

Summer Swimming News

Mobile: How to Edit Notification Settings

Updated over a year ago

1. In the upper left corner, tap the hamburger icon to open the navigation panel.
2. Tap **Social Feed**.
3. On the upper, right-hand side, tap the **Notification Settings** icon.
4. Use the toggles to turn notifications on and off.
5. Tap the **Back** icon to return to the Social Feed.

Outdoor Swimming means dealing with Outdoor Weather

Make sure you are signed up for our notifications through the Sportsengine app. The best way to receive notifications is through the app. Once you have the app, follow the instructions to the left on updating your notifications.

2nd best is to sign up for Text messages, and watch for your emails.

Our last form of communication is that we use Google Calendars to update our calendars. We do this with more of our Long Term planning, and may not update due to weather.



GROWN-UP SWIMMING®

Why let the kids have all the fun?

Ahh the glory days...

When summer league had you swimming 25s and mystery-flavored Airheads waited for you at the finish line. What happened to those fun times? Age. Age happened. It started when you turned 11, and those 25s were taken away forever. You had to swim 50s, 100s, and eventually even 200s. Now, you're on the tail end of your swimming career or perhaps you're in one of those "grown-up" careers.

Not to fear—we're here to bring back the good old days. Welcome to Grown-Up Swimming!

Ready to dive in?



Start a League

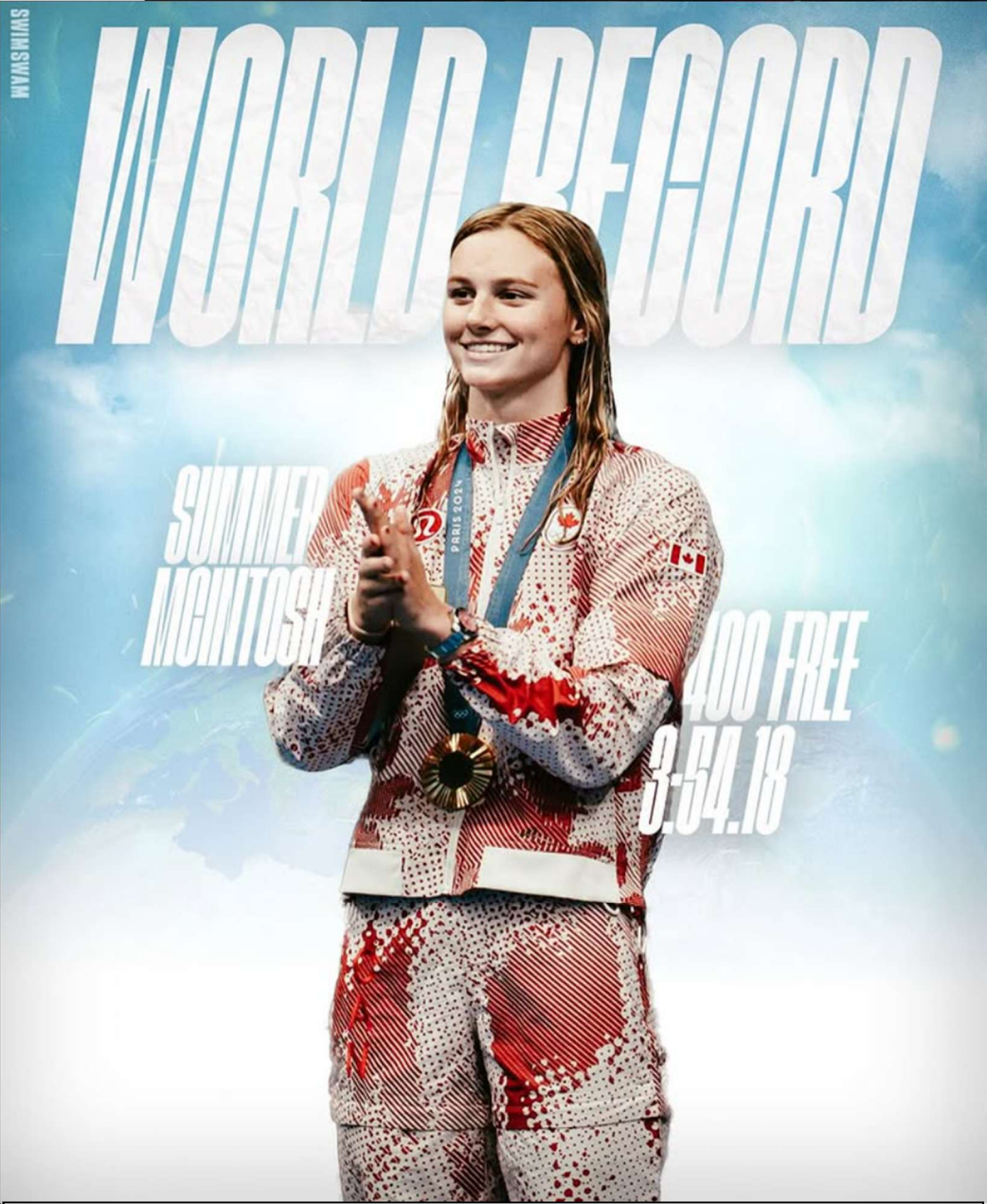


Form a Team



Register for the Season

grownupswimming.com



Join us this summer for Grown Up Swimming!

Want to show off to your children that you can swim?
Want to do so for just a short distance?

Grown Up Swim League is for you!

Our first 50 registrations get \$30 off your season price, meaning you pay just \$35 for 3 Swim Meets.

More information at grownupswimming.com/siouxfalls

World Championships will be held in Singapore this year on July 27th through August 3rd.

USA Trials happened over the weekend, with South Dakota Swimmer Gina Jorgenson placing 6th in the 1500

Canadian Summer McIntosh set a new World Record in the 400 Meter Freestyle just last week in the Canadian World Championship Trials

Great time to become a Swim Fan as there will be some great swims this summer!



10

Ways Parents Can Foster Long-Term Success in Sports

1

Let Them Try Multiple Sports

Let kids sample sports to find one that fits their interests and talents. Early specialization does not lead to higher levels of long term success.



2

Provide Unconditional Support

Show them that you love and support them whether they perform well or not. Kids that feel cared for are more motivated, happier, and perform to the best of their abilities.



3

Be the Parent

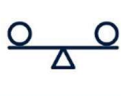
Maintain a healthy sport parenting boundary by staying out of the coach lane. Providing feedback and reviewing their performance after meets or practices is the coach's responsibility. Your job is to enjoy being the parent and focus on creating a positive experience for your swimmer.



4

Find Balance

Make sure they have multiple passions and sources of meaning in life so they do not become obsessed with performance in one area.



5

Pay Attention

It's easy to get wrapped up in your athlete's sport success. Give them attention outside of swimming and remind them you are proud of them whether they participate in a sport or not.



6

Let Kids Take Ownership

Authoritarian leadership often backfires. If the only reason they go to practice is so that mom or dad will not yell at them, they likely will not perform their best.



7

Keep the Pressure Off

Being invested in your child's development is an important part of parenting. However, you do not want to add negative pressure in ways like switching teams multiple times, relocating your family, or paying excessive amounts for private coaching. If there is too much pressure, athletes can begin to feel they cannot live up to their guardian's expectations. This could lead to burnout or quitting.



8

Teach Them How to Handle Failures

Sports can teach many life lessons about hard work, failure, and resilience. Not every swim is going to be a best time (and that's ok!). Being disqualified is a learning experience for every athlete, regardless of age. Help them learn from their mistakes, see it as an opportunity for their next race, and move on in a positive way.



9

Don't Automatically Blame the Coach

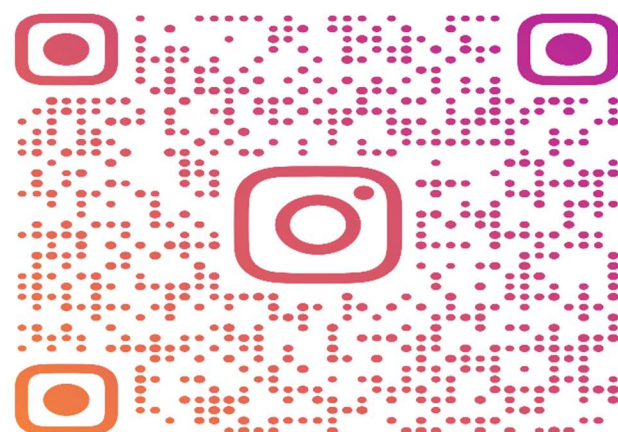
If you feel your swimmer is underperforming, don't jump to conclusions and place the blame entirely on the coach. Talk to your swimmer to see if you can get some insight, then speak with the coach to get their insight. There may be multiple factors involved.



10

Have Fun!

Emotions are contagious, so stay relaxed at competitions. If you are anxious about their performance, they will most likely be able to sense it. If you are anxious about their performance, they will be too.



POST SHARED ON MAY 15, 2025
BY USASWIMMINGNEXTGEN

“Coach, how can I get better?”
I’ve been asked this more than once. It is a good question.
Let’s break it down...

Better at...

- Speed?
- Endurance?
- Freestyle?
- Butterfly?
- Breaststroke?
- Backstroke?
- IM?
- Starts?
- Flip turns?
- Transition turns?
- Open Turns?
- Kicking?
- Backstroke starts?
- Backstroke turns?
- Finishes?
- Lane etiquette?
- Clock reading?
- Understanding sets?
- Sportsmanship?
- Racing?
- Aerobic Work?
- Power Work?
- Hydration?
- Time management?
- Nutrition?
- Sleep?

As coaches, we follow a guide each month with a focus for each day. Our job is to incorporate the focus while including other skills appropriate for our individual groups. Some groups spend more time teaching specific stroke skills, while other groups spend more time on training and conditioning aspects.
All groups cover both at each practice. Without work on technique, technique does not improve. Without work on training and conditioning, that does not improve either. Too much training before technique is developed leads to bad habits that are difficult to correct later. Newer athletes spend more time on technique and work their way up the training ladder.

Now let’s focus on the “how can I” portion of the question. I have a simple answer and I have a more subtle answer.
The simple answer:

Go. To. Practice.

As you can see by my list, there are many components to competitive swimming. Regular practice attendance is crucial to developing these (and any not listed) components. The athletes with the most regular attendance are the well-rounded athletes.
They may not always be the fastest athletes, but they are able to compete with confidence and accept the challenges practice and competition have to offer. They are usually the athletes that stick with the sport the longest and find fulfillment in the sport.

Did you pick up on the “subtle” part of the answer? I mentioned it four times in that paragraph...The word “athlete”.
Start identifying as an athlete. If you look up current top athletes, you will find things they do outside of competition and practice include optimizing sleep, nutrition, mental health, relationships, and time management. To identify as an athlete means that taking care of yourself is of great importance. Identifying yourself as an athlete, going to practice, attending meets and taking good care of yourself are all vital to doing your best, and therefore, “getting better”.



HAPPY
FATHER'S DAY
TO OUR
SWIM DADS

Thanks for your support!



Thank you, swim team dads!

You taxi the kids to endless practices,
feed hungry swimmers,
juggle schedules,
and still show up to cheer the loudest

Your support goes beyond your own child—you lift up the whole team with your energy, encouragement, and care.

We see all that you do, and we’re so grateful!

-SFST Swimmers and Coaches

If you have any questions that you would want answered, please use this link to submit your question:
<https://www.gomotionapp.com/team/czsdfs/page/faq/faq-portal>

You must be logged into our website to access the link to ask your questions

How Long for results to be posted online?

Usually meets are up online in 7 days. SFST and USA Swimming receive results and it takes time to upload.

How do I know how my child is progressing?

The best way we see progress is at our meets, times and accomplishments at our competitions are the ultimate test. Other ways our swimmers get better were mentioned in Coach Paula's Ponderings.

Our practices are always geared toward growth and progress in the sport of swimming and the person.

Where can I find the schedule?

On our website, and our newsletters, and our Google calendars.

Rest of our Season!

Check with Coaches to see which end of season meet is best for you

Meet Dates	Meet Name	Which Groups	Deadline
June 20-22	Waukee Invite	Team Travel: B2/B3; Open for W3 & R3; B Time Standards	Past
June 27-29	SFST Sanford Invite	All Groups	Past
July 10-13	Sectionals (Minneapolis, MN)	Qualifiers only	June 11
July 11-13	B Champs (Pierre)	Non state qualifiers or less than 3 SDQ times	June 30
July 18-20	State Champs (Aberdeen)	All Qualifiers	July 2
July 23-26	Futures (Madison, WI)	All Qualifiers	TBD
July 30-Aug. 2	Summer Juniors (Irvine, CA)	Qualifiers	TBD
July 31-Aug. 3	14 & Under Zones (Rochester, MN)	Team South Dakota - qualifiers only	TBD

Thanks to our Sponsors!

