

BlueWave Newsletter

Volume 1, Issue 1

2016/2017 Season

October/November 2016

.....a note from Shelley

Important dates to re-member:

- Cap orders due Friday, October 21st!!!!
- All Swimmers must be registered by October 31st
- HS Girls State Swimming & Diving Nov. 4th & 5th
- Volunteer sign ups due Nov. 7th
- Team Pictures Nov. 10th at 6pm
- Intrasquad Meet Nov. 12th
- Indianola Meet Nov. 19th
- No practice Nov. 23rd & 24th



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Hello, swimmers and parents! Welcome to another season of Blue Wave swim team and YMCA competitive swimming. The coaches and I are looking forward to working with all of our returning swimmers, as well as, all of our new swimmers.

Firstly let me thank you for being a swimming parent. Without you- we have no sport. There is no swimming without you. I appreciate everything you do- the late afternoons/ evenings, the rush to get dinner ready at night for hungry, tired kids, the long weekends of time keeping and team support. For everything you do, I thank you.

This newsletter will be a new way that we are going to communicate with you. The newsletters will be packed with a lot of great information. Please stay on top of current information

by reading these publications and paying attention to the informational emails you will receive. Please also stay informed by checking the team website on a regular basis. The site can be found at www.bluewaveswimteam.com

Your Blue Wave board members for the 2016/2017 season are: Amanda Akers, Edward Peng, Sherry Petty, Jonell Wittkop, Teri Oberender and Erin Hatcher. I am super excited to work with all of you to make this team the best that it can be! There are still a few more spots available, if interested please call Shelley.

On the swimming end of matters, we are off and running with practices. One undeniable fact concerning this sport is that it has a way of generating many goals, both long and short term, for its participants. While individual goals

are very important for motivation and focus, team goals also play an important role in the process. That being said, I have decided that our first performance goal this season is going to be the best off the walls. This includes a perfect streamline and fast turns. After watching the Olympics this summer, races were won and lost on the walls. The only way to do this is to start at the practice level and use every opportunity to improve on the turn and streamlines. The swimmers will be amazed at how their swimming will improve and their times will drop. Come to practices with a great attitude and the mindset that you are going to work on your flip turn and streamline "Every Turn, Every Time!"

We are looking forward to a great year of swimming. Work hard every day and have fun every day.

Parent vs. swimmer—season kick off

All parents are asked to bring your competitive spirit and your suits and take on your swimmer during some parent/ Swimmer relays on November

9th from 5:30-6:30pm!!! This is a great family activity and will create memories that will last a life time.





GOT A GREAT PICTURE TO SHARE?

If you take pictures during a meet, share them with us so that we can create an album to share with all.

The album is a work in progress; we will let you know when it is ready for uploads.

Would love to have a parent take pictures of entire team throughout the season!

USEFUL LINKS

<http://www>

www.bluewaveswimteam.com

meet information, time and time standards, monthly newsletters, printable forms, sign ups form meets and volunteer positions

www.facebook.com/bluewaveswimteam

swimming news and links, technical training videos, have you say

www.facebook.com/iowaymcaswimming

News and updates from Iowa YMCA swimming

www.iowaymcaswimming.org

State Wide swimming events for YMCA swimmers, links, news, photos

www.ymcaswimminganddiving.org

National YMCA swimming site. Time standards and records, link, national Q times.

All of these can be found under the links tab on the Blue Wave website.

BE S.M.A.R.T.

Winning your event may or may not be a realistic goal....yet! Set yourself smaller, more attainable meet goals and you will be well on your way to making some of your larger goals! Here are some great swim meet goals.

WIN YOUR HEAT

You might be seeded 5th in Heat 1 of 3. In a 6 lane pool this means there are 16 kids with faster times than you. Going from 17th to 1st is a tough call but beating our 4 kids to win your heat might be more realistic.

BETTER YOUR TIME

You enter with a 1:10. What do you need to do to get this time to a 1:09 or 1:08? Fast start? Great turn? Go out and race hard, see if you can better your time. We will complete goal sheet prior to each meet and go over personal bests on the Monday following the meet.

TECHNICAL GOALS

You, or your coach may set a technical goal—no breath off of the turn, streamline past the flags, breath every three strokes. If you need a technical goal for the meet, ask a coach!!!



The Bluewaves are now powered by Team Unify



Our TU powered website is packed with features! Access your team portal from your computer or mobile device. Here are some things you can do with TU:

- Enter swim meets and sign up for volunteer jobs
- Check attendance of your swimmer, best recorded times, and Q times for Championship Meets
- Update your account emails, phone numbers and add a profile picture to your account.
- Get meet results, quick links and so much more!

Log on today or download the free OnDeck Parent app from the Android or Apple app store



Swim meet Survival Guide—Are you ready for your first meet?

For the Parents—Planning for the meet

1. **Bring a sharpie marker.** Events will be posted in the wet hallway (at home meets) and holding area (away meets). It is helpful to write your swimmers events, heat and lane assignments on there arm or leg. This will help them keep track of their event number.
2. **Dress appropriately.** If you haven't noticed, the pool area is kind of warm. Add a few more hundred bodies and—your get the idea.... Shorts, t-shirt, flip flops are perfect for the humid pool environment.
3. **Be Prepared for the down time between events.** If you have kids that need to be entertained bring some blankets or sleeping bags that can be set out in the holding area for your swimmer to sit and play a game, watch a movie or just hang out. At away meet lawn chairs for yourself are a must!
4. **Bring healthy snacks.** The days can be long and can't expect your swimmer to swim their best at 2pm if they ate breakfast at 7am. Fruit, cheese, protein bars, PB & J sandwiches and Gatorade are some good choices. And WATER!
5. **If your are planning on taking pictures** keep in mind that the flash can cause a swimmer to false start. No flash photography can be used at the start of any race. Figure out how to turn your flash off if your are planning on getting a photo at the start.

AT THE SWIM MEET

1. **Punctuality is a virtue.** Teams have very limited time for warm-up and it is important that your swimmer gets in for warm up for a quick backstroke flag check and to test out their goggles with a few dives. **This calms nerves** (and saves goggle straps)
2. **Locate the holding area**—at home there is no holding area you are free to sit where you like. Away meets are usually in a gym. Set up your camp. Find out which boards will be displaying the called event so you can help you swimmer track their event.
3. **Find the heat sheets on the wall** and start marking up your swimmer with their events. Important information to include would be Event, Heat, Lane, Distance, Stroke (E 1 H 1 L 4 50 Fly) Some meets may not require all the information noted.
4. **Be prepared to hear that your swimmer has DQ'ed.** We want our officials to call stroke infractions as they happen. This way the coaches know what areas to work on to help keep swimmers legal. Learning from our mistakes is part of the process.
5. **Cheer for your swimmer and their teammates:** No, your swimmer probably cant hear you cheering them on while they are swimming. It doesn't matter. Cheer them on anyway! Keep the team's energy pumping is a good thing.

For swimmers—Before & During the Swim Meet

1. **Pack your swim bag the night before.** Make sure you have your suit, goggles, extra goggles, cap, extra cap, and any other items you feel important to have at a meet. You must wear shoes in the staging area so bring flip flops or other shoes that can easily be put on and taken off. Bring warm clothes to wear in the cold hallways and holding area. You will swim better if you keep your body and feet warm.
2. **Find your parent with a sharpie** and get your events written down. If your parent doesn't have one find your coach they will and help you get the events marked.
3. **Familiarize yourself with the flow of the meet.** Locate the staging area and find out what board is calling the events. Keep track of what event is being called and make sure you are in the staging area at the right time. Don't chew on your goggles...they will break when you least expect it! You have an extra pair with you.....right?
4. **Rest between events.** Don't be fooled into thinking the basketball hoops or the recreational pool are their for you to play with between events. Let the kids from the other teams burn energy playing basketball or swimming in the Rec pool. Relax, play a game, read a book. 5 or 10 minutes before you go to the staging area, get your heart rate up, warm up, stretch but make sure you save your energy to get in the pool and SWIM FAST!
5. **Before your race.** With your heart rate up, stand behind the block and remind yourself of the stroke and distance. Visualize yourself getting a great start, streamlining and kicking underwater, breaking through and exploding into fast, strong strokes. See the perfect fast turns and the perfect finish and look up at the clock and see a new personal best time!

Monster Cookie Protein Balls

- 1 1/2 c. Quick oats
- 1/2 c. Peanut Butter
- 1/4 c. Honey
- 1/3 c. mini Chocolate chips
- 1/3 c. mini M & M's
- 2 Tbs. Gatorade Vanilla protein powder



Mix all together and roll into balls.

You can add a splash of water if needed.

Freeze if desired.

**Want to share a recipe or idea!
Please send them to Shelley for the
next issue!**

COACHES CONTACTS:
 SHELLEY— 641-485-3530
 PATTI— 641-751-1441
 MATT— 641-750-1796
 CRYSTAL— 641-751-4292
 BECCA— 641-352-0672
 BRI—641-485-1890
 ANHEL— 951-476-5796
 GRANT—816-510-1213
 EMILY—641-844-4920



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Q: What kind of stroke can you use on toast?

A: BUTTER -fly

Q: Why did the vegetarians stop swimming?

A: They didn't like meets!

Q: Why can elephants swim whenever they want?

A: They always have trunks with them!

12 TELL TALE SIGNS OF A SWIM PARENT

When you ask, who's that after a meet or practice is over, because without swim caps you don't recognize ANYONE!

You wash a load of beach towels every week, even in the dead of winter.

Your child eats one dinner before practice and another one right after

You swore you'd never be that parent yelling KICK, KICK, KICK!!! During a race, but yet you find yourself at some point doing it..... loudly.....

You know the real value of sharpies and highlighters. Enough said.

You start coaching your kid to keep their head down and their feet together on the Fly—even though you've never swam a stroke of the Fly in your ENTIRE life.

Spending all day at the pool you develop conditions such as "bleacher butt" and "hunchback". It's not pretty but it's a real thing. Swear.

Even though it is the dead of winter, you still dress like its summer on meet weekends.

The first thing you consider when buying a pair of shoes is, "Are they water proof?"

You make online hotel reservations more efficiently than a travel agent.

You can rattle off your swimmer's personal best times to the hundredth of a second.

This is the glamorous life of a swim parent, and we wouldn't trade it for the world!

