



FRONT RANGE BARRACUDAS

CHARACTER • RESPECT • INTEGRITY

Short Course 2019,
September
Table of Contents:

Page 2: New Season, New
Focus - By Coach Andrew

Page 3 : SWIMSWAM Article-
SwimMom- a Few Parent Tips
for a New Season

Page 4: September Birthdays



SEPTEMBER 2019 NEWSLETTER

NEW SEASON... NEW FOCUS

Most people make resolutions to change or better their behaviors when the calendar flips to a new year. In the swimming world, we don't adhere to that boring Gregorian calendar, we make up our own rules!

September is kind of like our new years, and here's why...

It's a great time of year to have some retrospection; look back on last year's short course and long course season and reflect on what we could have done differently and better. Maybe it's increase practice attendance by 10%, maybe it's a goal to improve overall work ethic, perhaps we want to go from being a good teammate to a great teammate by cheering at meets and being a positive force at practice. There are hundreds of ways for us to improve and each swimmer is different. But this is a great time of year to talk with your coach and see what improvements can be made.

September is great time of year to be optimistic and excited about the future. Take the goals that hopefully were achieved last year and re-calibrate those even higher! Figure out the small changes you made that made a big differences and do them even better. No body is perfect and there's always room to grow, get excited about how high your ceiling likely is.

Most importantly, as with any 'new years resolution', is starting a positive habit

and sticking with it. It doesn't do any good to eat healthy for three days if we

fall back on bad habits before we even get halfway through the first week! Understand that swimming is a sport that takes a lot of dedication. It's an 11 month calendar for us.

While that gives us plenty of days, weeks and months to improve, we have to make sure we're focused for those 11 months.

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

A FEW PARENT TIPS FOR A NEW SEASON



Elizabeth Wickham

With a new season approaching, it's a great time to reflect as a swim parent on how the last season went and what we'd like to change. Was the schedule too hectic for your family? Do you need to cut out a few activities? Or, start a car pool or ask other parents to help? Maybe the last season was perfect and you're looking forward to another one just like it. Here are a few tips to have a great swim season:

ONE Let our kids take ownership of swimming. Ask what their goals are and make sure they are swimming because they want to. The season won't be a good one if they are swimming to please us. This applies outside the swimming world, too. By doing things they truly enjoy they will develop their own interests to pursue the rest of their lives.

TWO Listen more and speak less. On the drive home after a meet, let our children speak first. If we start talking and going over how they swam, they will most likely resent it. They may interpret our helpfulness and critiquing as though they've disappointed us.

THREE What can you do to help the team? Ask the board or coach if there's an area where they need help. Coaches and boards hear mostly complaints. What a welcome change to have someone offer to help.

FOUR Be in the moment. How many times have you heard a parent say they can't stand sitting around at a meet to watch their child swim for a few minutes? It's all about attitude. Be grateful for those moments—before you know it they'll be gone.

FIVE Enjoy the community. Are there new parents you can help at meets? They may feel intimidated and a friendly smile and chat can go a long way to making them feel welcome. What are your ideas to start out the new season better than the last?

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.

SEPTEMBER BIRTHDAYS

Linda Chi
Addison Constantinides
Kasen Emery
Avery Henninger
Valerie Kim
Emma Linscombe
Abigail Philipson
Addison Shaffer
Allison Xin

