THE TSM MONTHLY POST

SERVING THE SANTA MONICA BAY AREA SINCE 1955

The Official Team Santa Monica Swim Club e-Newsletter

March 15, 2013

Coach's Corner

This month, I wanted to share two important quotes from US Presidents, both of which are nearly 100-years old, but still hold great relevance.

The Man In The Arena by President Theodore Roosevelt:

"It is not the critic who counts, nor the man who points out how the strong man stumbled; or where the doer of deeds could have done better. The credit belongs to the man in the arena; whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes up short again and again; who knows the great enthusiasms, the great devotions, and spends himself in a worthy cause; who at his best, knows the end of triumph of high achievement; and who knows the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory or defeat."

Sport is about stumbling to stand again stronger. It is what the Greeks called Arête. Successful high-level sport teaches the humility and great confidence that comes from having to work hard to achieve. Not just working hard then achieving but working hard not achieving, still working hard still not achieving, working harder still not achieving, then finally worker harder, differently or even just longer THEN achieving.

The key is to find the joy in the arena; to find the joy in the struggle. To know that only through struggling greatly can the true measure of a person be found. How many times in life do you get to put all of your body, mind, and soul into a pursuit? This is a special time for these kids. Swimming is merely the vehicle through which we teach one of life's biggest lessons.

Make sure your swimmers know how much you respect what they do. Let's keep our praise based on effort, persistence, and consistency. Far too often we disempower kids by belittling their successes by not consistently praising the journey. Describing successful people as "talented" as opposed to hard working is almost an insult. We need to make sure our message always ends with a redirect to the effort they have been putting in. Regardless of success or failure (and there will be failures), your admiration must always be based on things they can control.

Never forget how tough, and therefore how rewarding, it is to improve yourself under your own steam. These kids have the guts to enter the arena exposing their dreams and devotions to dare greatly, triumph occasionally, and at least some of the time; fail greatly while all of time feeling the adrenaline of life.

Let me close with a thought from Calvin Coolidge:

"Nothing in the world can take the place of Persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan 'Press On' has solved and always will solve the problems of the human race."

Be persistent. Savor every second you get to do this. Make it count. Press on.

Stay healthy and keep your grades up.

-Coach Dave

Coronado "Islander" Senior Invitational

There is still time to sign up for an exciting out-of-town meet in Coronado during the weekend of March 23rd. This, hosted by the Coronado Navy Swim Club, offers Open Events with minimum time standards similar to a JO cut. Swimmers of any age, who meet the minimum Open Event time standard, may swim. The San Diego/Imperial Committee cuts are slower than our Committee standards; so more swimmers will be eligible than are typically possible at a senior meet. Please join us!!

Team Santa Monica Welcomes TOP Ujumisklubi

TSM is excited to welcome 22 TOP-Ujumisklubi National swimmers and their coaches from Tallinn, Estonia to Santa Monica this March to co-train alongside TSM. So far, it has been a terrific opportunity for our swimmers to continue learning and growing along side top International swimmers. On Saturday, TOP joined TSM's National, National Development and Junior Olympic groups for a power sprint workout. Swimmers in these groups ranged from 10-19 years old, from both clubs and all had a great time. Both teams will be traveling to San Diego, CA this weekend to participate in a meet on Coronado Island.

Save The Dates !!

Annual TSM Swim-a-thon Fundraiser

Pool Location TBD

June 1, 2013

This will be an all-swimmer participation event and is one of TSM's main fundraisers of the year.

Details to follow.

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Annual TSM Spring Swim Meet

Santa Monica Swim Center

May 4-5, 2013

This will be an all-swimmer participation meet.

Parent volunteering to help coordinate the meet is not only encouraged, but required as a condition of membership on the club.

Details to follow or please contact Frank Siering, co-meet Director, at tsfrank@earthlink.net.

Odds & Ends

TSM Illness Policy

With the onset of the cold/flu season, please note the TSM Illness Policy. When in doubt, ask your coach! This policy applies mainly to the older competitive swimmers. For younger swimmers, stay home until you feel better.

For older swimmers:

- If you are sick, or are starting to feel sick, tell your coach.
- As a general rule of thumb, if you are sick, you will be asked to stay home while you are contagious or until you feel better.
- See a doctor, if necessary.
- Depending on how long you have been out, you may be asked to train with a different group or swim on your own when you return until you get your strength back.
- Swimmers temporarily training in a different group should not incorrectly be presumed ill or contagious; it is strictly a function of transitioning a swimmer back to pre-illness levels.

Remember, it is better to take some time off and get better than try to train through an illness. If you try to train through an illness, you will extend it and get others sick. When in doubt, ask your coach!

Ask Coach Dave

Have you ever wanted to ask that all-important question, but didn't know how?
Email pmdodd@me.com and your Q&A may appear in the next edition of the TSM Monthly Post.

Upcoming Meets

- **March 23rd – 24th**
  Islander Sr Invitational @ Coronado
- **April 6th – 7th February 22nd – 24th**
  JCA B-R-W LC Meet @ LA
- **April 19th – 21st**
  La Mirada LC Senior Meet *
- **May 4th – 5th**
  TSM B-R-W LC Meet @ SMC
- **May 12th**
  TSM Annual Swim Banquet
- **May 17th – 19th**
  USA Swimming Open Water Nat'ls *
  Castaic Lake, CA
- **May 24th – 27th**
  Nova Grand Challenge Senior Meet *
- **May 4th – 5th**
  CSSC Memorial Day B-R-W LC Meet
  Thousand Oaks, CA
- **June 6th - 9th**
  SMOC Mission Viejo Senior Meet *

* Qualifying times required.

Got News?

If you or someone you know has recently done something special outside of the water, we'd like to hear about it. Please contact pmdodd@me.com.

Promotions, Birthdays & Stuff

ZAP Meet Wrap-Up

Congratulations to our 50 TSM swimmers who competed in this one-day Red/White meet in Palos Verdes. We welcomed seven new swimmers to our competitive ranks and saw many swimmers achieve personal best times and new Blue times. We will be competing at one more short course meet this season at ZAP on June 15.

- **Swimmers competing at their first meet:** Tom Callaghan, Hartley Conforti, Lydia Demory, Daniel Grossman, Andrew Hanson, Orson Spence, Max Thibert
- **New Summer JO time:** Emily Guy 50 breast
- **New June Invite time:** Adam Shaaban 50 fly
- **New Blue division times:** Makenna Dykstra 100 free, 500 free, Arely Gomez 100 IM, Lizzy Gomez 50 free (8-un), Alexis Kam 50 breast, Thea Lemoine 50 breast (8-un) 50 back (10-un), Ilka Mustalampi 200 free, 50 back, Dora Seggelke 50, 100 free, Adam Shaaban 50, 200 free, Leah Timmerman 100 fly, Quincy Timmerman 100 IM, Nick Tuanchaem 50 free, Lena Siering 100 free, 50 breast, 100 IM (8-un), Helena Mulholland 50 free, 50 back, 50 breast (8-un).

TSM Website

The website is updated on virtually a real-time basis with schedule updates, meet notices and more. Click the highly visible Training Schedule button on the home page for your swim schedule. Photos for the website and Facebook page may be sent to either:

Patrick Dodd @ pmdodd@me.com

March Birthdays !!!

- **March 1st**
  - **Varya Fayner / Otters (12)**
  - **Olivia Marsh / Pre-Sectional (18)**
- **March 2nd**
  - **Payton Perrotta / National (17)**
- **March 3rd**
  - **Michael Raphael / Otters (13)**
- **March 4th**
  - **Valerie Burchard / Seals (9)**
- **March 8th**
  - **Summer Coxwell / Hammerheads (13)**
- **March 10th**
  - **Sean Steele / National (15)**
- **March 12th**
  - **Aloha Suto / Seals (12)**
- **March 14th**
  - **Dagny Stahl / Hammerheads (13)**
- **March 15th**
  - **Alexis Kam / Hammerheads (10)**
- **March 18th**
  - **Austin Janda / Seals (10)**
  - **Finlay Taylor / Seals (10)**
  - **Sydney Wong / National (17)**
- **March 19th**
  - **Francis Hirzel / Otters (13)**
- **March 26th**
  - **Nicholas DeVito / National (17)**
- **March 28th**
  - **Clara De Goldsmith / Seals (12)**

Official sponsor of TEAM SANTA MONICA speedo

2012-2013 Annual Giving Campaign

We would like to thank and acknowledge the following 38 families for contributing to the Annual Giving Campaign. Currently, we are running at about a 12% participation level, based on TSM families and still short of our goal of $25,000. If you have not yet given, this is a 2012-2013 Fiscal Year Campaign, so please consider giving any amount possible.

The Barats Family
Geraldine Cafaro
Courtney & Martin Caverly
Cheryl & Jesse Casso
Stella & Alan Chen
The Childress Family
The Douglass Family
The Falcinelli Family
The Grossman Family
The Hopkins Family
The Houston Family
The Keaton Family
Felicia & Ty Kim
The Schneeman Family
The Chen Family
The DeVito Family
The Dodd Family
The Friedman Family
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The Loncar Family
The Nahass Family
Tina & Joseph Pertel
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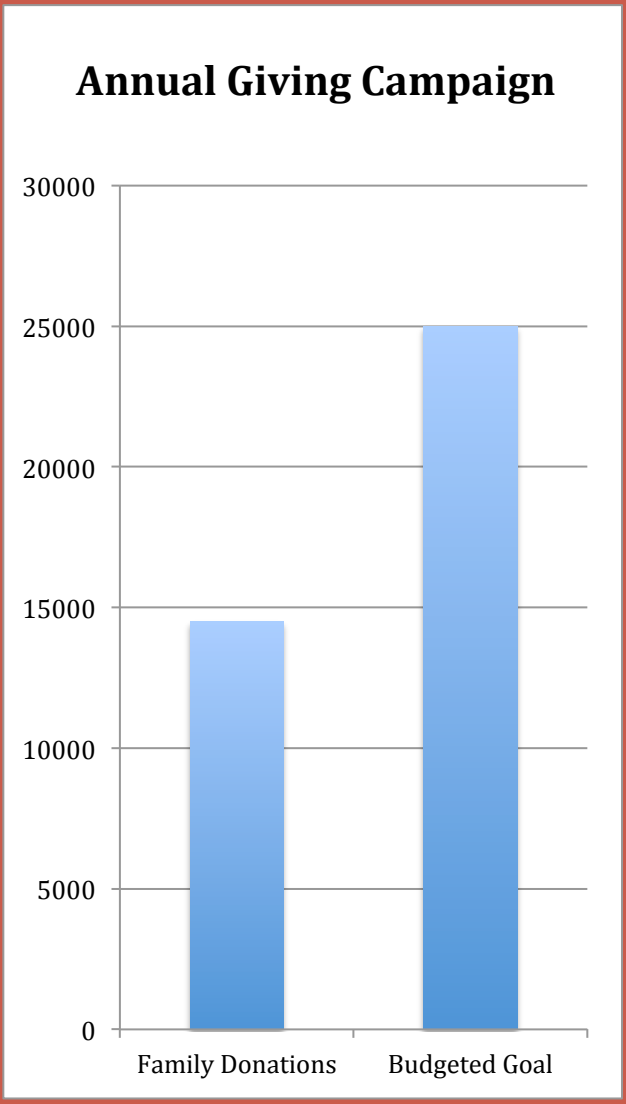
Jennifer & Michael Zeller
Various Anonymous Donors



TEAR HERE & INCLUDE CHECK

Team Santa Monica ◆ P.O. Box 24146 ◆ Los Angeles, CA 90024

Family Name: _____

Swimmer's Name: _____

Donation Enclosed: $ _____

Best Email (to receive donation receipt): _____

Would you like your donation and recognition level to be included in our newsletter?

- ○ **YES**
  If yes, name to be listed in newsletter: _____
- ○ **NO**

Team Santa Monica is a non-profit organization exempt from income tax under section 501(c)3 of the Internal Revenue Code. Our tax number is 95-2415779. No goods or services will be received in exchange for this donation.