

SOUTH SHORE SAILS SWIMMING

Every champion was once a contender that refused to give up.

October 2019

South Shore Sails

Booster Club

President

Henk DeZwart

New - Booster Club

Vice President

Steve Carr

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.



Date Of Birth	First Name	Last Name	Group
10/4/2010	Blake	Carr	Level 1
10/4/2002	Gabe	Crudo	Level 3
10/7/2005	Tristan	Haver	Level 3
10/8/2008	Trinity	Harris	Level 2
10/12/2009	Jillian	Ricketson	Competitive
10/12/2008	Alexa	Sole	Level 1
10/15/2002	Hanna	Schlegal	Senior
10/16/2004	Niela	Dawlett	Senior
10/20/2009	Joana	Ma	Level 1
10/22/2007	Darielle	Riddle	Level 3
10/24/2002	Izzy	Glasgow	Senior
10/27/2006	Grace	Schuler	Level 2
10/28/2008	Melania	Pruneda	Level 2



Annual Blue & White Meet
2019

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.

*Your donations will benefit all
our swimmers!*



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Parent-to-Parent

By Donna Toler

This past Labor Day weekend, I had the opportunity to attend the LEAD Sports Summit, hosted by Kara Lynn Joyce, a 3-time Olympic Swimmer. Kara Lynn put together a fantastic team of key-note speakers (Missy Franklin, Maya Dorado, Dr. Megan Cannon, Elizabeth Beisel, Coach Christen Shefchunas, Toni Armstrong, Madisyn Cox, and Mackenzie Conan) to teach Leadership, Empowerment, Athletics, and Development (LEAD) to young girls from all around the WORLD. It was amazing and eye-opening to my kid-athlete, but that's a whole different topic to write. If you want to know more, stop, and ask me. This article is not about Girls, or girls and swimming; this article is for the Parents of all swimmers.

This was the 3rd year for LEAD, but new this year was a Parent Track, where Parents were able to select different types of breakout sessions. This conference was not so much about swimming IN the pool (although there was some of that), but more about swimming OUTSIDE of the pool; the psychological, nutrition, planning and the realities (successes and failures) all athletes face with swimming.

As a former back-of-the-pack age group long-distance triathlete, I know a bit about mental tenacity. Even still, for one of my Parent Track sessions, I chose sports psychology. I felt this was relevant because I have a 15-year-old swimmer who has been working through plateau for a while. She's not the fastest in her age group, but not the slowest either. She works hard at practices and demonstrates consistency, but sometimes results are still slow to realize. As a parent, we all want to see our kids succeed and support their goals. I thought the sports psychology session might improve the support we, her parents, provide her.

At the breakout session led by Dr. Megan Cannon, I assumed, in the room with me, were 29 other parents, plus Missy Franklin. Little did I know I was about to be exposed to an inside track – the room of 30 was actually filled with 28 coaches, and just two parents. The conversation quickly moved from psychology strategies to a discussion about coaching philosophies and the Coach versus Parent dynamic. As the conversation grew more in-depth, I felt uncomfortable, as if I was in the wrong room and eavesdropping. Sitting right next to me was Missy Franklin, who was likewise uncomfortable, as she listened empathetically to the Coach's stories of struggle to live up to expectations of parents. Her eyes would widen in disbelief at times based on what she was hearing. I sat quietly and digested the perspective of these coaches who were very clearly passionate and committed to their athletes, but equally distressed at the undermining by even the best-intentioned parents who co-coach their swimmers without even knowing it.

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There were many points made, but the one that indeed provided clarity for me, and serves as inspiration for writing this article, was how coaches are **Process Focused**, and the vast majority of parents are **Results Focused**. Let me give you some examples to best demonstrate the difference:

Scenario	Process Focused	Results Focused
The 15-year-old swimmer adds 5 seconds to their best 100 Free time:	Coach: “5 seconds is a bit, but we are at the peak of training right now, and the athletes <u>should be tired</u> and not swimming best times. You are right where you should be.”	Parent: “5 seconds? That’s a lot of time. Are the workouts hard enough? Are swimmers not getting enough of race pace? There is no way you will drop at Champs!”
Scenario	Process Focused	Results Focused
The 10-year-old swimmer is just a few seconds away from getting their TAGS cut on their next event:	Coach: “Let’s focus on a clean start, good underwaters, and distance per stroke for this race.” <i>Swimmer accomplishes what Coach advised, and Coach is happy; swimmer is happy.</i>	Parent: “If you make your TAGS, we will get you an iPhone XI.” <i>The swimmer doesn’t obtain the cut, and Parent is disappointed not only in the swimmer but also in the Coaching. The swimmer is upset they didn’t earn the iPhone and also doesn’t yet have the maturity to understand the dynamics of the scenario; they feel terrible about their solid effort for which the Coach just praised.</i>
The 17-year-old swimmer still hasn’t made their first Sectionals cut.	Coach: “Are you present and have focus while you are at practice? Are you truly giving it your all-out effort when it is required? Are you eating and sleeping well?”	Parent: “All these swimmers from Team X are making Sectionals cuts right-and-left! Our training program must be ill-constructed.”
The swimmer’s friend drops time on an event, but your swimmer doesn’t.	Coach: “Overall, a good try; stronger Dolphin kicks could have made a difference, so for your next race, focus on coming off the walls stronger. You have a great attitude; keep it up.”	Parent: “Bobby dropped time, why didn’t you? You’re faster than Bobby and always lead the lane at practice. What happened here?”
At a random Friday practice,	Coach: “Swimmers, you’ve worked hard these last few	Parent: “Fun relays? Is this really what we are paying for? You have to

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Coach allows “Fun” relays.	weeks; let’s have some fun today with some relays.” <i>Coach sees team building and great sprinting efforts... because every swimmer loves a relay!</i>	be kidding? We have a meet in 2 weeks! What is Coach thinking?” <i>The parent thinks the fun and relays are a waste of time.</i>
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Admittedly these are extreme examples to contrast on the opposing perspectives of the **Process** versus Results-oriented dynamic, but are based on the actual stories they shared.

What I know for sure after this breakout session is:

- Focusing on the **Process** will get the **Results**
- Coaches support; athletes do the work.
- Coaches and Parents are on the same “team” and have the same goals in mind; building great athletes.
- Parents cannot want “it” more for the swimmer than the swimmer wants it for themselves.
- Coaches *want* athletes to achieve *all* their goals; that’s why they LOVE to Coach.
- Coaches are not going to recommend steps in the process that are not beneficial to the athlete.
- Parents should model trust of your team’s Coaches; your athlete will trust as well.
- Parents may not always understand the reasoning, or the approach Coaches take, but Parents do have an obligation, as part of the team, to support the Coach’s training philosophy and present a united front for the swimmer.
- Likewise, if Parents do not agree with the Coaching philosophy, they are free to move to a team that is a better fit. However, before moving on to another team, have a private conversation with the Coach; don’t undermine or discredit a Coach by speaking negatively about them in front of your athlete or other parents.
- Confusing our swimmers with messages that oppose what a Coach has said to them only leaves the swimmer feeling ambivalent and confused towards an effort where they may have precisely executed as Coach requested.
- As kids get older, it becomes more difficult for them to avoid self-identifying as a “swimmer” – Adults must remind athletes their self-worth is not defined by how fast they swim. One day swimming will end. It even ends for everyone, even Olympians.
- Swimming is a journey; just because your swimmer may not make higher-level qualifying meet now, it does not mean they should not swim if they work hard and unconditionally love it!
- Kids have to both love and have fun swimming to deal with the demands of the daily grind, peaks, and valleys. If they aren’t having fun and don’t genuinely love it for themselves, getting through the plateaus and valleys will seem like endless torture for the athlete, parents, and coaches alike!

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Donna has served on several adult and youth athletic boards, experiencing all sides of the parent/coach/athlete dynamic. The opinions represented in this article are hers and are done so in the spirit of widening the perspective of parents on coaching and in support of a training environment conducive to building strong, self-aware competitive athletes.

The Toler family was new to swim when they joined Sails 9 years ago, so it has been a learning experience each new season. Donna and Darren Toler are parents to Cassie Toler, a Senior swimmer who has been with South Shore Sails since she was 6. Cassie is a Freshman at Clear Creek High School, where she swims for the Varsity team, loves Science, holds Art as her second passion, and serves on the Student Council.