

SOUTH SHORE SAILS SWIMMING



Excellence is the gradual result of always trying to do better.

January 2020

South Shore Sails

Booster Club

President

Steve Carr

Booster Club

Vice President

Henk DeZwart

Booster Club

Treasurer

Mary Tighe

Interim - Booster

Club Secretary

Denise Ashna

Booster Club

Social Media

Melissa Istre

Booster Club

At Large 1

Ashley Ashna

Booster Club

At Large 2

Donna Toler

Booster Club

At Large 3

Karl Crudo

SSS Head Coach

Shawn Squires

Next booster club

meeting **Thursday, October 10th, San Lorenzo @6:00 pm.**

All parents invited to attend.



Birthday	First Name	Last Name	Roster Group
1/2/2009	Elijah	Freibott	Level-1
1/3/2008	Cameron	Sustala	Level-2
1/3/2008	Delaney	Sustala	Level-2
1/7/2008	Julianne	Rhodes	TechFit
1/10/2010	Makenzie	Barnes	Competitive
1/10/2006	Elizabeth	Dudley	Level-3
1/15/2009	Lucy	Spriewald	Level-1
1/21/2010	Bailey	Fritts	Level-1
1/23/2008	Brody	Gremillion	Level-1
1/29/2009	Hunter	Crandall	TechFit
1/29/2008	Alexa	Arevalo	Level-3
1/29/2010	Kylie	Smith	Competitive
1/30/2001	Wilhelm	Xu	Senior
1/31/2008	Tyler	Foster	Level-2
1/31/2006	Liam	Grolemund	Level-3



Our 2020 special edition SC Champs shirt commemorating the upcoming Olympic season! Order Here:
https://forms.gle/e3tzuHwoXXBw3HQW8?fbclid=IwAR1Nq0zluxRkvVtc1MsmogDL2R9gHndci2INeCSB_smDHTbzoCq7XSuq0c Deadline is Sat. January 18th

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.

SOUTH SHORE **SAILS SWIMMING**

Excellence is the gradual result of always trying to do better.

January 2020

SWIM MOM: HOW SWIMMING PREPARES KIDS FOR THE REAL WORLD

Courtesy: [Elizabeth Wickham](#)

Isn't it our goal to have our kids become independent, healthy and happy? Swimming can be instrumental in helping our children achieve those goals. Looking at the big picture, we see that swimming is more than any single race, meet or even a college scholarship. Swimming brings depth and character to our kids to help them along their lifelong journey.

Here are seven ways that swimming prepares our children for life:

ONE

Getting up early.

Swimmers don't have trouble going to sleep at night or getting up early. This can help them when traveling home for the holidays. They'll have no problem hitting the road by 5 a.m. and avoiding traffic. Ten years of morning practice will make their morning routines before work a breeze.

TWO

Handling pressure.

One swimmer told me that when her office is facing crazy deadlines, she remembers standing on the blocks at Olympic Trials. She realizes that whatever is in front of her at work is nothing compared to the pressure she felt then or at NCAAs anchoring her team's relay.

THREE

Improved social skills.

Our kids learn to get along with teammates and are interacting daily with people of all ages and backgrounds—from lifeguards, coaches, officials, to younger and older swimmers. They aren't hiding behind their screens, but are in the thick of social interactions.

SOUTH SHORE **SAILS SWIMMING**

Excellence is the gradual result of always trying to do better.

January 2020

FOUR

Not afraid to fail.

How many times have our kids swam a lousy race, but were able to brush it off and continue on to earn a best time? Swimming gives our kids experience at failing. They learn to pick themselves up after defeat and keep trying.

FIVE

Planning ahead.

Swimming teaches our kids time management. They learn to work ahead, balance school work with swim practice and meets. On the job, they use these skills to juggle projects and meet deadlines.

SIX

Being a team player.

Although swimming may seem like an individual sport, our kids learn to be part of a team. In college especially, they learn to be a part of something bigger than themselves. Appreciating teammates and knowing your role is a great advantage in the workplace.

SEVEN

Embracing a healthy lifestyle.

Our children who grew up swimming six days a week will always want to incorporate physical fitness in their lives—whether they continue to swim as Masters—or take up an entirely new sport like rowing. Being active will help our kids maintain balance, health and happiness throughout their lives.

In what other ways does swimming give our children an advantage in the real world?