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# In The Dawg House



## Advice To Have Athletic Success

**From the Facebook Page of Dr. Alan Goldberg—Sports Psychology for Athletes, Coaches, & Parents.....**

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“Mistakes are NOT the enemy. You’re wasting valuable energy “mobilizing your troops” to fight against them. Instead, try to keep your focus on the task at hand, what you have to do, RIGHT NOW, in the present. The antidote for fear of mistakes is to direct your concentration away from the future and into the NOW on what you are doing in the performance. Every time, and I mean EVERY TIME YOUR FOCUS DRIFTS INTO THE FUTURE AND YOUR WORRY ABOUT MESSING UP, QUICKLY RETURN YOUR CONCENTRATION TO THE NOW!

Remember: Mistakes aren't the problem. How you react to and handle them is!”

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“Failure is nothing more than delayed success. That’s right! As long as you keep trying, refuse to give up and tenaciously keep on, keeping on, your ‘failures’ will ultimately lead you to success.”

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“Every time that you step onto the blocks, field, court or whenever you compete, there are two games that simultaneously go on. There’s the more obvious, outer game of physical talent and conditioning. That is, the skilled execution within your sport, i.e. the pitching, hitting, shot-making, speed, strength, and strategy. Then there’s the less visible, inner game which is composed of handling pressure, dealing with mistakes, managing psych-outs & intimidation, maintaining concentration, withstanding momentum shifts and being able to come back when your back’s against the wall.

Successful athletes know that winning the inner, mental game is key to winning the outer, more physical one. In fact, a mentally stronger athlete will almost always outlast a physically more talented, but less mentally tough competitor. Simply put, when you win the inner game, you’ll win the outer one! Nowhere is

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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.



## Supporting Your Swimmer

During this season and many seasons in the past, I have been asked by several concerned parents, “what can we do to make our child faster/better?” You as a parent have the right to be concerned. Wanting to do all you can to make your child succeed is perfectly normal; however getting too involved may not help as much as you’d hope. Here are a few things that parents can do to make their child a faster/better swimmer.

The first thing you as a parent can do is to trust the program. This is a great program and has produced many great swimmers in this and past programs. We are the coaches who have been sought after and hired by the team to coach this team towards success and you are the parents. The thing we all have in common is the well-being of your child and what is best for the team as a whole. This being said, we have to work together to achieve the highest level of success for your child up to the college years and beyond.



The second thing you as a parent can do is to always remain positive. Slower than best times or an off weekend does not mean that you or your child need to panic; remain calm and realize that your child cannot possibly achieve best times every time they swim a race. As the end of the season approaches, all parties involved, swimmers and parents, become a little skeptical of what the practice focus is. The difference is our experience which is reflected in the first point. Negative feedback will always shun your child and never achieve the desired results regardless of how they perform. There is another form of feedback which leads into my third point.

The third thing you as a parent can do is let us coach your child at swimming. Coaching from the stands may give your child mixed signals and lead to more confusion and misunderstandings. Parental coaching may also lead to the child focusing on too many techniques or practice strategies. This will cause the brain to overload which nothing gets accomplished. Do you tell the teachers how or what to teach or tell somebody else how to do their job? Or what if somebody came up to you and told you how to be a better parent? You have to let the coaches’ coach and the parents’ parent, and this also reverts back to the first point.

The fourth thing you as a parent can do is to get your child to practice; attendance is vital to success. Yes, we understand that many of you have other sports or other activities going on during swimming and there is nothing wrong with that. However, many of our swimmers have less than 60% attendance rate. If your child is not at practice how will they get any better? Some will get faster with growth and maturity, but success is predicated by persistence and hard work.

The fifth thing you as a parent can do is to have your child to attend team swim meets. Yes we realize there are travel meets, but there are also local meets too. It can be expensive at times and we as coaches understand that. The best way to combat this is to pick a meter meet, like Lake Central or Franklin if you have the funds, and a yard meet. The Conference meet is the final meet of the season for the majority of our team and is part of your payment at the beginning of the season; seven bucks! All CPSC swimmers are expected to

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## Supporting Your Swimmer (cont.)

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attend this meet. This summer meet commitment has been abnormally low for some reason and we as coaches are somewhat concerned. Higher meet commitment gives your child, us, and you critical feedback to address what needs to be focused on more at practices as well as what things need to be worked on more. Because of the low attendance at meets we as coaches are limited to a small number of athletes we can use for practice adjustments. Higher meet commitment also gives the swimmer a break from the monotonous practice routine which leads to more enthusiasm at practices.

These five things are the main points you as parents can do to support your child in the sport of swimming. Trust the program, always remain positive, let us do the coaching, get them to practice, and swim meets during the season. If these are followed our team will have more success and your child will have more success as well.

*Submitted by Head Assistant Coach Adam Waldier.*

## End of Season Wrap Up from the White Group

We are getting down to the end of the season... so I guess congratulation is in order. First of all, I would like to thank all of the families for your cooperation with the teams "circumstances" this season. I know that the schedule has been a little hectic, and the weather has been all over the place but we've made it. So I think you all deserve a pat on the back for that as well. Thank you for trying to get your children to either Lake Central or HUB. Your little swimmers will prove to you how much you have helped getting them to practice and allowing them to improve at everything they do. Meters is a long way for our little fishes to swim so make sure that they are getting a ton of rest (which I'm sure, parents, you won't turn down a little bit of downtime), making sure they eat a good helping at their meals (so that they don't sink to the bottom), and allowing them to still have fun in and out of the sun as it is summer (so that they still have those big smiles on at practice).



At HUB, practice has been a little crazy with weather being hot/cold or raining/sunny and there not being any lane lines in the water, I think the kids have done an excellent job of keeping a positive attitude and keeping the sport alive. At Lake Central, like I said earlier, the pool is a little longer than the pool at our high school that we call home, so the kids have been tired which is to be expected. The practices have been hard at both pools so if your child tells you they are tired, then they really are working hard.

As parents, keep doing what you're doing by taking them to practice and keeping a positive outlook on everything. Thanks for everything you're doing as it is much appreciated. All of the swimmers are always excited to be coming to practices still so we all have to be doing something right with them...right? Be proud of them because I know (at least for the white group) they are all doing so well and getting better and better as the days go on. They are young Olympians in the making, and I'm so happy that I can say that I have coached them.

Coach Mackenzie

## Advice To Have Athletic Success (cont.)

the more visible than when an athlete stages a seemingly impossible comeback.”

“Want a very simple formula for athletic success? Then, GET COMFORTABLE BEING UNCOMFORTABLE. If you learn to live by these four, very basic words, they will help you take your physical talent as far as humanly possible. Success comes to those who regularly practice stepping outside of their comfort zone.”

“ALLOW YOUR KIDS TO REGULARLY ‘EAT’ THE BREAKFAST OF CHAMPIONS: FRUSTRATION & DEPRIVATION!

In today’s A.D.D., point and click generation, kids are used to getting what they want immediately, with no sweat, frustration or headache. Given this, they tend to develop the average attention span of a flea!

Unfortunately, becoming a champion whenever your dreams may take you, require a completely different headset. Champions NEVER become champions overnight. The process is ALWAYS a long, arduous and frustrating one! There are always setbacks, hardships and heartaches! These are the road markers that let you know that you are on the RIGHT path.

If you can’t tolerate setbacks, if you don’t have the patience to hand in there through multiple failures, disappointments and plateaus, if you can’t learn to make frustration and delayed gratification your best friends, then you will NEVER achieve meaningful success!

PARENTS: IF you want to help your kids achieve lasting success in their lives both on and off the field, then let them have their frustrations and disappointments! Do NOT rush in and try to make them feel ‘better’ when they have setbacks. Deprivations and disappointments will ultimately make them hungrier, more motivated and stronger! Not immediately getting what they want is actually a GOOD thing for them. NEVER take their frustrations away from them. Making things ‘easier’ for your kids in the way will eventually cripple them and foster their dependency.

Remember, our kids are super resilient and temporary deprivations and disappointments will ‘feed’ them and ultimately rule their drive towards success and happiness!

## TOP DOGS for the Meets



Lake Central Barracudas Summer Sizzle Invite - **Izzy Snow** - 13.67 second average time drop. 77.86% team best times

FRST Summer Classic Invitational - **Karina Snoddy** - 2.775 second average time drop. 39.66% team best times

HHSC Beat The Heat Invitational - **Leonel Gonzalez** - 16.05 second average time drop. 66.67% team best times

**AWESOME JOB DAWGS!!!!!!**



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**Committment, Pride, Sportsmanship, Character**

[www.crownpointswimclub.org](http://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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