



# FRONT RANGE BARRACUDAS

CHARACTER • RESPECT • INTEGRITY

Short Course 2019, October  
Table of Contents:

**Page 2:** Time to Race! - By  
Coach Andrew

**Page 3 :** SWIMSWAM Article-  
SwimMom: Should Parents  
Use the Carrot or the Stick a  
as Motivation?

**Page 4:** October Birthdays

**Page 5:** Dryland information-  
by Coach Kayliee

**Page 6:** CSI Banquet Invitees



OCTOBER  
2019  
NEWSLETTER

# TIME TO RACE!

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October truly begins our short course season... at least as far as meets are concerned!

We finally get to start racing against swimmers from other teams and these October meets start our journey towards short course season championship meets in February and March. While swims at our first couple of meets are never perfect, they give us an opportunity to work towards end of season perfection, or at least get as close as we can.

Every swimmer's October racing experience will be different and our coaching staff wants to caution both the swimmers and parents from being too reactionary off of what are essentially preseason swims. A swimmer who has grown 4 inches since they last swam a short course meet and has added 20% to their overall body weight since last March; are probably going to be in a very good position to see some time drops. A high school swimmer who trained hard for an entire season and shaved, rested and suited up for a low altitude meet last March, is probably not going to touch their times from that championship meet. And that's perfectly normal and okay. I know it sounds weird in this sport to say that times are not important, but that's exactly what I'm saying for our October meets.

Our goal as a coaching staff is to see swimmers translate what we've been doing in practice into action on meet day. That's it. It's certain skills and techniques we're looking for not times. If these are done repeatedly over the course of the season, then the time drops will absolutely follow down the road. But we want to work in that direction: process first and results to follow. One of the biggest mistakes a young swimmer or inexperienced swim parent can do is expect and encourage the opposite.

Bottom line:

Let's get excited about what the future holds and get excited about what you can do to shape it in a positive way. Think forward to next September and plan on how you can make you from the future proud of you from the present.

**By Coach Andrew**

# SHOULD PARENTS USE THE CARROT OR THE STICK AS MOTIVATION?



**Courtesy: Elizabeth Wickham**

I volunteered at our club's meet this past weekend and overheard some frightening things from parents.

One mom told a friend after her teen son swam, "I took away his X-box.

"Her friend replied, "But he has straight A's. Why?"

"He has to swim good, too," the mom answered.

Punishing our kids for adding time? What could possibly go wrong?

The other thing I heard repeatedly was talk of bribes. Parents talked about what their child was going to get if they made a certain cut or swam a certain time. We're guilty of this ourselves, beginning with a trip to Dairy Queen for a meet without a DQ, and moving onward and upward from there.

Here are five thoughts about using punishment and bribes to motivate our children to do well:

## **ONE**

We can't motivate our kids to swim fast. It isn't possible because motivation is intrinsic. Our children have to want to swim and put in hours of hard work. What we can do is encourage and support them. Punishment isn't encouraging and bribes are not long-lasting.

## **TWO**

Parents who are bribing and punishing their kids are putting too much emphasis on results and performance rather than the journey.

## **THREE**

Every day at practice and meets our children will swim differently. They may not have a feel for the water one day, but it all comes together the next. Our days are not perfect and we shouldn't expect our kids to be "on" all the time, either.

## **FOUR**

Punishing a child or withdrawing emotionally after a bad race teaches our children that we love them only when they perform well. This can cause performance anxiety and damage our relationship with them. We need to let them know we love them unconditionally—in spite of how fast or slow they swim.

## **FIVE**

Bribing our children with ice cream or money may work today, but what do we promise tomorrow? As they grow older, the bribes get more and more expensive. Maybe instead of rewarding our kids for times, we should reinforce their attendance, effort and hard work.

What are your thoughts about using the carrot or stick approach at swim meets?

Elizabeth Wickham volunteered for 14 years on her kids' club team as board member, fundraiser, newsletter editor and "Mrs. meet manager." She's a writer with a bachelor of arts degree in editorial journalism from the University of Washington with a long career in public relations, marketing and advertising. Her stories have appeared in newspapers and magazines including the Los Angeles Times, Orange County Parenting and Ladybug. You can read more parenting tips on her blog.

# OCTOBER BIRTHDAYS

Anika Dash

Harrie Ha

Ridley Hagerman

Calvin Hodges

Nikolas Kamtsioras

Kaaviyan Kannaiyan

Evan Klopp

Sydney Mayes

Elizabeth McEachen

Tyler Mills

Flora Quan

Aanya Singh

Rebecca Thompson

Jonah Wang



# **DRYLANDS** **INFORMATION**



Our first dryland meso-cycle for the 2019-2020 Cuda swim season is a 6 week speed-strength cycle. Ideally, this will set us up for an aerobic strength cycle and a CP battery peak prior to the first big rest meet of the season.

The current focus is time under tension, with a lot of tempo work that will translate to stronger pulls and bigger kicks in the pool. We also are spending time intermittently focusing on an “engine build” which will help with our time underwater. By isolating time spent in our isometric, eccentric, and concentric phases of movement, we are able to determine imbalances that our athletes may have in said phases. Imbalances can translate to biomechanics issues and overuse.

Prehab is just as important in a dryland cycle as enhancing performance. In regards to performance, athletes will find that movement in the water in any phase/outside of tension, are making them less sore or fatigued as they increase strength and move in a more mechanically sound way.

Moving forward, athletes can expect to continue to develop more fast twitch musculature as well as improve mobility and overall strength. Athletes may even notice muscles are firing more efficiently, especially as times drop- coaches definitely will!

By Coach Kaylie

# **CSI BANQUET** **INVITEES**

McKayla Adams

Sydney Bales

Ellie Foulke

Marissa Inouye

Hannah Pecze

Sabrina Rachjaibun

Kyle Raskay

Sam White

Max Wu

