

In The Dawg House



Time Management Strategies for High School Athletes



<http://rivals.yahoo.com/highschool/news?slug=ycn-10342129>

Most high school athletes have a lot on their plate. Balancing schoolwork and sports activities can be one of the biggest challenges of participating in high school sports, but there are several ways to stay organized, maintain good grades and actually enjoy the season's activities. High school sports athletes who develop some good time management skills find it easier to excel in both schools and sports. This approach also helps most avoid burnout and a struggle to keep up.

Finding that sense of balance isn't always easy, but coaches can play a role in helping athletes prioritize and manage their time better. Here are some effective time management strategies for high school athletes:

1. Maintain a realistic schedule. Create a schedule for the upcoming week as a guideline or map of each day's activities. Blocking off time for rest can help the athlete recover from a busy or stressful day. Compromising on sleep or breaks can take its toll and will be the fast track to burnout.

2. Be disciplined about schoolwork. When you're a busy athlete, it's too easy to let homework and studying for tests slide. As tempting as it may be to blow off homework in favor of relaxing with friends or working out, athletes need to make a conscious effort to stick with a study schedule. Making time to study and getting assignments in on time takes some self-discipline and athletes need to be consistent with their efforts to maintain good grades.

3. Ask for help. If grades are starting to slide or the athlete's failing tests and exams, it may be time to enlist the help of a tutor. Take steps to get

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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.



Time Management Strategies for High School Athletes (cont.)

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help before the semester comes to an end. Tutors can help the student athlete get back on track by explaining concepts and may even help the student get ahead on homework assignments.

4. Reduce or eliminate distractions. TV, movies, video games, social activities, and even Web surfing can eat away at an athlete's available time and make it difficult to stay on top of deadlines. Limit or eliminate distracting activities so that it's easier to focus on activities that are more important - homework, practice, sports events and attending class always need to be a priority.

5. Prepare meals ahead of time. An athlete's nutritional needs are very different from the average student. Without a solid nutrition program, the athlete can compromise their health and become prone to injury or illness during the sports season. Prepare and freeze meals ahead of time so the athlete always has something healthy and nutritious to eat at meal time. Save time by packing a lunch the night before. Stock the fridge or freezer with healthy snacks so the athlete gets the nutrition they need for their active lifestyle.

Written by Sabah Karimi, Yahoo! Contributor Network on Wednesday, November 2, 2011

On Doing Less.....a story

Once upon a time, in a swimming pool in the far north, near the arctic circle in upstate New York, I learned a lesson. There was a lane we called "the national team". Some of these 8 or 9 bodies had national cuts and others just aspired to have the national cuts, and were close. They all thought they were special. They came early, they stayed later, they were "the National Team".

They weren't the only ones I had in the pool during this time, and I moved from group to group, so periodically, I'd pass them by and say something like "Nice Job. You guys are working hard, keep it up, Good Work". They improved when they went to swim meets and swam faster and faster.

One day as I walked past, I heard Lynn Scully say to Amy Richards, "hey, cut me some slack here, slow down, I can't go that hard right now." (for purposes of full disclosure, Lynn is a male, Amy a female) Amy looked at him in a quizzical way, and went hard again. I ignored it and walked away.

The next day, I walked past, said "good job, Good



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work, makin' progress". Lynn and two other male swimmers didn't look me in the eye. Later in that practice, I heard Pete say, "Amy, I'm dyin' here, give me a break hey?" and heard Lynn chime in, "Yeah, no need to go this hard". And a third male say "Crap Amy, you're makin' us all work too hard to keep up with you!"

Amy slapped her hands on the water with frustration, gave up, stepped aside and moved to the middle of the lane to let Pete lead.

Our nationals Sucked.

I learned from this that we can be two kinds of people....the kind that encourages everyone around us to work hard and achieve more, or we can be the kind that says *"we don't have to work that hard to achieve more"*. We each of us have both people within us. And everyone who has ever coached or ever swum or ever competed knows this is the truth.

If just one person backs off, it lets the next weakest person do likewise. Its a disease, and it spreads fast.

After that lesson, I always paid attention to the "lane talk" in workouts. And I'd talk to my teams about how to encourage each other to be achievers and how no one person in the group can achieve more than the group aspires to achieve. The group has got to get it right, and none can have the attitude that says *"we don't have to work that hard"*.

And if they didn't want to be their personal best selves, they didn't want to train with me. They could train somewhere else and float through with some other coach. Life, and this sport, does not reward those who "float through"...it rewards those that enjoy the work for its own sake.

I would say for awhile that I was "amazed" at how much satisfaction the swimmers took from encouraging each other to do more than they thought was possible.

Now, I look back and know it was not amazing at all. It was normal. Because, you see, we can all chose to be the person who says *"lets do less"* or the person who says *"lets swim faster"*. And once the team decides to only accept the positive input, there is nothing amazing about it. Its normal.

Since 1974, that experience left an indelible mark on me. It marked me with the knowledge that just one person who thinks they can "do less" can ruin a team, or a group, or an office, because we all have the capacity to sink, or to rise to leadership.

Think about that when your team is swimming up and down that lane.

Written by John Leonard. John is currently the Executive Director of the American Swim Coaches Association and the head coach of a swim club in Florida.

REMINDERS

We have been reminded from the HS staff that we need to make sure to keep to the pool area. If you are waiting for your child to be done with swimming AND you have other children that are not swimming, please make sure that all children you are responsible for stay either in the stands or in the hall outside of the pool area. NO CPSC members are allowed to use the fieldhouse without the permission of the HS administration. We do not have permission to be utilizing any other parts of the HS facility other than the pool. Thank you for your help with this!

MEET SIGN UPS:

Once the meet deadlines pass, no changes can be made to the entry of the meets. Please make sure to check to see if you have signed up your swimmer(s) PRIOR to the deadlines for each meet. You can always change your commitment to meets PRIOR to deadlines passing. Make sure you know when these deadlines are as they are emailed to each member when the meets are posted on the website. If you have problems locating the deadlines, please contact the office or see Coach John after practices to help you with this.

SWIM-A-THON:

Information was emailed out about the upcoming Swim-a-thon to each member. Please try to start as soon as possible in raising funds for this. It is the club's only fundraiser for the season. This helps us to keep swimming at CPSC one of the lowest costing, professional run, youth sports programs in the state of Indiana. There are forms that were placed in each families mailbox to record the swimmers pledges. There is also a link on the website that you can set up accounts for each of your swimmers so people from out of town can send pledges.

TOP DOGS for the Meets



What an amazing start to our 2012-2013 Winter Season!!

Lyon's Pride Invitational - **SidneyAnne Hamelin** - 11.92 second average time drop. 57.14% team best times.

CPSC vs DUNE 11 & Over Dual - **Nathan Cook** - 8.93 second average time drop. 68.75% team best times.

CPSC vs DUNE 10 & Under Dual - **Ellie Lockhart** - 16.51 second average time drop. 88.24% team best times.

CPSC Fall SYOA Invitational - **Ashu Anand** - 23.86 second average time drop. 64.54% team best times.

Through the first four meets of the season, the team posted a 69.67% average 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-

2012 Club Sponsors

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