A-Thon, Idaho Falls.

April 27-28: IMX Swim Meet, Idaho Falls.

## Swim-A-Thon

The Voltage Swim-A-Thon will be Saturday, April 21 from 9am-11am at the Idaho Falls pool. This is a great fundraising opportunity and a way to meet your family commitment.

Click on the Swim-A-Thon banner on the team's homepage for more information.

## IMX Meet

Voltage Aquatics will be hosting the IMX meet April 27-28. We will need lots of volunteers to help run this two day meet.

## Board Members Needed

The team needs volunteers to serve on the board of directors. This is a great opportunity to serve and help out the swim team.

If you are interested in serving on the board or want more information, please contact the Voltage Board President Rich Friess: [mfriess@gmail.com](mailto:mfriess@gmail.com).

## Volt Values

### **Respect:**

Voltage Aquatics is striving to teach all swimmers the value of Respect in their lives!

### Definition:

1. A feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements
2. Respect is how you feel about someone: Having respect for someone means you think good things about who a person is or how he/she acts. You can have respect for others, and you can have respect for yourself
3. Respect is how you treat someone: Showing respect to someone means you act in a way that shows you care about their feelings and well-being.

How do you show respect to your teammates?

How do you show respect for your coaches/ teachers?

How do you show respect for your parents?

