

Casper Aquatic Swim Club

January 2009

Coaches Corner

Successfully Supporting Your Child

There are two very important roles in the successful development of your child; one is coaching and the other is parenting.

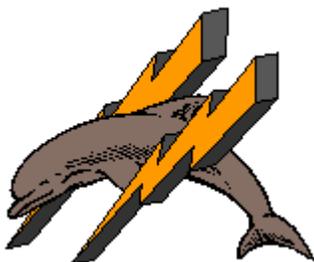
These roles are ideally performed by two separate individuals. I know from experience that it is often difficult to watch your own child and see things that you think they clearly should be working on that could make big improvements in their swimming. When this happens, please refrain from jumping in and coaching them. Let the coaching be done by the coach. Your role is to be supportive of your child's efforts and encourage him or her to establish a close relationship with the coaching staff. In fact, at a meet, all swimmers should talk to their coach immediately before they go to the blocks and

immediately after they race – before they come talk to you. If you have concerns with the way that your child is being coached, please approach the coach and discuss those things individually with them. The successful development of the swimmer takes time and the coach has a set of priorities to accomplish in a certain order. “Helping out” by coaching your child could create resentment, hamper his or her overall development or even worse, be contrary to what the coach is telling them.

If you would like specific things to reinforce with your child or discuss with them at home, please talk with the coaching staff and they will let you know what items are being worked on with your child specifically. As a staff, we want you to help your child celebrate their accomplishments and be there to comfort them when they are not as successful. With this partnership we can accomplish great things!

Thanks for your ongoing support.

Mike



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Important Reminders

- You can still order “Property of Casper Swim Club” t-shirts and sweatshirts! Order forms are on the desk at the pool. Turn in the completed form and payment in envelope near the black payment box at the pool. All forms must be received by **February 12th**.
- Dual meet with Converse County Waves in Casper on Saturday, January 31. Entries are due January 28.
- Parent Meeting on February 9th at 6pm – “All You Ever Wanted/Needed to Know About State”

Winter State Information

Congratulations to the swimmers that are qualified for "A" state. There is a list of these swimmers on the board at the pool. We still have two more meets (Casper on Jan. 31 and Cheyenne on Feb 21) to get kids qualified!!!

However, even if you are not qualified and you don't qualify, you can still swim at "B" state.

These are the questions I was asked this weekend about state and there will be a Parent meeting on Monday, February 9 to go over everything you need to know about it!

Can my child go to state?

Yes. Every swimmer on the CASC team can go to state swimming in Laramie so long as they have a time in an event. You can only swim events at state that you have swam in a meet and not been disqualified. For example, if you swam the 50 free and the 50 breast at the Casper invitational, but were disqualified in the 50 breast, you could only swim the 50 free at state.

Do they have to have swam a certain time to swim at state?

No. This year Wyoming Swimming has brought back "B" state that will run in conjunction with "A" state. You have to have swam certain times to swim in "A" state (those times are posted on website and on board at pool) but as long as you have a time in that event you can swim at "B" state.

Historically, CASC has been very successful at "B" state and many children even make their "A" state qualifying times swimming "B" state so they can swim "A" state at summer state in July. It is a goal of the CASC coaches this year to have absolutely as many swimmers at state (A and B) as we can.

What if my child only has 1 or 2 "A" state times?

Bring them anyway! They can swim the rest of their events in B state. You, obviously, cannot swim the same event "A" and "B" but you can switch back and forth between "A" and "B" state as your qualifications allow.

So, my child qualified for "A" state, what do I do?

- 1) Make a hotel reservation in Laramie. We have blocks of rooms at the Holiday Inn and the Hampton. Even if you aren't sure if you are going or not, we suggest you get a room as they often sell out. High School State Indoor Track often runs the same time that state swimming does and if there are UW events that weekend it is really out of control. Make a reservation, you can always cancel!
- 2) Keep your child in the water at practice and at meets. We are having another "home" meet on January 31. The faster their times, the higher they will be seeded at state.
- 3) Take Friday, March 6 off of work. The meet starts Friday morning.
- 4) Check the board and your email for state registration information. If you have questions about registering your child for state, please ask!!!

When and Where is state?

State is in Laramie on March 6, 7 and 8. If your child is "B" state or 8 and under, they will only swim on Friday and Saturday. Please check the state event schedule (on the board or on the website) to determine exactly when your child will swim as you may not need to stay all 3 days.

Extra Info

State is held in the pool at the recreation center in Laramie. The competition pool is directly adjoined by an indoor water park similar to our aquatic center. It is an excellent place for younger siblings to hang out while their older siblings are swimming. Our swimmers are not allowed in it until they are done competing for the weekend (not just the day).

Parent meeting on February 9, 2009 at 6:00 p.m. "All you ever wanted/needed to know about State" and it will cover "A" and "B" state!

Also, if you have concerns about your child/ren competing at State this year talk to their coaches. They will let you know if your child is ready!

A big **Thank you** to everyone who helped with the Casper Invitational Swim Meet

From the President's Desk...

Well the 2009 Casper Invitational Swim Meet is officially in the books and boy was it a success! We had over 80 of our swimmers and a total of 223 swimmers over the weekend. The team did great with many state qualifying times as well as many personal bests. The coaching staff worked hard all weekend keeping the kids pumped up and talking to each of them after their event to give advice but most importantly encouragement.

Most of all those I want to thank all of you who donated food, drinks, and most of all your time to help. We had an outstanding turnout of parents to help and we can not thank you enough as a board for the help. The meet ran exceptionally smooth due to your hard work and efforts.

The club will be hosting a dual meet with Douglas on January 31, 2009. Check the bulletin board for

details. This is a set fee meet (\$20.00) which includes the WSI fee. We are doing this meet to give our swimmers more chances to compete without leaving town. So get registered and come watch the fun!

On a more serious note our deepest sympathy goes out to the Schmitt family for their loss of Chuck's father. Our thoughts and prayers are with you.

See you at the parent meeting!

A Special "Thank You" to the Cady-Kimble family, the Poste family and the Drazick family for helping the Safety Director at the Casper Invitational.

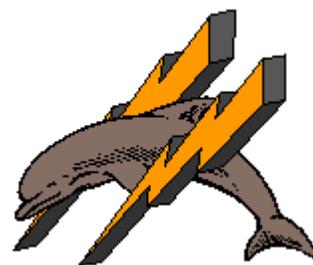
Did You Know?

You can track your swimming times on the USA Swimming website (usaswimming.org)?

From the home page, click on "My USA Swimming" and create an account.

Meet information and results, a calendar of events, and much more can be found on the CASC website?

Information is updated regularly so be sure to check it out!



If you don't receive a copy of the Casper Swim Club newsletter via email, and would like to, please send your email address to: IronDolphins@gmail.com to be added to the mailing list.

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