

CASPER SWIM CLUB

*Happy Holidays!
December 2011*



Coaches Corner

By John Arross

We are now mid-way through the season, and time to assess:

Is your child having fun?
Are they achieving their goals?

Our coaches hope that the answer to both questions is yes. If not, then please approach us so that we may get back on track. It's really easy to lose sight of things in a long season and we want all of your children to love swimming!

Also, a reminder that we have our big invitational coming up next month and, in addition to swimmers, we will need volunteer parents to time, sell concessions and apparel as well as perform many other tasks. We can't run the meet without you! Your efforts will be appreciated.

Parents in the stands: that time is great to get to know those around you. I hope you are taking advantage of that opportunity. It's fun to already know people when you are out of town, or run into each other around town. It contributes to the fun.



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*We Wish Everyone
a Very Merry
Christmas and
Best Wishes for
2012!*

Congratulations!

Several Iron Dolphins were recognized at the Wyoming Swimming Top 5 Banquet in November. Great job!

Iz Arnwine	Colin O'Neill
Avery Cox	Janelle Ordiway
Levi Jensen	Angella Perry
Iliana Jones	Julie Schmitt
Larissa Jones	Jeremy Young



Casper Invitational

The Club's biggest event of the year is almost here! On January 20th through the 22nd we will be hosting the Casper Invitational at the Kelly Walsh pool. First and foremost, we would like as many of our swimmers to compete as possible. Registration information will be available online shortly. This is a really fun meet for our swimmers and a great first time meet for those who are new to competitive swimming.

Secondly, as we are hosting the meet, we will need all the volunteers we can get. We cannot run this meet without family involvement. In addition to the swimmer registration online, we will also have volunteer sign up for miscellaneous jobs during the meet as well as donations for concession items. We ask that each family that is attending the meet volunteer for at least one job assignment and donation one item for the concession stand. This is so critical to the success of our meet that we require each family to include an additional \$25 with the payment of their meet dues. **This \$25 will be credited back to your account after the meet if you volunteer during your scheduled time and bring your concession item.**

We are also looking for someone to be the lead for the concession stand. Don't worry....you don't have to work the concession stand the whole entire meet. We would like to have someone that could help check in donated items, set up the concession stand and coordinate workers for the meet. If you are interested, please email secretary@casperswimclub.org.

**Casper Swim Club
Mission**
*To develop character,
technical skills, desire,
and team spirit
necessary for the
realization of each
individual's potential.*

Holiday Break Practice Schedule

Practice will be held on the same days and at the same times during the Holiday Break.

Casper Swim Club
PO Box 50093
Casper, WY 82605

E-mail address:
secretary@casperswimclub.org
www.casperswimclub.org

We Still Need You!

In addition to the volunteer opportunities we have at our upcoming meet, we have some other volunteer needs with the club.

In March we will be having our Board elections for the following positions: President, Secretary, Meet Director and Safety Director. If you are interested in any of these positions, please email secretary@casperswimclub.org.

The Build a Pool Committee is pursuing grant opportunities to help build a 50 meter pool in Casper. We are looking for an accountant who could help us with the financial aspect of this endeavor. If you are interested, please email secretary@casperswimclub.org.

The Parents' Role

If you want your child to come out of his youth sports experience a winner, (feeling good about himself and having a healthy attitude towards sports) then he needs your help! You are a vital and important part of the coach-athlete-parent team. If you do your job correctly and play YOUR position well, then your child will learn the sport faster, perform better, really have fun and have his self-esteem enhanced as a result.

1. DON'T COACH - Leave coaching to coaches. This includes pre-race psyching, motivation, after race critiquing, setting goals, enforcing additional cross training, etc.
2. SUPPORT THE COACH - Your coaches are the experts. They need your support for everyone to "win".
3. SUPPORT THE PROGRAM - Get involved. Volunteer. Help out at meets, fundraisers, etc.
4. BE YOUR CHILD'S BEST FAN - Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should not have to perform to win your love.
5. SUPPORT AND ROOT FOR ALL ATHLETES ON THE TEAM - Foster teamwork. Your child's teammates are not the enemy. When they go faster than your child, your child now has a wonderful opportunity to improve.
6. DO NOT BRIBE OR OFFER INCENTIVES - Your job is not to motivate. Leave this to the coaching staff. Bribes will distract your child from proper race concentration.
7. TAKE YOUR CONCERNS AND PROBLEMS DIRECTLY TO THE COACH - If you have a problem with the coach, do not go to other parents to discuss it. Go straight to the coach involved. Talking behind the coach's back will not get you what you want.
8. UNDERSTAND AND DISPLAY APPROPRIATE MEET BEHAVIOUR - Remember your child's self-esteem and race performance is at stake. Be supportive and cheer but always be appropriate.
9. MONITOR YOUR CHILD'S STRESS LEVEL AT HOME - Keep an eye on your athlete to make sure he is handling stress effectively from the various activities in his life.
10. MONITOR EATING AND SLEEPING HABITS - Be sure your child is eating the proper foods and getting enough rest.
11. HELP YOUR CHILD KEEP HIS PRIORITIES STRAIGHT - Help your child maintain a focus on schoolwork, relationships and the other important things in life besides sports. Also, if your child has made a commitment to more than one sport, help him keep the priorities around this in mind.
12. "REALITY TEST" FOR YOUR CHILD - If a swimmer, for example, comes out of the pool with a personal best time and a last place finish, help her understand that this is a "win". Help her keep things in their proper perspective including losses, disappointments and failures.
13. KEEP YOUR CHILD'S CHOSEN SPORT IN PERSPECTIVE - The sport should not be larger than life for you. If your child's performances elicit strong emotions, keep these away from him. Remember your relationship will continue with your children long after their competitive days are over. Keep your goals and needs out of your child's sport.
14. BE AN APPROPRIATE LIASION TO THE COACH - Keep the coach informed as to how your child is responding to the experience (when appropriate). If your child is having trouble with something that happened at practice or with something the coach said, help the child deal with it and if necessary, speak directly with the coach.

From "Getting Parents on the Team"
BY, Dr. Alan Goldberg, Competitive Advantage