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In The Dawg House



Grit: Can it be developed or is it innate?

By Dan McCarthy//High Performance Consultant

Do you know an athlete who not only never misses a workout, but never misses a yard of their training, or a rep in the weight room? No matter how tired or beat up they might be, they see their work through to the end. Despite the fact that they may not be the most talented on the team, aren't they usually one of the most successful? Is this sort of determination, or Grit, just how they are, or have they developed their grittiness over time? It's a good question.



What is Grit? Angela Duckworth, a Ph. D. in Psychology from the University of Pennsylvania, began studying Grit in 2005. She studied students, athletes, soldiers, CEOs, spelling bee competitors and many others and found that self-discipline scores were better predictors of success than IQ assessments, academic grades, physical fitness measurements and leadership testing. She described Grit as, "the tendency to sustain interest in and effort toward very long-term goals."

Can you be born with Grit? Maybe. Some studies have shown that Dopamine (a neurotransmitter that becomes activated when something good happens) can influence the amount of physical activity someone undertakes. If you know someone that goes for a five-mile run on their day off, then you know someone who gets a dopamine boost from exercise. This is a genetic trait and is just how some athletes are wired. Even though they may be extremely gifted through birth, they believe their talent exists because of their dedication.

Grit may be a trait that can be learned.

- Parents can teach their children to focus on the hard work necessary to achieve a goal, not necessarily the end result.
- Coaches can set long-term goals for their athletes and their teams, and then not only pursue those goals, but follow up on the progress towards them.

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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.



Season Ending Round Up

The Crown Point Swim Club swimmers ended up 2nd at the NWISC Championships behind Duneland with the point differential being the closest we have had in a VERY long time. The swimmers posted 54.93% best times and achieved 20 NEW divisional and state cuts.

At the NW Divisional Championships, hosted at Crown Point High School, the CPSC swimmers posted 66.10% best times and added 14 NEW age group state cuts as well as 4 senior state cuts. Eighteen of the CPSC swims were either Divisional champion or Divisional runner up finishes.

In Indianapolis, at the Age Group State Championships, with 14 individuals qualified and 15 relays, the CPSC swimmers finished 30th scoring 146 points and posted 63.51% best times for the whole meet. Four swims achieved Senior State cuts, advancing to the next championship meet in Crawfordsville. At time of print the Senior Championship meet has not yet begun but based on the prior meets the outlook is very promising for continued success from our Senior swimmers.

With all said and done.....your Crown Point Swim Club swimmers AVERAGED over 55% best times at meets for the whole season. What an AWESOME job swimmers!!!!

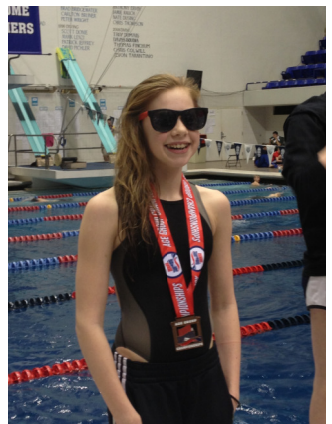
I would like to take the time right now to give some well deserved thank you's to just a few people. One, I'd like to thank ALL the parents for helping run the NW Divisional Championship and making it such a great success. I do know how difficult it is to give up a weekend to be at a swim meet, let alone RUN every aspect of a swim meet and for this I am VERY grateful to our parents. Without your help it would not have been the success that it was.

Two, I would like to thank all our board of directors who have dedicated a tremendous amount of extra time to help make this program run so well to date. We have been given a very distinct designation from USA Swimming of being awarded Level 3 Status for the USA Swimming Club Recognition Program. The program is designed to help club's run their program as every well functioning business should be run. The board has dedicated themselves to help ensure the future wellness of our program. I know there are A LOT of hours behind the scenes that have gotten put into the program from the board so thank you very much!



And three, I would like to thank my coaching staff for their tremendous hard work and dedication to the success of our swimmers. Averaging over 55% best times for each meet of the swim season is a tremendous accomplishment. Our coaches have worked really diligently to make sure our swimmers are not only prepared but continue to improve on a steady basis throughout the whole season.

Swimcerely,
Coach John



Grit: Can it be developed or is it innate? (cont.)

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Gritty athletes learn to persevere through challenging times, consistently work harder than their competition and focus on improving their weaknesses. Additionally, a motivating factor like money, a perceived slight or a noble cause provides the fuel to keep them going. Whether learned or innate, Grit can be the difference between a medal and a fourth place finish for two equally talented athletes.

How gritty are you? Take the [test](https://sasupenn.qualtrics.com/SE/?SID=SV_06f6QSOS2pZW9qR).at https://sasupenn.qualtrics.com/SE/?SID=SV_06f6QSOS2pZW9qR

References

Duckworth, A. L., Peterson, C., Matthews, M. D., & Kelly, D. R. (2007). Grit: Perseverance and passion for long term goals. *Journal of Personality and Social Psychology*, 92, 1087-1101.

Video: <http://www.youtube.com/watch?v=qaeFnxSfSC4>

New Parent Education Resources Now Available



New Parent Education Resources! USA Swimming presents its new monthly Parent Excellence Academy. We are excited to announce a special relationship with Growing Champions for Life, an organization dedicated to creating cohesive families and principle-centered athletes who win at life, not just at swimming. Every month, you will be able to access new content from inspirational videos and educational webinars to interesting articles and informative newsletters right here on our web site. Check out this great new resource now!

Follow this link to access this today!

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=2580&Alias=Rainbow&Lang=en>

Coaches Corner From the Red Group

I am a new coach this season with our littlest kids (lane one) in the red group and I absolutely love it! I am currently a junior at Crown Point High School, swim for the girls' high school team, and swim in the senior group on the club team.

Being a swimmer myself, I see that it is very vital that towards the end of the season your child(ren) get the right nutrients in their bodies. I know from personal experience about a swimmers' body being run down during taper time. Taper is where the coaches slowly drop the yards your child swims at a practice in order to rest them for that "big" meet, whether it be conference, divisionals, or state. By the end of the season, it is important for your swimmer to get plenty of rest and eat correctly in order for their body to replenish their mus-

Coaches Corner From the Red Group (cont.)

cles. Fruits and vegetables need to be taken daily in the correct serving size portions. Sleep is also a key role in the taper process, by getting enough sleep, they should be well rested for the closing meet(s) of the season. Also going along with the end of the season, your child may be sore because the lack of yards they may be swimming, by this they should take the time to stretch out before and AFTER practice. Your swimmers should not skip a practice, especially during the taper weeks (normally 1-2 weeks before a championship meet). Our coaching staff has prepared practices for their benefit to help them improve.

At this point in the season, YOU, as parents should take the time and push your child to what they want to accomplish. Talk to them about their goals and figure out at the end of the season how far they want to go. Whether they want to drop time, win their event, or make it to state, support from the parents is just what they need. The coaches do their best to support swimmers in every aspect at practices and at meets. Being a new coach and seeing that one of my swimmers drop time or even make it to the other side of the pool legally is just an award within itself. With the red group our focus was on all the four strokes and making sure they were legal enough to swim on relays and at swim meets. I greatly enjoy the sport of swimming, the sight of improvement and accomplishment from any swimmer on the team. I wish all your swimmers good luck at their end of the season meets.

Happy Swimming!

Coach Aly



TOP DOGS for the Meets

UTSC 10 & Under All Area Finals - **Carter Trippeer** - 9.01 second average time drop. 50.22% team best times.

NWISC Championships - **Izzy Bahr** - 9.16 second average time drop. 54.93% team best times

NW Divisional Championships - **Grace Mikrut** - 5.14 second average time drop. 66.10% team best times

Age Group State Championships - **Christian Mikrut** - 13.13 second average time drop. 63.51% 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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