I saw this on a USA Swimming email and thought I would share.

“A mind troubled by doubt cannot focus on the course to victory. “  
~Arthur Golden

Pretty good observation, and one I hope that all of us can remember when things get tough.

Many times, we spend so much time worrying over the “what ifs” that we leave little time to prepare and act upon the thing we were worrying over! We worry about what our friends will say if we try and fail, we worry that we don’t have enough talent, we worry that we haven’t done enough work, we worry that we haven’t eaten well enough, we worry that we might get so involved in this that we miss something else that might be better. The list goes on…

The point is: negative emotions consume huge amounts of energy and positive ones add to your energy level.

Victory is about preparation. Doubt is the opposite. The only function it should ever serve is as a wake up call that proper preparation has not been attended to.

So, let’s flip this around when we start to have doubts: Instead of worrying about what you friends will say, imagine how much your friends will cheer when you accomplish your goal. Thats the kind of friends you want; those who won’t support you aren’t really your friends.

Instead of worrying about not having enough talent; do all of the preparations necessary to maximize the talent you have. The road of life is littered with the carcasses of people with “talent” who wasted it because they thought that was all that was needed. And the victors podium is populated with those who conjured up talent out of thin air through hard work and attention to detail.

Instead of worrying that you haven’t prepared enough: change some part of the equation RIGHT NOW. Go eat a bell pepper, get on the bike, stretch, revise your goals list, get to practice. Nike was right: “Just do it”!

These aren’t just swimming skills; these are life skills. Parents: I’m pretty sure you are already aware, but this is where you can play a huge role in your swimmers growth. Save this letter. Read it (or something like it) to them when they have doubts. Help them prepare instead of perseverate on negative thoughts.

It will make your child a better swimmer and the world a better place.

Coach John

# From the Desk of Coach John:

CASPER SWIM CLUB

### October 2014

Our pancake breakfast was a success! We made $574 the morning of the breakfast. Thanks to everyone who came and supported the club!

We are going to have a 50/50 raffle at our home swim meets. All proceeds from this will go toward purchasing warm-up suits for our swimmers. We hope everyone will participate in the raffle to make it a success! And in a related note, please make sure your email address, child's t-shirt, and warm-up suit sizes are correct on your registration account. This is how we contact you of changes or reminders, and how we determine sizes of clothing for swimmers when it comes time for purchasing.

If you have registered swimmers and have not made an initial payment to the Club, you need to do so as soon as possible.  Your swimmer will not be allowed to compete in any meets unless your account is current.  If you need to make payment arrangements, please do not hesitate to contact me.  Please remember that your meet entry fees will be due to the Club prior to the event.  If it is an out of town meet, $5/day/swimmer will be added for Coach's per diem.  If you registered and paid with a credit card and you left that card on file, you will be charged at the end of each month for any new entry fees or charges and you do not also need to pay with check!

Any other questions or concerns, please feel free to contact me at [treasurer@casperswimclub.org](mailto:treasurer@casperswimclub.org).

## Fitter and Faster Swim Tour

We are Looking for Business Sponsors for the Casper Swim Club. If your business might be interested in contributing to a great cause, please contact

[vicepresident@casperswimclub.org](mailto:vicepresident@casperswimclub.org)

for more information.

If you do not receive a copy

of the newsletter, and would

like to do so, please send

your email address to:

[secretary@casperswimclub.org](mailto:secretary@casperswimclub.org)

Casper Swim Club

PO Box 50093

Casper, WY 82605

www.casperswimclub.org

## From the Treasurer:

The Fitter and Faster Swim Tour Presented by SwimOutlet. com is coming back to Casper, WY for **two clinics led by three-time Olympian** Klete Keller.

With discount, the clinic will only cost $40! It will be held on November 15, 2014. There are two age- and skill-specific clinics – one for swimmers 11 and under, and one for swimmers 12 and over.

For more information, go to swimoutlet.com, or e-mail Karlynn Sievers at:

[secretary@casperswimclub.org](mailto:secretary@casperswimclub.org).

## Fundraising News

## Business Sponsors