

# SOUTH SHORE SAILS SWIMMING

*Life is cool by the pool.*

## South Shore Sails

### Booster Club

#### President

Henk DeZwart

### Booster Club

#### Vice President

Steve Carr

### Booster Club

#### Treasurer

Mary Tighe

### Booster Club

#### Secretary

Interim Denise  
Ashna

### Booster Club

#### Social Media

Melissa Istre

### Booster Club

#### At Large 1

Ashley Ashna

### Booster Club

#### At Large 2

Karl Crudo

### SSS Head Coach

Shawn Squires

### Next Meeting:

Thursday, January  
9<sup>th</sup> 6 pm – location

TBD



Omosede Ekhaese	12/1/2010	Level 1
Ethan Ha	12/2/2007	Techfit
Emma Berdich	12/6/2007	Level 2
Darien Darouse	12/6/2008	Level 1
Parker Stewart	12/7/2003	Senior
Maximilian Demarest	12/8/2007	Level 1
Shiv Bhakta	12/10/2006	Techfit
Arbert Xu	12/14/2004	Senior
Caden Digby	12/17/2006	Level 2
Kaitlyn Koch	12/17/2013	Developmental
Reese Cole	12/27/2005	Senior
Hannah Qin	12/28/2005	Level 2
Teagan Baily	12/30/2009	Competitive



**Donate your gear and suits:**

Please drop the swim equipment or suits into the box

- ✓ that your swimmer has grown out
- ✓ that is still in usable condition
- ✓ swim suits or apparel:

Please place in ziplock bag and label it with size and girl or boy if applicable.

If you take any items:

Please consider a monetary donation that you think is appropriate and that you feel comfortable with. Please put your donation inside the blue lockbox for items you take and make sure to put items back in ziplock bags if you don't take them.

### Remember!!

South Shore Sails Booster Club is now registered with Amazon Smile and Randalls.

The Booster Club can earn money by what you spend on Amazon Smile and at your neighborhood Randalls.

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OUR SWIMMERS HAVING FUN THIS QUARTER AT  
REGULAR MEETS, OPEN WATER MEETS AND THE  
FIRST ANNUAL TURKEY TROT!



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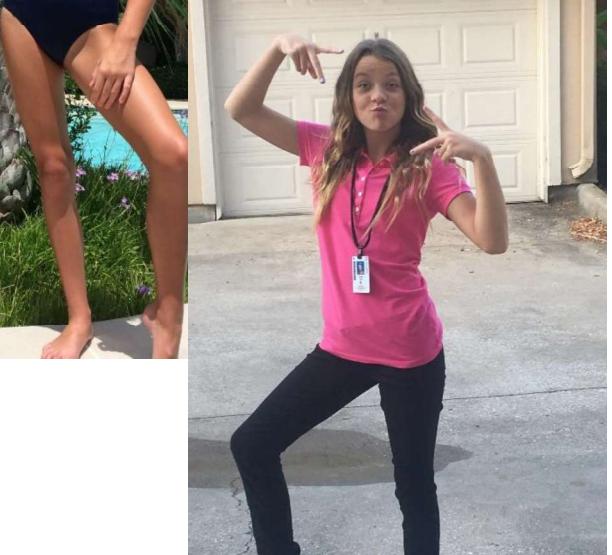
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## **GET TO KNOW OUR SWIMMERS: PEYTON ROSSI**

Peyton is in her 7<sup>th</sup> grade year doing homeschooling where her favorite subject is Science. She began swimming at the age of 5 on the Seabrook Stingrays. She currently swims on Level 3 with the Sails. Her favorite “super” stroke is freestyle. Her most memorable swim event was when she competed in the 200 I.M. in the 2019 Long Course TAGS. Her most disappointing swim event was when she got a DQ in breaststroke at the champs meet on year. After that she learned to be more patient at the start. Peyton has 3 miniature schnauzers named Jersey, Phoenix and Rimmy. When she's not at the pool Peyton enjoys hanging with her friends at the mall and making silly videos on her phone. When she grows up she aspires to be a member of the 2024 Olympic Swim Team and then to go on to college and major in Business and Accounting. Her favorite treat Kinder Joy eggs and Starbucks. She also loves to go to IHOP after a meet, and her favorite color M&M is **BLUE!**



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## *GET TO KNOW OUR SWIMMERS: TEAGAN BAILEY*

Teagan is currently a 4<sup>th</sup> grader where her favorite subject is Reading. She is currently on the competitive level on the Sails team. She began swimming this last April with the Sails. Her favorite stroke is the backstroke. Her most memorable swim event was the blue and white meet so far. Teagan does not have a most disappointing swim event yet since she's a brand new swimmer. Teagan has 3 pets. When she's not at the pool she likes to play video games and draw. When she grows up, she wants to be an Herbalist. Her favorite treat is watermelon and her favorite color M&M is **blue**.



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## UPCOMING MEETS

<b><u>Blue &amp; White Meet</u></b>	<u>September 7, 2019</u>	All	TFC
<b><u>Sharks Pentathlon</u></b>	<u>September 21, 2019</u>	All	Friendswood, Tx
<b><u>HCAP 11 &amp; Over Meet</u></b>	<u>October 12-13, 2019</u>	11 & over	HCAP
<b><u>AQUA 10 &amp; Under Meet</u></b>	<u>October 19-20, 2019</u>	10 & under	AQUA
<b><u>Gulf Open Water Champs Meet</u></b>	<u>October 26-27, 2019</u>	All	Twin Lakes
<b><u>SHAC 13 &amp; Over Meet</u></b>	<u>November 2-3, 2019</u>	13 & over	SHAC
<b><u>Alliance 12 &amp; under Meet</u></b>	<u>November 9-10, 2019</u>	12 & under	Friendswood, Tx
<b><u>Gulf Age Group Champs</u></b>	<u>December 7-8, 2019</u>		Texas A&M
<b><u>Gulf 13 &amp; Over Champs</u></b>	<u>December 7-8, 2019</u>		TBD
<b><u>Southern Senior Zone Champs</u></b>	<u>December 7-8, 2019</u>		TWST
<b><u>Gulf 12 &amp; Under Champs</u></b>	<u>December 14-15, 2019</u>		TBD
<b><u>Winter Junior National Champs</u></b>	<u>December 14-15, 2019</u>		Federal Way, Washington

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## Ways to Give Back

### Using Amazon Smile

How do I shop at Amazon Smile?

To shop at Amazon Smile simply go to [smile.amazon.com](https://smile.amazon.com) from the web browser on your computer or mobile device. You may also want to add a bookmark to [smile.amazon.com](https://smile.amazon.com) to make it even easier to return and start your shopping at Amazon Smile.

Which products on Amazon Smile are eligible for charitable donations?

Tens of millions of products on Amazon Smile are eligible for donations. You will see eligible products marked "Eligible for Amazon Smile donation" on their product detail pages. Recurring Subscribe-and-Save purchases and subscription renewals are not currently eligible.

Can I use my existing Amazon.com account on Amazon Smile?

Yes, you use the same account on Amazon.com and Amazon Smile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

How do I select a charitable organization to support when shopping on Amazon Smile?

On your first visit to Amazon Smile [smile.amazon.com](https://smile.amazon.com), you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. We will remember your selection, and then every eligible purchase you make at [smile.amazon.com](https://smile.amazon.com) will result in a donation.

**Search South Shore Sails Swimming Booster Club.**

### Randall's Good Neighbor Program:

Fill out this form and list us as a charity of choice: charity #14038

Return to any Randall's store or scan back to [good.neighbor@randalls.com](mailto:good.neighbor@randalls.com).



The form is titled "GOOD NEIGHBOR PROGRAM" and is for Houston/Austin. It includes a logo for the Randall's Good Neighbor Program. The form asks to link a loyalty account to a charity of choice, with space to list up to three charities. It also includes fields for applicant name, phone number, and date. Instructions at the bottom advise returning the form to a neighborhood Randall's or emailing responses to [good.neighbor@randalls.com](mailto:good.neighbor@randalls.com).

REMARKABLE CARD NUMBER:

Don't know your card number? Call Customer Care at 1-877-723-3929.

Charity to be added to your card:

1. Charity #   
2. Charity #   
3. Charity #

Charity to be deleted to your card:

1. Charity #   
2. Charity #   
3. Charity #

APPLICANT NAME (PLEASE PRINT):

PHONE (linked to loyalty account):

DATE:

APPLICANT SIGNATURE:

PLEASE RETURN THIS FORM TO YOUR NEIGHBORHOOD RANDALLS CUSTOMER SERVICE DESK  
OR EMAIL YOUR RESPONSES TO [good.neighbor@randalls.com](mailto:good.neighbor@randalls.com)

OFFICE USE ONLY: STORE #   
STORE INSTRUCTIONS: SEND THIS COMPLETED FORM TO THE MAILROOM - ATTN: GOOD NEIGHBOR PROGRAM

I can email you the full sized version –  
just shoot me a request to  
[melissaistre914@gmail.com](mailto:melissaistre914@gmail.com).

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## *Coaches Corner - Paul Duport*

High Sails and Merry Christmas! I was asked to write about myself by Henk deZwart, the board president, and he is very persuasive. I began swimming with lessons at the YMCA at 3yo at the recommendation of a doctor to strengthen my legs to get out of foot braces. By 5 I had completed their program and was recommended to join a swim team. My first team was Sagemont Sharks in the CCSL. I started year round at 13 and made my first TAGS time at 14 in the 200 fly. I swam high school at Pasadena Dobie and 2 years at Texas Tech University. Five years ago I competed at Masters short course Nationals at 48 years old for SSS Masters Team.

My first coaching experience was summer league as an assistant when I was 16, then for three more years. I was asked to join the Sails program part time to help with dry land program and the younger groups 7 years ago. And I am still here!

I have 2 sons who both swim for SAILS. One in the senior group and one who is now swimming on his college team.

I have been married 25 years to Sheryl Quick. We love traveling and have lived on a sailboat for 20 years. My passions include surfing, travel, and cooking. My real job is Physical Therapist at a hospital, mainly in the ICU for heart surgery patients.

I coach because I really enjoy seeing the kids improve and realize it is hard work and consistency that help them achieve their goals. I hope to instill in them a love for the sport and a lifetime activity to maintain fitness and good health.



I wish all the kids good luck at the coming meets! Swim fast and have fun!!!

Coach Paul

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Due to all your help and support, The Booster Club was able to allocate funds to purchase two Destro Power Towers to assist the South Shore Sails Swim Team to improve the sport of swimming.

These Power Towers hold a large bucket and operate with a very smooth pulley system with cables which are slightly elevated from the water to prevent interference with the athletes kick.

The buckets are filled with a certain amount of water to create resistance and pull when swimmers run their lap.

We received very positive feedback from the swimmers and they love the workout. The Fitness center agreed to purchase another two Power Towers to make that a total of four units for the Swim Team.

This is a great addition to the toolbox the South Shore Sails Swim Team can offer current and new swimmers.



*The South Shore Sails Booster Club received a generous donation from the Yanez family.*

*They donated a PA system: speakers, stands and wireless micro-phones to be used for Swim events.*

*Thank you Yanez Family.*

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## **7 Things Swimming Will Teach You About Life**

By: Olivier Poirier Leroy

Swimming isn't just about bad tan lines, having raccoon eyes and early mornings. And it's not just about records, gold medals and best times.

Although there are plenty of those.

Swimming, and sport in general, provide a proving ground for some of the most fundamental and critical things that you will carry with you for the rest of your life.

Whether in your career, in personal relationships, or even different sports, swimming will teach you the importance of hard work, of being humble, and of being a team player.

Here are 7 things swimming will teach you about life:

### **1. You have to work hard for the things you want.**

Nothing worth having in the pool or in life comes without effort. (Despite what I am about to tell you in the next point.) Accomplishing cool stuff will always require giving what sometimes may seem like unnatural levels of effort.

Make working hard your talent and you will never go without success in the pool and in life.

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## **2. Sometimes it's just not fair.**

You know the swimmer—shows up to practice once or twice a week, but because they have been gifted with plates for hands and the height and gangliness of an LA Laker they still crush you anytime you step up on the blocks.

In the long run a work ethic will always take you more places than natural talent and physical gifts without effort. Always.

It's just hard to remember that when you are getting destroyed by two body lengths in a 50 by the guy who never goes to practice.

## **3. You learn how to cope with failure and setbacks.**

It's not always going to be fair. And things won't always go our way.

There will be times where no matter how hard we work the results don't match our effort in practice. Or there will moments where you get flustered as you get up on the blocks and totally choke.

These moments sting, they hurt, and they take us down a peg.

But they also teach you how to be mentally tough. To overcome. And to be humble.

## **4. Being a team makes everyone better (including you).**

Ever wonder why so many swimmers seem to have superhuman speed when it comes to relay legs?

I've seen it so many times, from my own swimming, dropping nearly a second on my best 50m freestyle best time, to Jason Lezak and his otherworldly 46.0 at the

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Beijing Olympics—there is something that happens when you race for something besides just yourself.

I get the temptation to want to do it on your own. To be able to say that you did it with no help. But when you can corral the effort and the will of the group for a common goal incredible things start to happen.

I've said it before, and I will say it again: One swimmer chasing greatness is powerful, but a group chasing greatness is unstoppable.

## **5. It's a process.**

Somewhere along the way swimming will teach you a profoundly important lesson. And that is that wanting something is not the same thing as accomplishing something.

In order to be successful, in order to crush that personal best time you have to do more than just dream endlessly about it. More than writing it out. And more than telling people about it.

You need to adopt the daily routines and habits that will get you there. You must, in other words, learn to love the process of becoming the swimmer you want to be.

Swimming shows you first-hand that when you master the process you master the goal.

## **6. You learn to discipline yourself.**

As you progress through your swimming career you will learn to become more reliant on your own devices to stay on top of your training.

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For some the moment they turn 16 and get a driver's license is a breaking point—gone is the forced wake-up call in the morning from the parents. (Or the cold glass of water over-the-head my old man got me with a couple times.)

This is when discipline really rises to the surface, the moment where it's just you and that alarm clock. Where the tug of the warmth of the sheets conflicts with the goals and commitment you have made for yourself.

Conquering that alarm clock is tough, and once you do it, everything else that comes your way will seem easy in comparison.

## **7. How you lose is as important as how you win.**

Winning is great, and losing stinks. We can both agree to that. But I believe that how we do both matters more than the outcome.

You will lose many times over the course of your swimming career. You don't have to like it, but being able to lean across the lane line and shake the winner's hand means that even though you didn't conquer the competition you conquered yourself.

Similarly, there will be triumphs and highs during your time in the pool. Being a champion is more than just being the first swimmer to the wall—it's being humble in victory, congratulatory to others, and setting an example for those to come.