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# In The Dawg House



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## USA Swimming's Webinar For Parents—Growing Champions For Life



“Give Your Child Emotional Intelligence for Sports and Life” - Register NOW!

Wouldn't it be reassuring to know the best strategies for helping kids handle their emotional ups and downs? Check out the “Parents” section of USA Swimming's web site (Growing Champions For Life) where you'll find the registration link to this month's Life-Skills Webinar, “**Give Your Child Emotional Intelligence for Sports and School**” scheduled for Thursday, June 19th.

You'll also enjoy this month's article, “*Family Traditions Create Great Memories*.” There are some great tips for starting traditions with your athletic children that will be remembered for a lifetime. Print the article and pass it along to a friend.

Scroll down the page to find other resources that will help you create the most positive sports family environment possible!

Follow this link to get started.....

[www.usaswimming.org/championsforlife](http://www.usaswimming.org/championsforlife)

## 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.



# Mental Toughness Toolbox: Responding To Problems

By Alan Goldberg//competitivedge.com

There are a lot of things that can happen to you as a swimmer, both in practice and at meets that can potentially knock you off balance emotionally, undermine your self-confidence and sabotage your race performance:

- You can have a teammate who picks on you or who constantly beats you and then rubs it in your face.
- You can have a bad day or two where you're unable to make the intervals at practice and can't seem to get yourself to go fast.
- You can develop a nagging injury that limits your training and sets you back in relation to the competition.
- You can come down with a sickness that keeps you out of the pool for 3 months.
- You can get DQ'ed or lose an important race that you were supposed to win.
- You can fail to qualify for that really important meet while most of your friends are already going.
- Your goggles can leak during your best event and leave you nearly blind.
- Your coach can get angry with you. The list goes on and on.



**Did you know that how you approach these kinds of “problems” both in and out of the pool can determine the level of success that you ultimately achieve?**

Let me illustrate:

Bob Bowman, Michael Phelps's coach, wanted to teach his then-young swimmer that a lot of upsetting things can happen to you over the course of your career, and during a meet or race that can send your confidence and performance spiraling downward.

**How you handle these mishaps, either before or during your event can make or break your race performance.** So Bowman would sometimes purposely step on Michael's goggles without him knowing about it before a race to insure that they would leak, and Phelps had to figure out how to maintain his composure under pressure when these things suddenly happened.

As a result, Michael got really good at effectively handling these unforeseen, oftentimes upsetting events. His approach was that you can look at these unexpected upsets as a “disaster,” and an excuse to get emotional and not do well, or you can look at them as a “challenge,” and figure out ways of rising above them so that they actually make you a stronger, mentally tougher swimmer. And that's exactly what Phelps got incredibly good at! He would practice racing with his goggles leaking and figured out different strategies of coping with this so that if it ever happened in a big race, he would know exactly how to handle it.

It's common knowledge what happened to Phelps in 2008, during his 200 fly at the Beijing Olympics: Michael was going for his record-setting eight gold medals when his goggles started leaking shortly after the start. By the final 50, Michael literally couldn't see anything! Phelps responded by staying calm and doing what he had

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## Mental Toughness Toolbox (cont.)

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repeatedly practiced. He simply counted his strokes on the way to winning yet another gold medal!

This key ingredient in a champion's headset that you can learn to develop is very basic:

**The problem is NEVER the problem.**

**The problem is ALWAYS how you REACT to the problem.**

There are so many potentially upsetting things that happen to you in practice or before and during a meet that you have absolutely no direct control over. When you focus on these “uncontrollables,” you'll get nervous, lose your confidence and under- perform! However, with practice, you can train yourself to control your reactions to these problems so that, like Phelps, you begin to view them as a performance-enhancing challenge, instead of as a disaster.

So the next time something unexpected and seemingly “bad” happens to you and you start to get emotional, you want to ask yourself, “How can I use this situation to get myself stronger and mentally tougher as a swimmer?” You want to get curious in this way whenever upsetting things happen to you, and then practice working on effectively managing them. This attitude is a key component in the headset of a true champion!

*As a sports psychology consultant, Dr. Alan Goldberg works with swimmers at every level. A presenter at the Olympic Training Center, swim coaches clinics and clubs around the country, Dr. G specializes in helping swimmers struggling with performance problems, get unstuck and swim fast when it counts the most. He works over Skype, providing one-on-one consultation with swimmers and other athletes around the world. Dr. G has written over 35 mental toughness training programs and books. In addition, he is a regular contributor to Splash Magazine.*

*For more FREE mental toughness tips and swim articles, go to Dr. Goldberg's website, [www.competitivedge.com](http://www.competitivedge.com) and click on “choose your sport” and then “swimming.” You can also visit him on Facebook, follow him on Twitter and sign up for his free, monthly mental toughness newsletter.*

## USA Swimming's Scholastic All-American Applications



USA Swimming recognizes its members who excel both in the classroom and in the pool. The Scholastic All-America Team is made up of high school student-athletes who have a grade point average of 3.5 or higher and who have achieved the required time standard in a single event. To be eligible for this recognition, swimmers must have completed 10th, 11th or 12th grade and must be a USA Swimming athlete member at the time of the swim and at the time of the application. The application must be completed by August 15. To submit your application please access the application module below.

You will receive a confirmation email when your application is complete. When you have been accepted to the Scholastic All America team, you will also receive a confirmation email of acceptance.

## NWISC Summer Season Awards

During the summer season the NWISC offers two awards to it's athletes.....

The seasonal 15 SEASON SWIMMER award is given to a NWISC athlete member who has participated within the conference for 15 seasons. This seasons swimmers would have needed to have started their swimming career in the 2007 Summer season (April-July). If your swimmer started swimming during those months, please notify Coach John no later than the June 19th deadline so that plaques can be ordered in time.



The other award, the NWISC Scholarship, goes to two eligible swimmers who have.... 1) Come up through NWISC Age Group Swimming, 2) Swam 3 years in High School already, 3) Intend to continue swimming in college subject to acceptance. Each of the two swimmers who are voted on by the NWISC coaches will receive a \$500 scholarship.

Completed applications need to be emailed to Coach John, no later than Monday, June 23rd so that they can be submitted in time for consideration to the NWISC Vice President.

Please don't pass up this opportunity to have our swimmers recognized on both awards!!

## TOP DOGS for the Meets



**DUNE Race for the Region Closed Invitational - Lorna Mullen** - 16.02 second average time drop. 67.55% team best times

**SWAC Spring Splash Invitational - Nori Gubbins** - 13.45 second average time drop. 69.38% team best times

**UTSC SYOA Summer Invitational - Cole Oresik** - 8.428 second average time drop. 50.00% 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

### *GOLD LEVEL*

Puntillo & Crane Orthodontics

### *SILVER LEVEL*

Kwik Kopy  
Twelve Islands Restaurant  
Indiana Spray Foam  
Marketing Solutions Advantage  
MGM Property Management  
McColly Real Estate  
Kevin E. Werner, Attorney at Law

### *BRONZE LEVEL*

NIKE®  
Kast-a-way Swimwear, INC.  
Artim Industrial Properties  
CJ Warren Salon  
McCarroll Dental  
Hektoen Homes  
AmeriFirst Home Mortgage  
Travel Place  
The Kozlowski Family  
HouseBuyersToday.com  
Kumon  
Chicago Fire Juniors NWI  
Microworks, Inc.  
Tufts Grinding  
Toyota of Merrillville  
City of Crown Point  
Jason Ryman—Advocare  
The Nuet Family



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