

CASPER SWIM CLUB

June 2011

Coaches Corner

By John Arross

Summer season is now in full swing! I know your coaches feel a little fragmented with the multiple venues for practices, as I am sure you do also. We will work hard to make this summer a memorable one for your children. I don't know about you, but I get a big charge out of training outdoors. We spend so much of the year indoors that it feels good to get out.

Some items of note as we address our coaching transitions: With the loss of Mike and since our Gold group is so much smaller than normal; we have merged it with Silver to maintain good group dynamics and address our coaching shortage. We have requested that our Gold members act as leaders within the Silver group and lend their experience to their development. This seems to be working well so far.

With Coach Aaron leaving for school in the fall, the search for a replacement has begun. Kelly Vlastos will be with Coach Aaron and the silver group gaining some deck experience. She is an accomplished swimmer and has completed almost all of the certification process. Call it an extended job interview.

For those of you on the fence over going to the Rapid City meet over the fourth of July, I would like to recommend consideration of this meet. It is soooooo much fun!!! Kids have a great time at this meet. The pool is outdoors, so parents don't swelter. There are picnic benches and a large grassy park area to pitch shade tents and play. The Mount Rushmore fireworks display is awesome! And, there are lots of other things to do in the area. For those concerned about hotel expense, the school of mines rents rooms in their dorms that I hear are nice. It's where I intend to stay. The pool has special meaning for me as it was the location of the first age group sectionals meet I swam in.

See you at the pool!

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Text Messaging

Want to receive important updates from the Casper Swim Club? Please sign up for text messaging on our website. After logging into your account click on “My Account”. In the top portion of the screen that opens click on “Add SMS” and enter the information requested. If your swimmer has a cell phone you can add their number, too.

There’s an App for That

All you iPhone, iPad, iPod Touch fans have a new app to add – OnDeck Parent. (Android fans our app is coming in the fall.) OnDeck Parent interfaces with our website and the coaches’ OnDeck app to provide you information on upcoming meets, your swimmer’s meet results, a link to CASC news and much more. Best of all, it’s free. The app is available for download in the AppStore. After downloading you will log in using the same ID and password as you do on our website. In the team alias field enter “wycsc”. For a complete tutorial on all the features visit:

<http://link.brightcove.com/services/player/bcpid794231210001>

Summer Meet Registration

After registering for upcoming meets online, please submit payment either to your coach or mail to PO Box 50093, Casper, WY 82605.

Hotels

We recently changed our team hotel for the meets in Gillette. Please check the website for details and make your reservations early. A big “THANK YOU!” to Christie Hilde for coordinating rates for the club.

10 Commandments for Sport Parents

- I. Thou shall not impose thy ambitions on thy child.
- II. Thou shall be supportive no matter what.
- III. Thou shall not coach thy child.
- IV. Thou shall only have positive things to say at a competition.
- V. Thou shall acknowledge thy child’s fears.
- VI. Thou shall not criticize the officials.
- VII. Thou shall honor thy child’s coach.
- VIII. Thou shall be loyal and supportive of thy team.
- IX. Thy child shall have goals besides winning.
- X. Thou shall not expect thy child to become an Olympian.

Reprinted from “USA Successful Sports Parenting”. All the articles can be found on our website under “Resources”.

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

If you do not receive a copy of the newsletter via email and would like to do so, please send your email address to secretary@casperswimclub.org

Casper Swim Club
PO Box 50093
Casper, WY 82605

E-mail address:
secretary@casperswimclub.org

www.casperswimclub.org