

## Coach's Report:

### *Howdy!*

The end of the long course season is right around the corner! Summer is sure flying by like it always does. Please remember your water bottles every day, it is very important to stay hydrated at practices and meets.

Starting in the middle of June we established a new "Best Times Program." When one of our swimmers gets a best time at a swim meet, coaches will be handing out little swimmer tokens for each best time achieved to keep on their swim bags. It's a great extra incentive to get out there and RACE!

### **Events:**

We swam at a couple of meets in the month of June. The Shorewood, SWAT and the WGLO meets were all held at the WSAC. All three meets were great opportunities to swim in a fast long course meter pool. WGLO went VERY well for us as a team. This meet features some of the best teams in the Midwest; it is a great accomplishment to qualify for the meet and then finish in the Top-16.

Typically during this time of the year we are swimming TIRED. Meaning the kids have increased practices, hours in and out of the pool and are just tired. Well for my seniors and the age groupers that was the case but we are just getting tougher. The senior team put together a bunch of great mid-season swims and recorded numerous best times. Congratulations Swimmers & Coaches we are in a great spot right now.

### **Looking Ahead:**

Bird Bath/EBSC is next weekend, followed by Silver State. If you haven't signed up for Silver State please do so. There are NO qualifying times and it is a great place to finish your season, qualify for state or qualify more events for your respective state meet. If you have any questions please ask your swimmer's coach or myself. This meet works like any other meet, you can sign up online and either pick your swimmers events or make a note of what days you can compete on and your coaches will pick the events.

Keep an eye out for the meet schedule for the fall season to be on the website over the next couple weeks as well as our fall practice schedule. I will email sign up instructions when I post the meets so check your email. Everyone is doing a wonderful job right now; keep up the good work so we can put on a great finish to this already good summer season. Parents please read the "Ten Commandments of Swimming" found at the end of the Waterlog and another great Q/A link both from USA SWIMMING!!

**Swimming Parents Q/A:** [USA Swimming's Parent Q/A](#)



# **The Waterlog** *July 2014*

***Remember if you have any questions for me or the other coaches come find me 15 minutes before or after practice on deck or in the office!!***

***- Coach Scott Mueller***

## **Swimmers of the Month:**

***Gracie Campbell–Silver Novice***

***Nick Castillo – Silver Age***

***Sam Siebenaller – Gold Senior***

## **Making Waves ~ Featuring Gold Novice**

I am thrilled to have so many Gold Novice swimmers attending either the EBSC meet or Birdbath in the next week. It will be great to see some of the specifics we work on in practice come out in the meet. We have been working hard in practice on breathing patterns, along with streamlines and breathing after our flip turns. But it hasn't been all work we have to leave some time for cannonball contest, free time and relay races.

Gold Novice has focused a lot on improving their flutter kicking. Each month when we do kick for time I truly look forward to it, even if the kids don't as much. Each time I'm excited to see who is going to break into the four minute club. This season we've already had four people break four minutes on their kick for time and will soon be added to the four minute club board. Those swimmers so far are Devin, Sammy, Ashley and Gracie. Congrats to all of them.

***- Coach Matt***

## **June Birthdays**

Austin Brown	Mason Piette
Porter Brodlo	Paige Johnson
Makenna Sura	John Seiler
Alle Ragland	Josh Ebner
Emily Courtright	Emma Klingkammer
Sam Siebenaller	Jenny Wesolowski
Becca Schoenauer	Helena Zhao
Brittney Coulter	Avi Bhavsar
Amanda White	

## **Ten Commandments for Swimming Parents**

By Rose Snyder, Managing Director Coaching Division, United States Olympic Committee, former Director of Club Services, USA Swimming (adapted from Ed Clendaniel's 10 Commandments for Little League Parents)

### **1. Thou Shalt Not Impose thy Ambitions on thy Child.**

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push him based on what you think he should be doing. The nice thing about swimming is every person can strive to do his personal best and benefit from the process of competitive swimming.

### **2. Thou Shalt Be Supportive No Matter What.**

There is only one question to ask your child after a practice or a competition – "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

### **3. Thou Shalt Not Coach thy Child.**

You are involved in one of the few youth sports programs that offers professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. Never pay your

child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer-coach bond.

4. Thou Shalt Only Have Positive Things to Say at a Swim Meet.

You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember, "yelling at" is not the same as "cheering for".

5. Thou Shalt Acknowledge thy Child's Fears.

New experiences can be stressful situations. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or meet if your child was not ready. Remember, your job is to love and support your child through all of the swimming experience.

6. Thou Shalt Not Criticize the Officials.

Please don't criticize those who are doing the best they can in purely voluntary positions.

7. Honor thy Child's Coach.

The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

8. Thou Shalt Be Loyal and Supportive of thy Team.

It is not wise for parents to take swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team find that it can be a difficult emotional experience. Often swimmers who do switch teams don't do better than they did before they sought the bluer water.

9. Thy Child Shalt Have Goals Besides Winning.

Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

10. Thou Shalt Not Expect thy Child to Become an Olympian.

There are 250,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about 0.02%.