



OCTOBER/NOVEMBER

SCHEDULE UPDATES

SIOUX FALLS SWIM TEAM

- 10/13–14** Normal Practices
- 10/16** No Fall League Practices (All others will have normal practices)
- 10/24** Midco Closed: See emails/website for practice changes
- 10/25** Last Fall League Meet. No practice for Fall Leagues joining for winter 10/27–10/30
- 10/31 + 11/1** Halloween: No Practices Fri/Sat
- 11/3** New Red 1 Schedule and Form & Fitness Schedule Check w/Coach Matt for your groups

Assume that there are practices unless there’s a meet or communications are sent out via email for abrupt changes (weather related)
Any changes in the foreseeable future will be communicated through our various means (social media/newsletter)



Get to know your Coaches

Coach Matt	Coach Kyle
Matt is entering his third year with the Sioux Falls Swim Team (SFST) after relocating from Texas. He currently oversees the development of all 10 & Under athletes and coaches within the program, helping to build strong foundational skills, confidence, and a lifelong love for the sport. In addition to his Age Group responsibilities, Matt organizes and leads the team’s Recreational Leagues and coaches several of SFST’s training groups, including Red 1, White 1, and Red 3. Matt brings a well-rounded background to SFST, having coached swimmers across nearly every level of the sport – from young beginners to high school, collegiate, and masters athletes. Before moving to South Dakota, Matt coached both High School Swimming and Water Polo in Rockwall, Texas, as well as USA Swimming club athletes ages 6–14. His experience has given him a deep understanding of how to guide swimmers through all stages of their development, focusing not only on technical improvement but also on goal-setting, teamwork, and personal growth. As a swimmer, Matt began his journey at the age of 11 in his home state of Utah. Despite being a late starter, his dedication and competitive spirit led him to earn All-State honors by his senior year. He continued his swimming career at the University of Utah, where he competed with the university’s club team and helped the team qualify for its first-ever national competition. Matt holds a Master’s degree in Sports Administration from Ball State University and a Bachelor of Science in Exercise and Sport Science from the University of Utah. He also maintains his Certified Strength and Conditioning Specialist certification. Outside the pool, Matt enjoys spending time outdoors and staying active through golf, swimming, and biking. He’s also an avid foodie who loves exploring new restaurants and local spots.	Kyle joined the Sioux Falls Swim Team (SFST) in the fall of 2016 as the Head Age Group Coach and transitioned into the role of Head Coach in the fall of 2020. Under his leadership, SFST athletes have achieved numerous state titles, set multiple state records, and advanced to compete successfully at the collegiate level. His teams have consistently performed at a high level regionally and nationally – highlighted by a 2nd-place overall team finish at the 2023 Spring Speedo Sectionals. Coach Kyle has been a USA Swimming coach since 2010, developing swimmers across all levels – from novice athletes taking their first strokes to elite competitors qualifying for the U.S. Olympic Trials. His broad experience and athlete-centered coaching philosophy emphasize long-term development, technical excellence, and fostering a team culture that values hard work, accountability, and enjoyment of the sport. Beyond the pool deck, Kyle is deeply involved in the governance and growth of swimming in South Dakota. Since 2013, he has served on the South Dakota Swimming LSC Board in various key roles, including Age Group Chair, Technical Planning Chair, and currently, Senior Vice Chair. His leadership and commitment to the sport extend beyond SFST – he has been selected to coach for Team South Dakota at both All-Star and Zone meets a remarkable 14 times. Additionally, he has coached at South Dakota Swimming’s Select Camp twice and represented the LSC as a coach at the prestigious Central Zone Select Camp in 2015. As an athlete, Kyle’s swimming roots trace back to Mitchell, South Dakota, where he developed his passion for the sport. He went on to swim collegiately for Missouri State University (Go Bears!), competing for four years and gaining the experience and perspective that would later shape his coaching philosophy. Outside of swimming, Kyle is a proud husband and father. Married since 2012, he and his husband have two sons and two energetic dogs that keep life at home lively and fun. When he’s not on the pool deck, Kyle enjoys reading, traveling, and relaxing with a good season of <i>Survivor</i> – a show he proudly admits to binge-watching whenever time allows.

Deep Thoughts from the Shallow End With Coach Paula

Years ago, I was watching my son play baseball...sort of.

I was actually watching the shortstop’s little brother. He was about seven or eight years old and was chasing foul balls. If he was the first to retrieve the foul ball (out of play) and returned it to the concession stand, they gave him a quarter for it. He sat on the retaining wall between the stands and the field. The wall was taller than him.

In order to get up onto the wall, he had to run, jump and pull himself up. At first, he basically ran full speed into a brick wall. He would go back, look at the wall and try again. Eventually he made it onto the wall, just in time for another foul ball (and a quarter) and the process repeated.

At that time, I was a PE teacher and a swim coach. What I was watching was motor planning and strength development.

No coach was telling him what to do. With each attempt, he learned something new. Speed, timing of the jump, where his hands needed to land and how high to jump. His muscles that wired together, fired together. He was building “athleticism”.

Developing "athleticism” was/is basically my job. How do I teach motor planning? Like the mother of the kid retrieving fouls, I give kids opportunities and obstacles. Little kids are motor planning in all they do. Everything is an obstacle and an opportunity, if we allow it. Adults only actively motor plan in a novel situation, such as walking over bumpy terrain or driving through road construction. We have to slow down and process our next steps. We don’t think about reaching for a coffee cup or turning on the faucet. Our hands know where to go. Those wires fired together long ago. Our brain is on autopilot.

At swim practice, we (coaches) are working on “athleticism”, motor planning, endurance, and soooooo much more, particularly at the younger and novel levels. We do drills to enhance skills, but sometimes, we (I) do weird things. I have my group do wall push-ups (sort of like that brick wall at the ball field). It’s hard to exit the pool at Midco. It takes strength AND motor planning. I have my group do summersaults (for flip turns). Handstands (inversions for starts and for core strength). Back handsprings in the pool (for backstroke starts). Backward summersaults (for breaststroke and butterfly turns-quick reversals). There’s more and yes, I lay awake at night thinking of new ways to develop "athleticism". Goofy things like these are lots more fun than drills, but they have a purpose and kids love them. Playing outside is fun and leads to more motor skills, via motor planning. Encourage your child to get outside and run and play and don’t be surprised if they do some “play” at swim practice. It’s fun and it builds “athleticism”.

10 Commandments of Swim Parenting from Rose Snyder (former USA Swim Club Director)

In this swimming resource, there are some good takeaways to help be the best swim parent in the stands! We (Coaches and Parents) want a great long term experience for each swimmer, and that takes cooperation and dedication to their growth throughout their swimming career. Also can be found on our website www.sfwimteam.org

1. Thou shalt not impose your ambitions on thy child.

Remember that swimming is your child’s activity. Improvements and progress occur at different rates for each individual. Don’t judge your child’s progress based on the performance of other athletes and don’t push them based on what you think they should be doing. The nice thing about swimming is that every person can strive to do their personal best and benefit from the process of competitive swimming.

2. Thou shalt be supportive no matter what.

There is only one question to ask your child after a practice or a competition - “Did you have fun?” If meets and practices are not fun, your child should not be forced to participate.

3. Thou shalt not coach they child.

You are involved in one of the few youth sports programs that offer professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support and a safe place to return to at the end of the day. Love and hug your child no matter what. The coach is responsible for the technical part of the job.

You should not offer advice on technique or race strategy or any other area that is not yours. And above all, never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

4. Thou shalt only have positive things to say at a swimming meet. If you are going to show up at a swimming meet, you should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Please remember that “yelling at” is not the same as “cheering for.”

5. Thou shalt acknowledge thine child’s fears.

Your child’s first swimming meet, 500 free or 200 I.M. can be a stressful situation. It is totally appropriate for your child to be scared. Don’t yell or belittle, just assure your child that the coach would not have suggested the event if your child was not ready to compete in it. Remember your job is to love and support your child through their entire swimming experience.

6. Thou shalt not criticize the officials.

If you do not care to devote the time or do not have the desire to volunteer as an official, please don’t criticize those who are doing the best they can.

7. Honor thy child’s coach.

The bond between coach and swimmer is a special one, and one that contributes to your child’s success as well as fun. Do not criticize the coach in the presence of your child, as it will only serve to hurt your child’s swimming.

8. Thou shalt be loyal and supportive of thy team.

It is not wise for parents to take their swimmers and jump from team to team. The water isn’t necessarily bluer in another team’s pool. Every team has its own internal problems - even teams that build champions. Children who switch from team to team are often ostracized for a long time by the teammates they leave behind and are slowly received by new team mates. Often swimmers find that switching teams does not improve their performance.

9. Thy child shalt have goals besides winning.

Most successful swimmers are those who have learned to focus on the process and not the outcome. Giving an honest effort regardless of the outcome is much more important than winning. One Olympian said,” My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim.” What a tremendous outlook to carry on through life!

10. Thou shalt not expect thy child to become an Olympian.

There are 250,000 athletes in USA Swimming and we keep a record of the Top 100 all-time swimming performances by age group. Only 2 of the swimmers listed in the 10 & Under age group made it to the Top 100 in the 17-18 age group. There are only 52 spots available for the Olympic Team every four years. Your child’s odds of becoming an Olympian are about .0002 %.

Swimming is much more than just the Olympics. Ask your coaches why they coach. Chances are they were not Olympians, but still got so much out of swimming that they wanted to pass the love for the sport onto others. Swimming teaches self-discipline and sportsmanship; it builds self esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far outweigh any medal they may have won. Swimming builds good people, like you want your child to be, and you should be happy your child wants to participate.

QUESTION ANSWER

Here to answer questions about your child's swimming

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 does my kid move up a group?

When we evaluate swimmers for group advancement, we look closely at consistent practice habits, attendance, and readiness to handle the training expectations of the next level. While meet results can help show progress, they are not the main factor in our decisions — daily effort, focus, and commitment at practice are the most important indicators of long-term success.

Our coaching staff reviews group placements throughout the season, and we make moves at the end of the year (and sometimes at the end of a season).

We have been searching the SFST Online Store for the SFST Car decal and beach towels. Is it possible to include these items for purchase?

Towels and SFST Car Decals will be available through our Board. Once our main towel order comes in, we will announce any additional towels available to purchase along with car decals for the families.

I saw prizes being given out to swimmers, how does my swimmer earn these prizes? (See answer below)

PERFECT ATTENDANCE AWARD

is presented to

Kyla H	Ramona M	Amelie H
Rachel R	Rowan O	Marcus P
Keegan B	Hudson L	Amiri D
Lauren G	Owen S	Emma H
Beckett J	Addison K	Carter K
Lily L	Carly K	Liam Y
Owen Z	Evelyn R	Greyson S

for the month of September

Every month we are honoring our swimmers with perfect attendance with a prize of their choice from the prize bin!

These prizes are caps from local colleges (SDSU, USD, Augie, USF) and items from our sponsors!

We are also offering the prizes to our 10 and under competitive groups through our Bingo cards. These cards will be handed out by the coach at practices.

Our goal with our Bingo cards is to establish long term goal planning and retain interest in the swimmer's progress throughout the longer season!

Looking to be a sponsor?

Reach out to president@sfswimteam.org or anyone on SFST Board

Thanks to our Sponsors!

