

December 2014

Volume 10, Issue 4

In The Dawg House



Swim Meet Reminders

Just some VERY important reminders to parents about swim meets and swim meet procedures.....

ARRIVE ON TIME



We have had several swimmers arriving late to meets (some on multiple occasions) and were not allowed to swim.

Please remember that the meet host is on a time crunch schedule to get the meet started on time so arriving early is critical to the meet operation, your swimmer warming up, and your swimmer being able to participate.

For each meet, I will post when the warm up times begin on the informational page for each meet. To get to that page simply, login to the website, go to the EVENTS tab, and click on the name of the meet. All the pertinent arrival time information, as well as location of the meet, will be there. Please make sure to give yourself enough time, in leaving the house, to arrive at the location at the specified time.

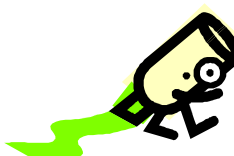
Each meet is different so please do not assume because one meet ran at a certain time, that all the meets run at that time.

While we understand that certain travel situations come up, consistently arriving 45 minutes to 1 hour late to every meet, is not acceptable.

CHECK-IN BEFORE THE WARM UPS BEGIN

Almost ALL meets require the swimmers to check in (in other words, highlight their name on a piece of paper) to let the meet host know that they have arrived and intend to swim.

We have our swimmers arrive 15 minutes before the start of their assigned warm up times so that they have time to check



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Office Contact:

- If you have any questions, please contact the office at (219) 838-DAWG (3294) anytime between 9 am - 4 pm, Monday - Friday.



Swim Meet Reminders (cont.)

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in, get changed, and come on deck to find the team/coaches.

Each meet will also tell you when the check in sheets will be pulled and the check in will close. That will also be posted on the website on the meet information pages. Once the sheets are pulled and the check in closes, swimmers will not be allowed to participate in the meet if they have not checked in.

There will be NO exception to this. The CPSC coaching staff will no longer accommodate swimmers that show up after the check-in sheets have been pulled. This has delayed the start of meets and caused unnecessary challenges for the meet hosts.

GOGGLES & TEAM CAPS



It is CPSC team policy that if swimmers wear a swim cap at a meet, that it must be a Crown Point Swim Club issued cap. All swimmers will be expected to come prepared with ALL the necessary equipment, INCLUDING their team cap that was issued to them earlier this season with their training bags. Please make sure that you (or your swimmer) has a CPSC cap (if they chose to wear one), unbroken goggles, swim suit, and anything else they feel they need, before they leave the house for a swim meet.

The coaches will not have replacement goggles, and may or may not have enough caps to replace broken or misplaced ones. And swimmers will not be allowed to wear another cap other than a team cap.

We have had WAY TOO MANY repeat offenders coming up to us at meets and practices saying they need to borrow goggles. Unfortunately, some of those same swimmers do not seem to have the curtesy to return the goggles they have borrowed so we may not have ones at practices that they can use. Please make sure to purchase two pairs at the next meet they attend (if there is a vendor there) so that they always have a backup pair.

STAY ON DECK & SEE COACH

For some of our younger swimmers, we need them to stay on deck so that we know where to find them when it comes time for them to go to the clerk of the course at our meets. We have had a difficult time trying to locate where they go and this has taken the focus away from their teammates in the races. Unfortunately, for their teammates, we will miss their swim and that isn't fair to them. If they need to use the restroom or come see you for something, that is OK as long as we know where they went.



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Swim Meet Reminders (cont.)

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If we don't know, they may miss their next swim.

I have instructed the coaching staff to only look on deck for our swimmers if they have not been notified on where the swimmer went. We will not continue to chase swimmers around a facility. Please help us with this challenge.

Also, please remind your swimmer(s), as we have, that they need to come see their coach, or the attending coaches, immediately after their races. NOT 5-10 minutes later as we probably will not remember what we wanted to tell them to work on, if anything. Some swimmers have a bad habit of swimming a race and then just walking past the coaches or walking around the other side of the pool from the coaches. We cannot give them the necessary feedback that we wish to when this occurs. This is where they will learn the most to becoming better / faster swimmers.

Notes from the Deck—Red Group, Coach Holly Laird

First off, let us say what a great group of young swimmers we have this season! Their enthusiasm to be in the water is infectious!

But sometimes they are SO excited that they forget some of the essentials to swimming.

As a coach, we find it frustrating to have to take time away from those swimmers that are prepared to hint down missing caps, goggles and/or suits.

Especially with the Red Group, we only have them for an hour. We (as parents ourselves) understand (and wonder how) these young ones have SO MUCH energy!

Going back to not wanting to take time away from any swimmer: we request that it be reinforced at home how very important it is to pay attention to and respect ALL the coaches, not just their "lane coach".

We have such a short time with them and any time we have to talk to them about paying attention is precious time taken away from working out the details of the strokes.

We are very proud of the work they have put in thus far this season!! Keep it up!! GO DOGS!!!



On Knowing When to Start Pushing Our Kids, and When to Stop

BY JEANNETTE KAPLUN / BABBLE – DISNEY INTERACTIVE

In the era of over-scheduling and increased teenage stress, it's so confusing for parents to figure out when to push their kids and when to take a step back. We all want what's best for our children, but sometimes it's so hard to figure out what that is. None of us parents have a crystal ball, and we cannot fully understand the consequences of our decisions until time has passed. And of course, hindsight is always 20/20.

So when my daughter said she wanted to compete in gymnastics as an amateur, I struggled with her decision. She's eight years old (going on 15, as all little girls seem to be these days) and managed to get accepted into the team without any parental interference. It was impressive to see how much she wanted this, and I questioned whether I should have pushed her more from an earlier age when she began demonstrating her flexibility and love for the sport.

On the other hand, she's still young and has been able to explore friendships, math, music, dance, yoga and other activities so I think she's better equipped to understand what she really likes to do most. If she doesn't feel free to explore different interests now and be a kid, when will she have that luxury?

I always thought that following her lead would ensure her happiness. That if I didn't push her too much, there would be less pressure on her, and she would gravitate towards the activities that bring her the most joy. But what if I'm wrong? What if she truly needs that extra push? What if I'm not allowing her to reach her potential in my efforts to protect her? How can she find out how far she can go if I'm not there motivating her to be more, do more, try more? Most importantly, how do I push without shoving?

I struggle with the notion of having her feel that she's not good enough at anything. I want her to feel she can achieve anything she sets her mind to, but the reality is that it's a beautiful idea that sometimes clashes with reality. We can make certain dreams come true, while others we cannot control. So how do we figure out what is within reach and what is unattainable? How do we learn to deal with frustration without allowing it to stop us from doing anything?

While I figure out the answers, I've realized that I not only need to support my daughter, but I also need to help empower her so she knows she can get up if she falls; I want her to know that she can try again if she fails, and that it's important to make peace with trying your best — even if it isn't enough to achieve your goals.

On Knowing When.... (cont)

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Most importantly, I think I have shown her you can always reinvent yourself and find new things to feel passionate about. So for now I am following her lead, telling her it's okay to make mistakes, to keep practicing until she gets better, while at the same time I tell her that she will need to make sacrifices if she wants to seriously pursue gymnastics.

Only time will tell which road she prefers to take but in the meantime, I hope I manage to strike the right balance of pushing while supporting, empowering without coddling, and guiding without interfering.

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5 Life Lessons You Will Get From Swimming

By Olivier Poirier-Leroy is a former national level swimmer based out of Victoria, BC.

Did you know that swimming can provide you with the tools you need for achieving success later in life? I am not talking about time management and sportsmanship, although those two things are super important. Nor am I talking about having the ability to deck change faster than Clark Kent turns into Superman, or figuring out how to iron out the goggle and cap marks on your face before yearbook photos. The following life lessons aren't things you can put on your resume, and they aren't taught in a classroom. They are dished out in the school of hard knocks, and if you pay enough attention over the course of your swimming career, you can unleash these lessons to achieve success in whatever endeavor you choose. Here are 5 valuable life lessons to draw from the countless hours we spend paddling around in big, chlorinated buckets of water:

MAKING BIG IMPROVEMENTS REQUIRES PATIENCE.

Patience has never been something I have been all that good with. Once I decide that I want something, if there is not significant and immediate progress visible quickly I tend to get rather frustrated. I want my awesome swimming goals and I want them five minutes ago.

From the emails I get on a weekly basis, and in watching fellow swimmers over the years I suspect that I am far from alone in this respect.

Often what will result is that you will create a list of unrealistic expectations that match up to the lofty stuff you want to accomplish. Things like having perfect workouts every time out. Or seeing improvement every single session. Or pushing yourself too soon, too fast, landing yourself on the DL.

Long term progress requires patience in the short term.

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5 Life Lessons You Will Get From Swimming (cont)

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YOU GOTTA BE ABLE TO PADDLE BEFORE YOU CAN SWIM.

Having those big lofty goals is necessary to achieve success in the pool. You need to have that compass that provides you with direction and purpose over the course of a long season in the pool.

Sometimes those big goals can be our worst enemy, however.

With the excitement of achieving big things on our minds, our veins pumping with excitement and drive, we hurtle headfirst towards our goals with reckless abandon. Overcome with enthusiasm we assume that we can skip the beginning steps, that because we deserve it, because we are more talented, or because we simply don't have the time for the necessary work.

Taking baby steps can be infuriatingly too slow for some people, but successful swimmers know that this slow grind provides a cumulative effect that makes a massive dent in the mid and long term.

Success in the pool – and life – is achieved step by step, mistake by mistake, small win by small win.

YOU'RE NOT GOING TO WIN EVERY TIME.

One of the quickest ways to see how people deal with the peaks and valleys in life is to watch them have a bad race.

Do they quietly pout back to the stands, foregoing warm-down and giving up on the rest of the meet? Do they spaz out, punch the touch pad and storm off inconsolably? Or do they walk back to coach, head down, but resolved to bounce back?

Over the course of our swimming career there will be times where you graze the top of the podium, just like there will be times that you place DFL.

You are going to have bad races. There are going to be times where life just doesn't seem fair, where you should have won but didn't, those performances that weren't reflective of the work and commitment you had invested in the water.

The question then becomes, equally in the pool as it applies to life outside of the lane lines—*how will you bounce back? What will you do to make that particular setback the best thing to ever happen to you?*

RESULTS COME BECAUSE YOU ARE GOOD A LOT, NOT BECAUSE YOU ARE PERFECT SOMETIMES.

I will admit that I have caught myself wearing the perfectionist outlook numerous times over the years.

I mistakenly told myself that every workout had to be a 10/10, took the bad swims personally, and valued myself far too much on what I accomplished in the pool.

The reality is this: Not every workout will go perfectly. Not every race will go according to plan. Mistakes, DQ's and suit rips will happen. And your self-esteem should not entirely rest on what you do with your swimming.

When we learn to chase greatness instead of perfection in the pool and in life we discover that we are more resilient to failure by creating more realistic goals. By chasing 8's and 9's in practice we make far more progress as opposed to expecting every workout be an elusive (and impossible) 10. Chase goals that are challeng-

5 Life Lessons You Will Get From Swimming (cont)

ing, yet realistic, the accomplishment of which pushes us ever further.

IT'S ALL MENTAL.

Swimming, and sport, provides an exceptional proving ground for testing your mental limits.

I cannot count how many times I watched coach write a set up on the board ("oh wow...and he is going to put brackets around that thing too?" and felt myself inwardly cower, mind racing, with thoughts of how badly I was going to die over the course of the set.

But then what happened? I got in. Started the set, and talked myself through it. "Hey, this isn't so bad." A little bit later: "Okay, halfway done." And finally, "I am going to punch this last rep in the face!"

The reality is you never know how shockingly tough you are until you are in the soup, crushing that set even though mere minutes prior you were mentally quivering in your swimsuit. This carries really well into the other challenges you will face in the course of your life. Things like epic writing assignments at university. Taking on large projects in work. Starting a family.

We always think we aren't capable, that swimming or life finally has our number, but believe it or not, **you will always be as strong as you need to be.**

Quote of the Month

"If you want something you've never had then your going to have to do something that you've never done."

TOP DOGS for the Meets



This section is in recognition of those swimmers who have had exceptional time achievements at meets.....

Munster SYOA Invitational - **Leo Gonzalez** - 26.30 second average time drop. 53.30% team best times

CPSC SYOA Invitational - **Joe Nuss** - 24.15 second average time drop. 56.81% team best times

LCB Winter Blast Invitational - **Payton Donahue** - 9.86 second average time drop. 57.17% team best times

AWESOME JOB DAWGS!!!!!!



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Committment, Pride, Sportsmanship, Character

www.crownpointswimclub.org

Mission Statement

The Crown Point Swim Club is an aquatics program established to provide opportunities for our community through the sport of swimming. We are a USA Swimming and Indiana Swimming member committed to building excellence in athletes through the sport of swimming at the highest levels of competition. We are dedicated to the members of our not-for-profit organization to help provide our services at very little cost to all.

Vision Statement

Building the future of the community through safety in the water, healthy lifestyles, and physical development while achieving excellence in swimming, academics, and life.

Philosophy

Commitment, Pride, Sportsmanship, Character

We stress being committed to excellence both athletically and academically. We take pride in our organization, our athletes, and their families. We teach sportsmanship both in and out of the pool at all times. We build character through life lessons that will take our swimmers past their athletic ca-

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