

In The Dawg House

"Normal People Don't Do Deliberate Practice"

Guy Edson, ASCA Staff

First of all, there is nothing wrong with being "normal"--- it's just that in athletics, and in scholarship, and in arts, and in business, and in charity, and in faith, and in relationships we take note of the EXTRA-ordinary person, sometimes with a bit of envy, but more often with a big smile, being happy for the person and what they have been able to accomplish. What sets apart the normal from the extra-ordinary is oftentimes the result of deliberate practice.

Psychologist K. Anders Ericsson, a professor of Psychology at Florida State University, has been a pioneer in researching deliberate practice and what it means. According to Ericsson: "People believe that because expert performance is qualitatively different from normal performance the expert performer must be endowed with characteristics qualitatively different from those of normal adults... We agree that expert performance is qualitatively different from normal performance and even that expert performers have characteristics and abilities that are qualitatively different from or at least outside the range of those of normal adults. However, we deny that these differences are immutable, that is, due to innate talent. ...we argue that the differences between expert performers and normal adults reflect a life-long period of deliberate effort to improve performance in a specific domain."

"deliberate effort"

One of Ericsson's core findings is that how expert one becomes at a skill has more to do with how one practices than with merely performing a skill a large number of times. An expert breaks down the skills that are required to be expert and focuses on improving those skill chunks during practice or day-to-day activities, often paired with immediate coaching feedback.

One time I said to our senior team, "We are now going to do 39 turns and in between each turn you have about 18 yards of swimming for deliberate,

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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.



“ Normal People Don’t Do Deliberate Practice” (cont.)

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and conscious thought to evaluate your turn and make an adjustment for the next one.” Most just swam a 1000 free.

Swimming is sometimes too coach dominated taking away the opportunity for the athletes to connect the dots on their own. Counsilman said, During the initial learning stage the person much use the higher centers of his brain (the cerebral cortex) to perform the movement. He literally thinks out his task.”

“THINKS OUT THE TASK.”

Over the years I have had a handful of swimmers who deliberately practiced. They often

get in the water early or stay late. They try new things. They’re conscious. They show me things and they ask questions. They remind me of great basketball players who go to the gym for a few hours when no one else is around and practice deliberate hoop shooting.

Sorry to say that for most swimmers it’s just “swim a thousand free.” But for the extraordinary ones it’s, “39 deliberate turns, thinking and evaluating.” Ready go.”

Guy Edson has been on staff of the American Swimming Coaches Association since 1988 and is a part time swimming coach with a local club team.

SwimFest Success....CPSC Finishes 5th



TOP ROW: Mitch Lippy, Joel Gintzler, Mikki Wood, Hannah Schuster, Holly Schuster, Aly Tetzloff, Sumiyah Ahmad, Hannah Raspopovich, Liz Markiewicz, Racheal Bukowski, Connor Wood, Casey Hooker.

MIDDLE ROW: MacKenzie Artim, Joey Karczewski, Paige Frederick, Anna McCormick, Kelsi Artim, Hannah Kukuryga, Darian Low, Jake Hektoen, Greg Logothetis, Cara Hubster, Christian Mikrut, Evan Holland, Sydney Bustos, Caroline Kruit, Anja Nuet

FRONT ROW: Kaitlin Gardner, MacKenzie Hatke, Bri Tetzloff, Jordan Artim, Ryan Kozlowski, Alex McCormick, Adam Nieman, Michael Holland.

NOT PICTURED: Danny Beyeler

Indianapolis, IN - After finishing 2nd at the NW Indiana Swim Conference Championships on July 13-15, the Crown Point Swim

Club once again come out on top for region teams and 5th place overall at the State Championships, held July 26-29, behind four teams with nearly double the number of swimmers in the meet.

"We had the best season that I have ever had as a coach," said Head Coach John Krick. "Every single one of our kids had amazing performances throughout this season and it all came together right when we needed it to." With 82 teams entered into the State Championships, this season's meet was a combined meet with the Senior club swimmers and Age Group club swimmers scoring together for an overall team total. "It was set up to celebrate and honor the Olympic spirit and I really

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think that it achieved its purpose of bringing everyone together to get the best meet possible. It was fast!"

CPSC swimmers (per point) out swam the top 15 teams in the state but was just outnumbered to being able to take the state title. 50% of the CPSC swims were best times, with 18 individual long course team records broken, 12 relay long course records broken, 8 runner up finishes, 4 individual state champions, 1 meet record, 1 state record, 8 Junior National cuts achieved, 1 National Bonus cut achieved, and 1 Olympic Trials cut achieved. "This is so amazing for our kids. I am so very happy for them with all their hard work and dedication....it really paid off. All of our different age group levels have attributed to this success, even the kids that didn't qualify for these championship meets, they played a major role in our success. And they'll be the ones standing up on those podiums in the future receiving their medals," said Coach Krick.

Runner up finishers for CPSC were: Jordan Artim in the 10 & Under Girls 50 Breaststroke, Kelsi Artim in the 13-14 Girls 100 Breaststroke, MacKenzie Hatke in the 10 & Under Girls 100 Breaststroke, Casey Hooker in the Senior Boys 100 Butterfly, Hannah Kukurugya in the 13-14 Girls 200 Freestyle, 400 Freestyle, and 100 Butterfly, and Aly Tetzloff in the Senior Girls 100 Backstroke and 200 Individual Medley.

State Champions for CPSC were: Hannah Kukurugya in the 13-14 Girls 400 Individual Medley and 200 Butterfly, and Aly Tetzloff in the Senior Girls 50 Freestyle and 100 Butterfly.

CPSC qualified and additional 8 swims for individuals for the Central Zone Championships that were hosted in Columbus, Indiana one week later. Jordan Artim, Kelsi Artim, MacKenzie Hatke, Joey Karczewski, Greg Logothetis, Darian Low, Alex McCormick, and Christian Mikrut all helped Team Indiana on to take the team Champion title against 6 other states. Greg Logothetis had CPSC's highest finish taking 7th in the 13-14 boys 200 Breaststroke and Alex McCormick broke a 21 year old team record in the boys 10 & Under 100 Backstroke.

Three of CPSC's swimmers helped to break the team onto the national level. Casey Hooker achieved a National bonus cut in the 100 Butterfly. Hannah Kukurugya achieved her Junior National cut in the 100 Butterfly and her Junior National bonus cut in the 200 Freestyle, 400 Freestyle, and 200 Butterfly. Aly Tetzloff achieved her Junior National cut in the 50 Freestyle, 100 Backstroke, and 200 Individual Medley. These three became only the 4th, 5th, and 6th swimmers from the Crown Point Swim Club to achieve national cuts in the team's 45 year history. Aly Tetzloff finished her season off becoming Crown Point Swim Club's first Olympic Trial qualifier in the 100 Butterfly.



Dr. Goldberg Follow Up Success



For those that took advantage of the amazing presentation put on by Dr. Alan Goldberg, please make sure to continue following Dr. Goldberg's advice as well as all his updates to his website, www.competitivedge.com. There are products that you can purchase, a free newsletter subscription, free online resources, and sports psychology services. His advice was invaluable and something that will help us all reach a whole other level of performance. Help your swimmers continue on the successful path they have started by utilizing these great tools!

Summer Banquet Award Winners



Aly Tetzloff - The Spirit of Excellence



Cara Hubster - True Spirit of Sportsmanship



Top Performers of the Season:

Katilin Phillips, Christian Mikrut,
SidneyAnne Hamelin

Not Pictured: Grace Mikrut & Nick
Huls



Most Improved Swimmers:

Aiden Duerig, Joe Sullivan, Greg
Logothetis, & MacKenzie Hatke

Not Pictured: Mitch Lippy



Dedicated Dogs (80% Attendance or better)

Morgan Hegyi, Grace Mikrut, Christian
Mikrut, Sumaiyah Ahmad, & Eliz Nuet
were tops.

Academic All-Bulldog Team:

A/B Honor Roll

Santo Jann, Morgan Hegyi, Karina Snoddy, Ava Hubster, Madalyn Molnar, Zach Molnar, Jake Hekoten, Sydney Bustos, and MacKenzie Hatke

A Honor Roll

Connor Clark, Cara Hubster, Katie Krick, Rachel Krick, Sarah Krick, Darian Low, Rebekah Lecther, Alex McCormick, Anna McCormick, Evan Holland, Michael Holland, Ryan Kozlowski

REMINDERS

SWIM MEET SIGN UPS

Please remember that there are deadlines for every meet sign up on our schedule. It is the responsibility of the parents to make sure they sign up their swimmers **PRIOR** to the deadline passing. I will not be able to add your swimmer to a swim meet if the deadline passes. That does include our home meets as well. If you do not sign them up prior to the deadline, they will not be able to swim in the meet. **NO EXCEPTIONS!**

OBSERVING PRACTICES

Just a quick reminder.....it is **VERY** important to your swim-

mer's progress and the coaching staff effectiveness that if you are staying to watch / observe swim practices that you do not interfere with the instruction that is going on or try to get your child's attention during the practices to tell them things. The only exception for this is if they have to leave early.

PARENTS ON DECK

Just so everyone understands, parent are not allowed on deck at any time during practices or away swim meets. Parents are only allowed on deck during a home meet if they are volunteering in a role that needs them to be on

deck. If a parent violates this policy, they are putting the club at risk of losing it's insurance.

Please do not come on deck during practices.

If you need to meet with a coach for some reason, after practices are over, please ask them (from the stands) to meet you out in the hallway to discuss whatever it is you need to discuss.

If you have any questions about this policy, please contact Coach John at 219-838-3294 Monday through Friday from 9am - 4pm.

Thank you for your help!

TOP DOGS for the Championship Meets



FRST Invitational - **Christian Mikrut** - 13.62 second average time drop

Munster Summer Invitational - **Christian Mikrut** - 16.05 second average time drop

NWISC Summer Championship - **Madalyn Molnar** - 10.28 second average time drop

SwimFest State Championship - **Hannah Schuster** - 7.09 second average time drop

To finish off the season, the team posted 49.70% best times. The swimmers took 2nd at Conference, 5th at the State Championships, 2 swimmers qualified for USA Swimming Junior Nationals, 1 swimmer finished ranked in the top 15 nationally in the 100 & 200 Fly, and 1 swimmer achieve the club's first Olympic trial cuts in club history.

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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