Coaches’ Corner

Commitment and Pursuit of Excellence

When considering excellence in any endeavor commitment shines as a key ingredient. You discover that you have a great interest in a certain area you begin to develop a joy, a sense of meaning, or passion. Once you find something that you are truly committed to developing, everything else can blossom.

Have you envisioned what you would like to accomplish in your chosen sport? Have you thought to include a plan of how you are going to get there? You do not have to start with a huge commitment. Start by getting fully focused on the right things you want to do which will lead into good things happening for you. Your energy, happiness and performance will begin to grow with commitment.

Your commitment requires focus, without it high level goals that are within your reach become impossible to attain. With specific focus your commitment will grow when centered on the following:

- Continue to learn and grow;
- Pursuing your dreams and make a meaningful contribution;
- Becoming the best that you can be;
- Developing the mental, physical, and technical links to Excellence;
- Setting clear personal goals and relentlessly pursuing them;
- Persisting through obstacles, even when they appear insurmountable or impossible;
- Continuing to learn about how your focus affects your mood and performance and acting on the lessons learned about focus; and
- Keeping the joy or passion in your pursuit.

Excellence is initiated by engaging yourself in doing something that you want to do and like to do. Higher levels of excellence are inspired by having a positive vision of where you want to go. To excel in any pursuit you must develop a reason or passion for doing it. You need a reason powerful enough to keep you pursuing excellence during the ups and downs. High levels of personal commitment grow naturally out of love for and joy in what you are doing. Commitment grows from embracing the special moment, submerging yourself in the journey and enjoying the experience of personal growth.

Upcoming Events

- 5/3-5: Away Meet, TIDE, BB/B/C
- 5/9-12: Home Meet, Classic, A/BB/B/C PSDN
- 5/18: AM practice, Pancake Breakfast, Guest swimmers
- 5/19: Award Ceremony, time to be announced
- 5/31-6/2: Home Meet, A/BB/B/C
- 6/21-23: Away Team Travel Meet, Winchester, BB/B/C
- 6/28-30: Home Meet, BB+ 13 & Older; A/BB/B/C 12 & Younger
- 7/12-14: Region Summer Awards, Newport News
- 7/18-21: LC Senior Champs , CSAC
- 7/25-28: LC Age Group Champs, Christiansburg
Explore White

We are seeing some great progress from our Explore White swimmers. Our Butterfly and Breaststroke technique is showing tremendous improvement as are our turns for each stroke. We want to see this progress continue through the summer. Thus, it’s important for our swimmers to continue to attend practice regularly through the spring AND summer months. We fully support and encourage summer league swimming for our swimmers at this level, but we encourage families to continue to attend 2-3 practices each week.

Long Course meets are very exciting, and present a new challenge for young swimmers. We would like to see every swimmer in the Explore White group compete in at least 1 meet during the LC season. Summer Awards in our LC championship meet. This year’s meet will be in Newport News on July 12-14th. We would love to send a big group of swimmers to this meet.

Keep up the great work. Go Poseidon!!!

Age Group Bronze

Our Short Course season ended on a real high note with a 3rd place finish at Age Group Champs and a 3rd place finish at the NIKE Showcase Classic in Clearwater, Florida. This was a national level 14&younger meet. PSDN entered 33 swimmers. Sean Hogan, Nathan Wakefield, Adam Kerr, Carter Gallant, Amanda Blaha, Maya Atkins, Zoe Moore, Myra Anne Martin, Kate Farmer, and Lindsey Fanz represented the Age Group Bronze training group proudly. All of these swimmers were part of relays or swam individually events that earned points.

We are now in a Long Course training mindset. We are doing most of our hard work outside in the form of dryland training. This kind of training is important for developing athleticism, agility, coordination, explosiveness, and body awareness. In the water, we are focusing on improving technique, developing good training habits, and building a good endurance base. Practice attendance is so important for swimmers at this level. The last few weeks of school usually bring exciting activities that could take a swimmer away from his/her normal practice schedule. Please do your best to get to practice as often as possible.

- - Mark

Explore Blue

With the weather finally warming up that also means that summer league team will soon start holding practice. It is important for your swimmers to still go back to their summer league teams to show everyone how much they have improved and what new skills they have learned over the past 8 months. But what that does not mean is to stop coming to practices at Poseidon on a regular basis. Summer league practice should not be used as a substitute for our daily practice routine but a supplement.

Summer league practices are the times when a young swimmer who has worked hard over the winter months goes back to their team and all of a sudden everyone says “Oh wow! Little Johnny has really improved!” Summer league is where a child can really grow their self-confidence by finally winning a bunch of blue ribbons(something I experienced after my first few years of swimming with a club team). It is a great feeling to not get so many green, purple, and yellow ribbons but to finally get their hands on that ever so cool blue ribbon.

Junior Group

After a great showing by the team at the NASA Showcase Classic with a 3rd place showing at the meet and the 10 and under girls (Emma Fenstermacher, Leah Hoffman, Maddie Wallin, and Morgan Burton) breaking the team record in the 400 Medley relay with a time of 4:50.96. It is time for everyone to start gearing up for the long course season. Meets during this season come up quickly since it is only a 4 month season.

With such a short season practice attendance is more important. Everyone becomes busy during the summer months with camps, summer league practice/meets, vacations, etc. But coming to practice on a regular basis will aid everyone in their continue improvement over the summer months. I still do encourage everyone to attend their summer league practices but to use them as a chance to see their friends and show everyone how much they have improved over the winter months.

- - Steven
NASA Showcase Classic

Over the spring break week 31 of Poseidon’s top Age Group swimmers traveled to Clearwater Florida to participate in the 4th annual Elite Showcase Classic featuring some of the nation’s top 14 and under swimmers from across the country. Poseidon continued its success from Age Group Champs and brought it to Clearwater with an overall 3rd place finish (the top three teams were from Virginia).

Two Poseidon swimmers were able to come away from the meet with national titles to their names. Casey Fanz won the 50 free with a time of 23.44 a new team and state record! Cody Bollinger won the 50 back in time of 25.04.

The 13-14 girls (Fanz, Burton, Butler, Ladd, and Allen) swam away with 3 of 4 relay national titles all of which were team and state records, the 4th relay was a very respectable 2nd place. The 13-14 boys (Bollinger, Sheffield, Lenart, Hoffman, Vivadelli) earned 3 out of the possible 4 PSDN team records. Not to be outdone by the older swimmers, the 9-10 (Fenstamacher, Hoffman, Wallin, Burton) and 11-12 (Fanz, Atkins, Blaha, Moore) girls 400 medley relays each notched new PSDN team records as well as the ll-12 boys (Hogan, Wakefield, Gallant, Kerr) 400 medley relay. PSDN broke all five 400 medley relay records in one night – by far the most exciting night of the meet and recent PSDN history. The future of PSDN is in good hands and is looking brighter every day.

Several swimmers were able to leave Clearwater with new individual PSDN team records as well. Meghan Burton came away with the 100 fly (56.81) and 100 back (57.09) team records. Casey Fanz set new 50 free (23.44), 100 free (51.35) and 200 back (2:03.53) team records. Maya Atkins broke into the PSDN record book with an astounding new 200 breast team record (2:31.88).

Congrats to all of the swimmers who participated and a special thanks to Lisa Fanz and Amy Bollinger who chaperoned for the week. GO PSDN!

Notes from Mike

The following are some of the top three reasons why kids are not successful - taken from an article Coach Ted posted online and I read for meetings with the groups (there were 13 total but I selected my top 3).

1 – You procrastinate: Actions speak louder than words, the longer you leave something as just a thought someone else out there is taking action and achieving YOUR dreams, only problem with that is, you will never feel what it’s like to achieve success because someone came along and took the rug from underneath you.

3 – You listen to others stupid advice: “That’s too hard”, “that won’t work”, “you’re too young”, “you’re too old”. All of that advice is ridiculous. If everyone listened to the negative advice of others, no one and nothing would really progress in this world.

5 – You don’t have a strong enough belief: You need to believe in your dream. It has to be as real as you can make it. If you believe it, you can conceive it and achieve it. The mind and body is an incredible machine, why waste it on the easy and average things in life.

I encourage the kids to try and pick one of the 13 and work on that skill and then move on to another and then maybe come back to the original skill. Trying to do all 13 would be overwhelming. Anyone of the 13 skills would greatly benefit our athletes.

- - Mike
Team Character—What You Do at a Meet, by John Leonard

Editor's Note to Parents: The following article is written for athletes. We are sending it to you for the simple reason that you know what coaches are expecting of athletes and we are hopeful for your support.

#1. Each individual needs to be self-reliant...this keeps any one person from dragging down others in any way.
#2. When #1 doesn't work, the TEAM picks up and helps the person who needs it.
#3. For just a few hours of a few days a year, we turn off our electronic "stuff" and focus on each other.
#4. We cheer for our teammates.
#5. We do all we can "realistically" to support each other.

    Good swims get praise.
    Ok Swims - we work to find the good things and learn from the bad.
    Bad Swims - we help our teammates focus on the "next opportunity" which may come in minutes or a day later. Too late to mess with the past. No time.
#6. We are ALL responsible for creating the next great, inspiring swim by a teammate. CREATE SUCCESS, don't just "be a part of it".
#7. "if it's to be, it's up to me".
#8. "speak only to good effect."
#9. If you're not helping, you're hurting.
#10. Take care of the basics. Warm, dry, cool enough. Let those who need to focus, focus. Stay hydrated. Eat as NECES-SARY, not as wanted.
#11. Take Extra goggles. Hoard extra team caps. Have both ready for when they break. Have an INDIVIDUAL PLAN to deal with these emergencies. (examples)
#12. Don't aid "pity parties". Everyone fails sometime. Get over it. Get on with it. Don't seek attention, don't drag others down. (including parents, this is about learning to cope with your own "stuff". )
#13. Plan your races. Have a plan. Don't wait for the coaches to devise one. Discuss it with the coach. Take RESPONSIBILITY for your performance.
#14. Warmup well. Loosen down well. More "next days" are ruined by poor end of night swimdowns than anything else. Don't be in such a rush that you don't warm down.
#15. SHOES (not flip-flops). Energy leaves the body through the arch in your foot. Don't let it. Support the arch.
#16. Be EARLY for warmup. You never know when "stuff happens". (parking, traffic, accidents, etc. Be EARLY.)
#17. Positive speech, positive attitudes, encouraging.
#18. Smiles. Fake it till you make it. You will get there.
#19. Don't dwell on swims good or bad. Learn what you can, celebrate for a short period, think of next swim. Plan.
#20. Mentally rehearse ONLY what you can control.
#21. Mentally rehearse events a week or so in advance, once a day. Do NOT do it the day of the event. Just turn your brain off and swim. First you are MINDFUL, which you should do most of the season, then limit yourself to one key thought, and then at championship time, turn the brain off and swim. (mindless swims...)
#22. EAT simple carbohydrates at the meet. And not MUCH at all. What you eat DAYS Before the meet is what actually fuels you at the meet. There is no magic to what you eat at the meet. Just don't upset your stomach.
#23. Be extraordinarily kind and polite to everyone around you. When you are "the best you", it rubs off and it pays off. Be at your best.
#24. Anyone being mean to you, is more focused on you than on themselves. You know where that leads. Don't fret it. Be cool.
#25. Strive for objectivity. THINK after the meet about what you could do better next time. Write it down.
#26. Nothing great was ever achieved by meekness...you have to be daring and have courage to approach races with enough bravado to be successful.
#27. When in doubt, get it front. We all swim better there.
#28. 200's are split, smooth fast first quarter, control the 2nd quarter, descend 3d quarter with power, descend 4th quarter with kick increase. (haven't kicked hard enough in practice to do that? ......good luck!)
#29. 100's are not won on the first 50. They are won on the 2nd 50. Especially long course.
#30. To combat Cranial - Rectal Insertion Syndrome, focus on HELPING SOMEONE ELSE who needs it more. If you can't find someone, LOOK HARDER. You will.
You can't fix yourself by being inside yourself...the view isn't nice in there.
SR II & III

Long Course the Olympic course! Strokes have to be longer. The body line has to be tighter and the training has to be better! As a team we have accomplished terrific things these past months of short course training yet three days per week of long course will pay huge dividends for all in the soon to be here long course racing season. Please be proactive with your academic responsibilities to facilitate your commitment to the team.

As a group we will be tightening our standards and anticipate excellent participation as we strive together towards team goals. At this time each year our training bar has to be raised with each member doing their part to assist the cause. Nothing great was accomplished by doing less. The next time you feel slightly uncomfortable with the pressure in your life remember no pressure no diamonds. Pressure is a part of success. I look forward to applying the pressure!

-- Ted

Adult Social

Thanks to all those who came out to Adult Social. Plentiful food and drinks combined with great company made for a fun night. If you were unable to make it, we missed you, but hope to see you at next year's social. It will be held at Tarrington.

Lochte Games

Poseidon's 1st Annual 10 & Under Field Day was a great day of fun. Over 60 kids came out and enjoyed the good natured competition on the field. Thanks to all the parent volunteers and senior swimmers who helped make the day a huge success. Team Blue and Team White unbelievably tied, proving yet again that Poseidon athletes's competitive excellence is a force to be reckoned with be it in the water or out. Let's plan on next year's field day to be event bigger and better.

Event Winners:
50-yard Dash: Blue by just under a half a second (0.41)
Tire Flip: White by less than a minute and a half (1:21.59)
Sack Races: Blue by just under 3 seconds (2.67)
Noodle Toss: Blue by 20 points
Ball Throw: White by 1 point
Tug of War: White (but it took a good while to pull Blue over the line)

Thanks to Carrie Butler for organizing bowling at Uptown Alley for our older Age Group swimmers.

Summer Practice Schedule begins June 17.

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<thead>
<tr>
<th>Group</th>
<th>Days</th>
<th>Time</th>
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<tbody>
<tr>
<td>White</td>
<td>M-F</td>
<td>4:30 - 5:30 PM</td>
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<tr>
<td>Blue</td>
<td>M-F Sa</td>
<td>4:30 - 5:45 PM, 11:15 – 12:45 AM</td>
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<tr>
<td>Junior</td>
<td>M-F Sa</td>
<td>5:30 - 7:00 PM, 11:15 - 12:45 AM</td>
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<td>Age Group Gold, Silver, Bronze</td>
<td>M-F M-Th Sa</td>
<td>8:00 – 9:45 AM, 5:30 - 7:00 PM, 9:30 - 11:15 AM</td>
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<tr>
<td>Senior I, II, III</td>
<td>M-F Sa</td>
<td>5:30 – 8:00 AM, 2:30 - 4:30 PM, 6:30 - 9:30 AM</td>
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Calling all Summer League Swimmers
2013 Events hosted by Poseidon Swimming, Inc.

5050 Ridgedale Parkway, Richmond, VA  23234

Saturday, May 18, 2013
Event: **Summer League Jump Start Practice and Pancake Breakfast**
Time: Three one-hour sessions offered (Session 1 for 13-15 year olds-8:30 a.m. to 9:30 a.m.; Session 2 for 11-12 year olds – 9:30 a.m. to 10:30 a.m.; Session 3 for 8-10 year olds – 10:30 a.m. to 11:30 a.m.)

Professionally trained and certified coaches will offer strokes-and-turns tips to summer swimmers while they are practicing with the Poseidon team. After this great workout, participants are invited by session to join team members for a pancake breakfast prepared by our Poseidon parents. A reservation is required. Each session is limited to 50 swimmers between 8-15 years old. All swimmers must be accompanied by his/her parent or guardian and must be able to swim 50 yards without resting.

**Thursdayes between June 20 and July 25, 2013**
June 20     June 27     July 11     July 18     July 25
Event: **Open practice**
Time: To be determined based on age

Professionally trained and certified coaches will offer strokes-and-turns tips to summer swimmers while they are practicing with the Poseidon team. A reservation is required. This event is limited to 50 swimmers between 8-15 years old. A swimmer may only sign-up for one practice date. All swimmers must be accompanied by his/her parent or guardian and must be able to swim 50 yards without resting.

**Wednesdays and Saturdays in June, July, August and September 2013**
June 26     July 17     July 24     July 31     August 21     August 28     August 31     September 4     September 7
Event: **Evaluations**
Time: Wednesdays - 7:00 p.m. and Saturdays – 10:00 a.m.

Swimmers interested in joining Poseidon are invited to attend an evaluation session. During an evaluation session, the coaches will individually evaluate each swimmer in order to place the athlete in the practice group that matches his or her age and ability. A parent information session is held while the swimmers are in the water. Additional evaluation dates are available by appointment. However, swimmers and their parents are strongly encouraged to attend a scheduled session in order to take advantage of the parent information session. No reservation is needed for a scheduled evaluation session. Swimmers may join the team any time of the year.

**Bonus opportunity**: Any swimmer participating in one of the above events prior to June 30th is offered the opportunity to practice weekdays with the Poseidon team from June 15th to July 25th for $150. This fee will be applied to registration fees if the swimmer joins the Poseidon team. This opportunity is limited to 25 swimmers between 8-15 years old.

To make a reservation, please email admin@poseidonswimming.com or call (804) 447-2487.

Poseidon Swimming, Inc. reserves the right to limit per age group the number of participating practice—with-Poseidon swimmers.

*Poseidon families, pass along this information to family, friends and neighbors interested in Poseidon.*