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Volume 9, Issue 5

In The Dawg House

End of Season Reminders



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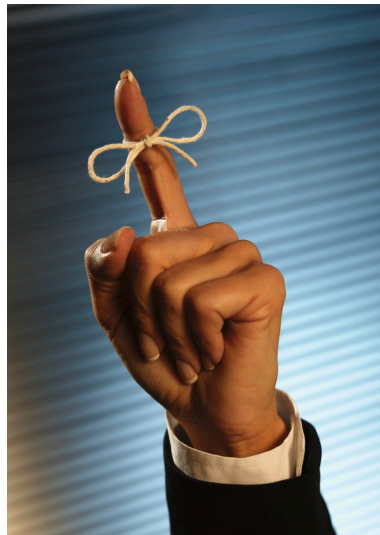
Announcements:

- Please make sure to sign up online for jobs for our home meets to help make each meet a success.
- If you have any questions, please contact the office at (219) 838-DAWG (3294) anytime between 9 am - 4 pm, Monday - Friday.



There are several reminders that need to be communicated prior to the end of the season.....

- 1) **End of Season Testing:** There are only two dates for testing to move up to the next training level group. The first day is **Wednesday, February 5th** and the second is **Thursday, February 13th**. *These are the only dates that we will hold testing to move up.* Unless a swimmer has a documented illness or injury (from an attending physician), no exceptions will be made to this. These dates have been on the calendar on the website and on the bulletin board since the first day of practices. ALL Black (under the age of 13) and Gold group swimmers MUST retake the test to remain in their respective training groups. Any of the swimmers in these two training groups that do not show up to take the tests on those respective dates OR that do not pass the test, will be moved down in training group for the next season. **NO EXCEPTIONS ARE MADE TO THIS RULE.....INCLUDING LACK OF KNOWLEDGE OF THE RULE.**
- 2) **Non Team Meet Approval:** Any swimmer who signs up to swim in a meet not scheduled as a team meet by the Head Coach must have that meet approved prior to attending in order for any results to be included in the teams database. There is a form that needs to be filled out and signed off on by the Head Coach, please see Head Coach for a copy. Any swimmer that has attended a meet without first receiving approval to attend will not have those results included in team database nor will they be used for determining state relays.
- 3) **Banquet:** Information will be coming shortly on the club's Winter Season banquet. Due to extremely limited room, per our club numbers, we will have



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CPSC Receives Bronze Medal Club Status AGAIN!

For the second year in a row, the Crown Point Swim Club has been awarded Bronze Medal Club status for the 2014 year from USA Swimming for teams participating in the National Club Excellence Program. This time CPSC was ranked 109th in the country from all the teams who achieved the programs criteria.

The Club Excellence Program is a voluntary program that identifies and recognizes USA Swimming clubs for their commitment to performance excellence. This program strives to meet the following objectives:



- Promote the development of strong, well-rounded age group and senior swimming programs that produce elite 18 & under athletes;
- Provide recognition and resources to motivate and assist member clubs to strive for the highest ideals of athlete performance.

The program provides grant funding and recognizes the club development system as integral to achieving excellence in the sport.

Of the 304 teams that submitted applications for this year's program, 98 clubs met the criteria for Gold Medal eligibility and an additional 102 clubs were eligible for the Silver level.

The program recognizes up to 200 clubs as Gold, Silver or Bronze Medal clubs according to the following parameters:

- Gold Level: The top 20 point-scoring clubs eligible for the Gold level
- Silver Level: The remaining clubs ranked through #100 and not achieving Gold status.
- Bronze Level: Clubs ranked #101 through #200 and not achieving Gold or Silver status.

The program recognizes USA Swimming clubs for their commitment to excellence in performance. In addition to recognizing high performing teams, the program provides grant funding for resources that enable clubs to expand and/or enhance the services they already provide to athletes.



Coaches Corner - Developing Wings, Fostering Independence



As parents we all understand the importance of water safety and teaching our kids to swim. Many of us start early with lessons and then move onto swim teams. As you reflect on the many hours you have spent at the pool have you ever wondered would they have just learned on their own? After all kids are curious beings and they do learn by watching and mimicking other kids. Just watch kids at a public pool; they create their own games and unique ways to swim fast while they race their peers. If you have older children on teams you often find that your younger ones that have watched from the stands tend to learn faster when they actually are on the team.

Many different conditions affect how fast a child learns to swim, as well as it does anything else, too.

- Frequency - the number of times that a child swims. How many times the child practices a skill.
- Environment - includes team mates, distractions and equipment used and the child's able to pay attention.
- Personal experience - positive or negative experiences impact how and when a child will learn to swim.
- Personal drive - how much a child wants to do and what they are willing to do to accomplish the goal.

Learning capability - by far the most important condition whether on their own or with instruction. Some kids learn slower than others. Some kids just figure out things for themselves, others get some things but struggle a bit and some find it frustrating to figure it out.

Through my years of teaching and coaching the very young swimmers I have found that a combination of both is necessary and effective for children to learn to swim well. They need time to explore on their own and they also need instruction to develop the correct skills.

Watching my own children during lessons and while they were on the team made me wonder were they learning anything while they were under water, doing flips, jumping off stairs. Yes, they were. They were developing confidence, independence and exploring how their bodies move in the water.

Letting kids figure things out on their own develops wings. Effective coaches use guided exploration to get swimmers to understand the skill they want them to learn. Drills and games are important tools, but until they child understands the connection they don't really advance in the skill. They need to feel and know how to move in the water. Effective coaches can help the swimmer make the connections by giving the swimmer a visual picture and letting them correct the skill on their own. Say, we are working on butterfly kick, can you show me how a dolphin moves through the water. They are excited to show the coach and they are thinking when they do it. Aha, the connection! Of course it takes more to refine the skill, but the swimmer is now thinking.

Coaches don't dictate how fast a child learns, they help the child develop wings that that prepare them to find their own personal drive and confidence that will determine their success.

Submitted by Coach Sue Boyer

References: American Red Cross Swimming and Water Safety

End of Season Reminders (cont.)

(Continued from page 1)

to limit who can attend the banquet this time around. Because the facility that is hosting us is the largest we can use in the area and they have a certain maximum capacity, we will have to limit the attendees to immediate family (parents, swimmers, & siblings only). This will be further detailed on the website. We will use the website for registering for the banquet this time around and will send out an email once that has been set up and opened up. It will be on Saturday, April 12 from 6-11:30pm. Location details will be forth coming. As in the past the seating is a first come, first serve basis.....we do not guarantee that you will be able to sit together as a family if you do not show up early to claim your seating.

105 Year Old Swimming Sets New World Records

By: Cameron MacIntosh, CBS News via CNN

A man in Canada has set two world records as a masters swimmer and he did it all at the age of 104!

Jaring Timmerman turns 105 next month. He is the world's oldest masters swimmer. With his latest race he's adding a new page to the record book.

"I will be the only that will have a world record at 105 because no one else has it at this time," Timmerman said.

Masters swimming is all about age groups. Until now, the highest age group was 100 to 104. By simply competing, Timmerman establishes a new age bracket - 105 to 109, and by default, a world record. He already has four records in a younger age bracket - 100 to 104.

He started competitive swimming at age 79 and swims twice a week to train. His doctors have told him to stop. He has torn ligaments in his shoulder. "That's what they call a swimmer's shoulder. I got that when I was about 100," Timmerman said. He just changed up his stroke. His son isn't worried, "I think always having a goal and helping him achieve something probably has given him longevity."

He's actually swimming two races for two records, 50 meters each. He doesn't look all that fast, as much younger swimmers clearly out pace him.

But keep in mind, his only competition is himself. But don't count on him trying to set any more records. "I think it will be the end. 105- 109 that is pretty old you know," Timmerman said.

Coaches Corner From the White Group

As this 2013-2014 Winter season is coming to an end, our white groupers are still in full swing practices. I know the weather is still bitterly cold out, and the snow is still falling, but when we can, we still are trying to have practices that will get your kids in bed by 8 because of their exhaustion. It's understandable at times if you, parents, cannot get your kids to practice because of this weather, but to be the best swimmers in our group it's advisable to be at all practices possible. In the white group, that's how our swimmers get faster. It's not because they practice hard at one practice once a week and skip the rest it's because they continuously outshine other swimmers around them with their hard work at practice.

When you cannot get your child to practice, there are some things that you can do to help your little

Coaches Corner From the White Group (cont.)

swimmer out. One thing is to help them eat right. With the right food in their stomach they can use that to allow them to excel at practices. Nutrition is a HUGE part of swimming because protein from meats, fish, and nuts and carbohydrates from pastas, rice and breads is better than eating candy and pop that will sink your kid to the bottom (figuratively speaking). This does not mean change your whole pantry, just at meets when us coaches see it, give your kid some veggies or “gogurt” instead of a candy bar or sour spray as something little like that can go a long way. Also getting the right amount of sleep is a big thing too as staying up too late at home can drag a child down to where they are too tired to give 110% at practices or meets.

Speaking of meets, as we are getting down to the nitty gritty of this season, testing is coming up. These testing dates are February 5th and 13th and it is where if eligible, a child can move up from the group they are in to a group higher up. In our case, it would be from white to black. These testing days are where your child swims three sets, completes EVERYTHING, and makes the times. If we see fit and they meet requirements, then they will move up to the black group. **Parents:** DURING THESE DAYS YOUR CHILD HAS TO BE ON TIME TO TRY TO MOVE UP TO THE NEXT GROUP. I know sometimes one runs late for some reason, I get it, but it very important for your child to be here on time ready to go during these testing days. Not only is there testing, but there are the kids that are pushing themselves to get “cuts”. These cuts are time standards where swimmers get to perform at larger competition meets such as Divisionals, State, Quads, Zones, etc. Again, the more swimmers come to practice and give it their all, and then the likelihood of them getting these cuts is greater.

Lastly, I just want to state the basics to my swimmers: keep your hands to yourselves, watch your language, and listen to myself or the other coaches when we are talking. BE RESPECTFUL. And TRY YOUR BEST. That’s all I ask of you. If you look back on the first day of the season, you were nowhere as good as you are now. You have improved because you have worked hard and given it your all. I’m proud of each and every one of you because you have gotten better at all 4 strokes. We have had our “fun days” and our “I want to leave because I can’t feel my arms anymore” practices, and you have all SURVIVED. You may hate us now for some of the practices but you’ll thank us later. We’ll keep having fun (either fun watching you swim or you’ll actually have fun) until the last practice ladies and gentlemen, hang in there. You’re doing alright.

Sincerely, Coach Mackenzie



TOP DOGS for the Meets



CPSC Winter Timed Finals Invitational - **Carter Haynes** - 25.6 second average time drop. 56.77% team best times.

UTSC Classic Invitational - **Axel Martinez** - 21.15 second average time drop. 36% 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-

2014 Club Sponsors

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