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www.ElsmoreSwim.com



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Dolphin Encounters

The Ten Commandments For Parents Of Athletic Children

Reprinted from The Young Athlete by Bill Burgess

- 1). Make sure your child knows that win or lose, scared or heroic, you love him, appreciate his efforts, and are not disappointed in him. This will allow him to do his best without a fear of failure. Be the person in his life he can look to for constant positive enforcement.
- 2). Try your best to be completely honest about your child's athletic ability, his competitive attitude, his sportsmanship, and his actual skill level.
- 3). Be helpful but don't coach him on the way to the pool or on the way to the pool or on the way back or at breakfast, and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks and often critical instruction.
- 4). Teach him to enjoy the thrill of competition, to be "out there trying", to be working to improve his swimming skills and attitudes. Help him to develop the feel for competing, for trying hard, for having fun.
- 5). Try not to re-live your athletic life through your child in a way that creates pressure; you lost as well as won. You were frightened, you blacked off at times, you were not always heroic. Don't pressure your child because of your pride. Athletic children need their parents so you must not withdraw. Just remember there is a thinking, feeling, sensitive free spirit out there in that uniform who needs a lot of understanding, especially when his word turns bad. If he is comfortable with you win or lose; he's on his way to maximum achievement and enjoyment.
- 6). Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment...with your athlete.
- 7). Don't compare the skill, courage, or attitudes of your child with other members of the team, at least within his hearing.
- 8). Get to know the coach so that you can be assured that his philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under his leadership.
- 9). Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before over-reacting.
- 10). Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear of discomfort.

The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your child say, "My parents really helped and I was lucky in this respect."



Dolphin Encounters

Upcoming Meets

Dundee Pentathlon

05/31

Location: Rakow Center

Reg. Deadline: Passed

WDST @ Cary - NCISC Dual

06/10

Location: 225 Briargate Rd Cary

Registration Deadline: 06/02

PPD-Shark Frenzy

06/13 - 06/15

Location: Birchwood Pool

Registration Deadline: 05/05

Crystal Lake @ WDST - NCISC Dual

06/17

Location: Woodstock Water Works

Registration Deadline: 06/07

DCST @ WDST - NCISC Dual

06/24

Location: Woodstock Waterworks

Registration Deadline: 06/14

Happy Birthday to our May Birthday Swimmers!

Izzy Bavaro, Riley Brennan, Emily Ferguson, Haley Kise, Isabelle Kise, Eva Mayberry, Georgia Rinquest, Ben Thuma, & Grant Yonamine!

Apparel Update!

ADDITIONAL TEAM SHIRT ORDER: We are placing another order for team shirts at \$12 each. Orders are due by Friday, May 30th. Sizes available are Youth S, M, L and Adult S, M, L, XL, XXL, and XXXL. (Add \$2 for XXL and \$3 for XXXL). Please email Jen Blaksley at jiblaksley@comcast.net with quantities and sizes needed by 5/30.

LOCAL EMBROIDERY BUSINESS: If you have some clothing that you would like embroidered with the team logo (or your swimmer's name, etc.) contact Marty at Dilar's Embroidery & Monograms, LLC ([404-338-6061](tel:404-338-6061) or marty@dilars.com). This is a local business who does great work for our team.

PERSONALIZED TEAM CAPS: Due to the delay on the personalized caps order, swimmers are allowed to wear caps with the old logo until the new ones come in. If you are a new swimmer who doesn't own a team cap and you are registered for the Dundee Pentathlon next weekend, please contact Jen Blaksley at jiblaksley@comcast.net.

Additional Meet Deadlines

Dolphin Families, keep the following dates on your calendar 6/28 & 7/19 for two home meets. We will be hosting our first annual pentathlon on 6/28 and we will be hosting NCISC-Conference A Championship at Woodstock North.

To participate in Conference A, you will have to swim in three (3) dual meets and/or NCISC invitations.

Swimming with Dolphins Registration is open for June!

Swimming with Dolphins, our youth Swimming Lesson Program, registration is currently open for June! Lessons are set to begin on Monday June 2nd, 2014. Classes will run Monday and Wednesday at Woodstock North High School 5:10 pm -5:50 pm. All levels are being offered, but each class will need at least two registrations to run in June.

**WDST Pentathlon**

06/28

Registration Deadline: 6/13

Location: Woodstock North HS

WDST @ Geneva - NCISC Dual

07/01

Location: Sunset Park 710 Western Ave Geneva

Registration Deadline: 06/21

WDST @ Huntley - NCISC Dual

07/08

Location: Rec Center 12015 Mill St Huntley

Registration Deadline: 06/28

PPD - Speedo Summer Splash 07-11-07-13 (with Time trial)

Location: Birchwood Pool

Registration Deadline: 06/27

Cary @ WDST - NCISC Dual

07/15

Location: Woodstock Water Works

Registration Deadline: 07/15

Dolphin Encounters

Quilt Raffle!

One of our summer fundraisers is for a custom Dolphin Quilt provided by Kecia Griffin. Tickets will be available at all home meets. The price for tickets are 1 for 5\$, 6 for 25\$, and 15 for 50\$. The quilt is valued at 400\$. All proceeds will go to the team, the quilt is donated and made by Kecia Griffin of Kecia's Custom Quilts. If you have any questions about the quilt please contact Kecia Griffin at 1-(815) -276-2157 or micnkecia@gmail.com.





Team Sponsors

Lake Geneva GM Supercenter

715 Wells St

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(262)-581-4770 (Sales)

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232 Main St

Woodstock, IL 60098

815-337-1932

Dolphin Encounters

Tech Suit Fitting Thursday June 5th

We will have a Nike tech suit fitting on Thursday June 5th, 2014 upstairs by the pool spectator entrance. This is for swimmers in Level 5, SR Prep, & SR.

Please see e-mail sent from Coach Mike for additional information.

Good luck to our swimmers with Exams!

Congratulations to our swimmers who are moving onto to Middle School and High School! The best of luck to all our High School swimmers who are preparing for finals, your studying and hard work will pay off!