

SOUTH SHORE SAILS SWIMMING

Make each day your masterpiece.

September 2019

South Shore

Sails

Booster Club

President

Henk DeZwart

Booster Club

Vice President

Donna Toler

Booster Club

Treasurer

Mary Tighe

Booster Club

Secretary

Becky Clements

Booster Club

Social Media

Melissa Istre

Booster Club

At Large 1

Ashley Ashna

Booster Club

At Large 2

Steve Carr

Booster Club

At Large 3

Karl Crudo

SSS Head Coach

Shawn Squires

Next booster club
meeting Thursday,
September 13th, San
Lorenzo – 6 pm

UPCOMING EVENTS

Sharks Pentathalon – September
21st in Friendswood, Tx



Boys 13 & over relay team at
Champs.

Sectionals! The boys relay got a
summer junior national time!



9/4/2004	Emily	Troutman	Senior
9/6/2007	Vladimir	Comee	Techfit
9/7/2011	Edythe	Tornwall	Developmental
9/8/2007	Diya	Patel	Techfit
9/8/2012	Meckenzie	Stone	Competitive
9/12/2010	Tyler	Ferraco	Level 1
9/22/2003	Andrew	Garon	Senior
9/23/2007	Peyton	Rossi	Level 3
9/24/2004	Cassie	Toler	Senior
9/29/2003	Erick	Navarro	Techfit
9/30/2013	Jonathan	Ma	Competitive
9/30/2006	Emmyre	Murphy	Level 2



Sectionals in Austin.

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Sectionals in Austin.



Boy's 12 & under relay team took 1st place at the Champs Meet.

The greatest pleasure in life is doing what people say you can not do.



TAGS Team ready for Austin!



Girl's 12 & under relay team took 1st place at the Champs Meet.

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GET TO KNOW OUR SWIMMERS: GABRIEL ISTRE

Gabe has just began his 7th grade year at Clear Creek Intermediate where his favorite subject is History. He began swimming at the age of 7 on the Southbelt Sharks. He only swam one season with them and then did summer swim again when he was 9 on the League City Barracudas. He currently swims on Level 3 with the Sails. His two favorite “super” strokes are Butterfly and Free. His most memorable swim event was when he went to the long course meet at Texas A&M. His most disappointing swim event was swimming at the AAAA Palo Alto Meet in San Antonio. Gabe has a chiweenie named Bella and is excited because he’s about to get another Great Dane puppy. When she’s not at the pool she enjoys playing video games and hanging with his friends. When she grows up she aspires to be in the US Coast Guard (and then a You Tube streamer)....! Her favorite treat is Sour Patch Watermelons and her favorite color skittle is **RED**!



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GET TO KNOW OUR SWIMMERS: ETHAN MESSENGER

Ethan is currently a 3rd grader at Lobit Elementary where his favorite subject is Science. He is a Level 1 swimmer on the Sails team who began swimming in the summer of 2018 with the Dickinson Gators. His favorite stroke is the butterfly. His most memorable swim event is when he earned his medal at the champ meet. Ethan says his most disappointing swim event was his first swim meet where he wasn't breathing right. He did learn to breathe on the side since then and that has helped him a lot. Ethan has 2 sisters who do not currently swim and 3 dogs named Maggie, Lucy and Zoey along with a cat named Boomer. When he's not at the pool Ethan likes to play technology and he wants to be an astronaut when he grows up. His favorite treat is ice cream and his favorite color M&M is **yellow**.



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GET TO KNOW OUR SWIMMERS: HOLDEN TIGHE

Holden is currently a 7th grader at Clear Creek Intermediate school. He began swimming with Harbor Time in summer swim when he was 8 years old. He currently swims on level 2 for the Sails. His favorite stroke is the butterfly and his favorite main set is 8-75s – fly, back, breast, free, back, fly. His most memorable swim event was when he lapped his competitors in summer swim during a 100 IM. His most disappointing swim event was when he got DQd in a 50 free for a false start. As a result of this he learned that sometimes you just have to take your lumps. Holden has two siblings, Brennan and Sophia who both swim in summer league. He has a dog and two fish. When he isn't at the pool, Holden likes to play video games and hang out with his friends. He has just begun to get involved in community service with the Galveston County Food Bank. When he grows up, Holden would like to learn to flip houses and be in real estate. His favorite treat is chicken wings and his favorite color M&M is **BLUE**.



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Meet Name Date Groups Location

UPCOMING MEETS

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

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COACH'S CORNER: Shawn Squires - Head Coach/Senior Group

WHAT'S THE BEST WAY TO MOTIVATE A SWIMMER?

Depends on the swimmer. Athletes are individuals, each with their own set of wants, needs, goals, and motivation; coaches need to get to know the individual to best learn how to motivate them.

WHEN DO YOU THINK AN ATHLETE SHOULD BEGIN LIFTING WEIGHTS?

Generally once an athlete's body reached physical maturity, but I do believe in strength building for younger athletes using resistance & body weight.

IF YOU WERE A CRAYON IN THE BOX, WHAT COLOR WOULD YOU BE AND WHY?

Green, it's always been my favorite.

HOW DID YOU BECOME INTERESTED IN SWIMMING?

I grew up in a swimming family. My Mother was a club swimming coach & all of my siblings swam growing up. This has carried over into adulthood as all my brothers & sisters work in aquatics.

WHO IS YOUR FAVORITE SPORTS TEAM?

Astros

WHAT ARE THE TOP 3 QUALITIES YOU APPRECIATE IN A SWIMMER?

Persistence, confidence, & curiosity.

WHAT'S YOUR FAVORITE PLACE TO VISIT - OR SOMEWHERE YOU'D LIKE TO VISIT?

I've always wanted to take a trip to Africa.

WHAT DO YOU ENJOY DOING WHEN YOU'RE NOT AT THE POOL?

I enjoy hanging out with my son Connor, kayak fishing, golf, and making/playing music.

WHAT ARE 2 THINGS ON YOUR BUCKET LIST?

Learn to fly airplanes & play piano.

WHAT ADVICE DO YOU HAVE FOR FAMILIES NEW TO SWIM?

Don't be afraid to ask questions! Our coaches & swim families are happy to help, we were all new at this once!

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September 2019

WHAT DO YOU WISH SWIM PARENTS WOULD DO MORE OF?

Celebrate the process, not just the results.

IF YOU COULD HAVE A SUPER POWER, WHAT WOULD IT BE?

Definitely Jedi force powers, especially if they come with a lightsaber!

WHAT'S YOUR BIGGEST PET PEEVE OF SWIM PARENTS?

Helicopter parenting, don't hover! I try to teach athletes to take responsibility for their own swimming, this is impossible to accomplish if parents do EVERYTHING for their athletes.

WHAT'S YOUR FAVORITE SWIM STROKE?

Butterfly

ANY ADVICE FOR OUR SWIMMERS?

Always focus on something, and be mindful of what you're practicing.

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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 from the web browser on your computer or mobile device. You may also want to add a bookmark to 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, 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 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.

HOUSTON/AUSTIN

RANDALL'S
Good Neighbor
PROGRAM

GOOD NEIGHBOR PROGRAM

Complete this form to link your Loyalty account to the organization of your choice. You can choose to link up to three organizations. Contact your organization of choice and ask if they are a member of Randall's Good Neighbor program or call 1-888-334-8240 to get the GNP number.

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) _____

APPLICANT SIGNATURE _____ DATE _____

PLEASE RETURN THIS FORM TO YOUR NEIGHBORHOOD RANDALL'S CUSTOMER SERVICE DESK OR EMAIL YOUR RESPONSES TO 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.

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Learning to Forgive Yourself: A Prerequisite for Success

By Dr. Alan Goldberg//Competivedge.com /

One of the more common characteristics of competitive athletes across all sports is that they tend to be really hard on themselves. You know the story: You have a bad meet, a disappointing showing in your best events or you lose to someone who you know you're faster than and you respond with frustration and self-directed anger, emotionally beating yourself up! "I should've done better!" "I really suck!" "This meet ruined my whole season!" etc.

While your success in the pool is largely determined by how hard you're willing to work physically, this does NOT include being hard on yourself emotionally.

Getting down on yourself for a bad practice, discouraging meet or any kind of failure will NEVER motivate you in the way that you might think. In fact, when you emotionally beat up on yourself whenever you struggle, it will have the opposite effect. This kind of self-treatment will undermine your confidence, de-motivate you and raise your nervous system into the "Red Zone!" As a result, you'll get more frustrated with and angry at yourself and this will tighten you up, ensuring that your next swim will be subpar.

Furthermore, when you turn on yourself in this way, you'll end up being hijacked by your emotions. When this happens, you'll be unknowingly distracting yourself from constructively using the failure or disappointment to get better! What do I mean by this?

One key principle of success in swimming and every other sport is that you always want to build your successes upon your failures! That is, when you have a bad race or huge disappointment, this setback actually provides you with a ***valuable opportunity*** to learn two critical things necessary for improvement and success: #1) What you did wrong; #2) What you need to do differently next time.

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September 2019

However, when you get emotionally down on yourself after a bad race, the only thing that you'll take away from this experience is the mistaken belief that you're not that good a swimmer. It would be like you looking at your image in a fun house mirror. What you'll see reflected back is a totally distorted and inaccurate image of yourself. When this happens, your negative emotions will actually prevent you from accurately identifying and correcting your mistakes.

You don't have to like the frustration, discouragement, self-doubts and the other uncomfortable emotions that come from experiences of failure. ***However, it's absolutely critical for you to keep in mind that getting down on yourself for failing does NOTHING constructive for you.***

Instead, you want to continuously work on learning to be a better coach to yourself. When you have setbacks, you need to respond with patience and kindness, rather than harshness! Keep in mind that being kinder to yourself after a bad race doesn't mean that you're accepting mediocrity or that don't care! It's just that this less emotional response to your failures will always help you begin to figure out what you did wrong and what you need to do differently next time!

When you approach your disappointments in this way, without being hard on yourself and instead with curiosity about what went wrong and what you need to do to improve, this attitude will ultimately form the foundation of your future success in the pool!