

Good Afternoon,

Thank you all for coming. I have a several important points I want to cover then I will open it up for any questions you may have.

First, what does it mean for the swim team now that we are part of the Coppermine organization. Coppermine is committed to keeping this swim team here. They are committed to growing this team and that is good news for us. They have several Summer pools where they want to have lesson programs feeding into our team. They have lessons at Timonium, the former ACAC location that was originally the Maryland Athletic Club or MAC, that they want to point to our team. And if we get too big for this location in the Fall Winter & Spring, we can have a group move to that location. And they are committed to keeping us the Ducks.

For those new to the team, the question may be “Why a Duck?” When the man who built Meadowbrook in the Spring of 1930, George Morris, he purchased the land from the Mt. Vernon Woodberry Cotton Duck company, which owned most of the land bordered on the east by the Jones Falls stream and the North Central Railroad – now the light rail tracks on the western border. The

stone & brick cotton mill up the road was part of the Mt. Vernon-Woodberry Cotton Duck Corporation, and even though it ceased operation as a cotton mill in 1913 and was sold in 1918 to the Md. Bolt & Forge Company, later the Maryland Bolt & Nut Company, Mt. Vernon Woodberry still owned this land. As you might surmise, I am a bit of a history nerd! In fact, I am writing a book about this area and have completed 233 pages so far.

In the course of researching this area, a big part of the story is about the Mt. Washington Lacrosse Club, which played on the field just to our south. Prior to 1958, when the Jones Falls Expressway was built, the field ran right up to the railroad tracks and the original field and clubhouse is now under the expressway and Meadowbrook's parking lot. So, I learned a lot about lacrosse and doing things the Mt. Washington way. Which reminded me of two current teams, the Orioles and the Ravens. We often hear about the "Oriole Way" and likewise how someone "Plays like a Raven." But, I have never heard anyone explain what those phrases meant. Well, just three nights ago, the night after Brooks Robinson passed away, Jim Palmer was on TV calling the Orioles vs Washington Nationals. Jim Palmer related his first venture in the minor leagues for the Aberdeen

Pheasants (South Dakota, not Harford County) which, even though in South Dakota was part of the Orioles Farm system, where his manager was none other than Cal Ripken, Senior. Ripken mentioned the “Oriole Way” to young Palmer, who asked what that meant. Here is what Palmer recounted Ripken telling him:

Come to the ballpark on time.

Be prepared to get better every day.

Have a work ethic second to none.

Have fun by winning.

Support each other.

Finally, there is no such thing as a shortcut.

Through the wonders of modern technology, I was able to pause the broadcast and rewind to where Palmer started and write it all down.

So much of that is applicable to swimming. In fact, it reminded me a lot of our Code, which is on our website:

Respect and **trust** your teammates.

Have a **positive** impact on someone else.

Own your successes and your failures.

Be **honest** with yourself and others.

Train like a **champion**.

I like to think of this as the “Meadowbrook Way”

I hope you notice that the first four have nothing to do with water! What we are doing here is building good swimmers, but we also want to build good people.

Toward that end, we are still missing quite a few families' Code of Conduct forms. We have extra here if you have yet to turn yours in, we'd like to get that done today if possible. Also, a note on USA Swimming Registration. If you are a new family and have not yet registered your swimmers (s), you need to go to USASWIMMING.ORG, create an account with YOUR name in the SWIMS database, then you can register your swimmer. Do not register yourself! But step one is creating your family portal in the SWIMS database. Once your account is created, you can register your child as a PREMIUM ATHLETE.

Expectations

High achievement always takes place in the framework of high expectations

– Charles Kettering

Meadowbrook Swim Team expects to operate a professional, safe, and transparent organization.

Meadowbrook Swim Team is a club member of USA Swimming, the National Governing Body for amateur competitive swimming in the United States. At its headquarters office, located at the Olympic Training Center in Colorado Springs, Colorado, USA Swimming staff interact with 59 Local Swimming Committees (LSC's), athletes, coaches and volunteers at all levels to provide a variety of services to 300,000 registered athletes, 25,000 non-athletes and 3,000 swim clubs. Meadowbrook is in the Maryland LSC, which is composed of all of the counties in the state, as well as Baltimore City, with the exception of Montgomery and Prince George's counties. The Meadowbrook Swim Team is a program offered by Coppermine Meadowbrook Club.

Meadowbrook Swim Team expects to create a program of physical and physiological development of athletes in the sport of competitive swimming. Our goal is to help athletes lay down a solid foundation of technique and sport specific skills that will be applicable for the remainder of their career. Through feedback and well taught drills, all swimmers will be exposed to proper

stroke mechanics. This will allow athletes to swim with proper technique for the rest of their lives and mitigate the chances of injury. Our team aims to further reduce the chances of injury by tailoring our practices to favor quality over quantity. Our training is designed to build athlete precision and endurance to stimulate physiological changes.

Meadowbrook Swim Team expects to emphasize the mental training of our athletes. We expect athletes to approach the sport daily with gratitude and humility for the opportunities which await them at every practice. Practice mindset begins before entering the building. A positive attitude, an eagerness to learn, and a willingness to believe they are capable of great success are the hallmarks of champions in sport and in life. We will encourage swimmers to aim for goals that require not just hard work, but creative imagination as well. Our program will emphasize visualization and mental rehearsal techniques to ensure our athletes are excited for success, not surprised by it. I will come back to this mental training in a bit.

Meadowbrook Swim Team expects all swimmers to encourage their teammates and support their efforts in and out of the pool. We seek to create a supportive

environment in which swimmers can flourish and a place where they enjoy spending time. We encourage good sportsmanship, respect for others, and respect for the facility and equipment. We expect Meadowbrook swimmers to model good behavior towards each other, coaches, opponents and officials. We expect our athletes to pay attention to hidden training areas of nutrition, hydration, and adequate rest. Our program will encourage pride in our team, pride in our club's history and pride in one's own and each other's achievements.

Meadowbrook Swim Team expects swimmers' parents to play a vital role in the success of our team. Both coaches and parents wish to see the swimmer grow as a person from their experiences in the program and reach their potential as an athlete. One of the greatest lessons of swimming is learning the concept of delayed gratification. It takes a great deal of patience to be a swimmer, a swim coach, and a swim parent. The coach's job is to help guide the swimmer through their career by offering advice on every aspect of their swimming including goal setting, managing expectations, and decision making. The parent's role is to support the effort of the swimmer, get them to practice on time, and help them make healthy nutritional choices and volunteer at meets when needed.

We ask the parents to trust our judgment in matters regarding meet selection, entry choices, and group placement.

This year, each of the four practice groups have a word, chosen by the coaches, for each group to hold in the front of their mind. For Chesapeake II, the word is EXCELLENCE. I quoted the great football coach Vince Lombardi when explaining this choice to the swimmers, “Perfection is not attainable, but if we chase perfection, we can catch excellence.”

That word is in our mission statement, which you also can find on our website:

Meadowbrook Swim Team creates an atmosphere of opportunity and encouragement in competitive swimming which develops mental discipline, honesty, and teamwork in the pursuit of excellence.

Excellence in swimming is only part of the pursuit of excellence across the board, at home, in school, in your relationships. When you do not expect excellence, you wind up celebrating mediocrity. One coach I worked with put it best, you cannot put muddy water and clean water

in the same bucket and tell them to stay away from each other. Where excellence is optional, it will eventually be proscribed. That quote is my own!

To talk about Chesapeake I, I will let Coach Mary explain:

For Potomac we chose the word DETAILS. Another quote, this one from Joe Paterno:

“Sloppiness is a disease, no one ever built a great organization just worrying about the big things. It’s the little things that give you the edge.”

By now most swimmers in Potomac have the big things, four strokes, starts and turns and finishes. Now it is the little details, the hidden training I mentioned before, hydration, nutrition and adequate rest. It’s head position, hip rotation, body undulation in fly and breast, acceleration through each stroke, breath control, six beat kicking....I could go on. If you pay attention to the little things, it makes a huge difference.

George Haines Story. In 2000 Coach Mark Schubert was named Head Coach for Team USA going into the Sydney Olympics. He reached out to every living former Olympic Swimming coach to ask them for advice. The only one who replied was George Haines.

“Mark, I don’t care how good you think your swimmers are, how good they think they are, or how good they really are, Keep teaching the basics, keep teaching them how to do the little things right. Don’t overlook the little things.” Schubert later admitted it was the best coaching advice he had ever gotten.

Coach Deanna will talk about Susquehanna’s choice:

I said I would come back to Mental Training:

Cherokee Indian Grandfather/Grandson story.

A Conversation between Grandfather & Grandson

“I have a fight going on in me,” the old man said. “It’s taking place between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.”

The grandfather looked at the grandson and went on.

“The other embodies positive emotions. He is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. Both wolves are fighting to the death. The same fight is going on inside you and every other person, too.”

**The grandson took a moment to reflect on this.
At last, he looked up at his grandfather and asked,
“Which wolf will win?”**

**The old Cherokee gave a simple reply.
“The one you feed.”**

The following is from a talk I gave the Chesapeake II swimmers last January. We talked about how much of success in this sport is physical and how much is mental. 50/50. 40/60, 30-70? I don't know the answer but I believe the higher ratio is on the mental side. But how much mental training do we do? Not nearly enough.

168 hours in a week.

63 hours sleeping (9 hours a night x 7 days).

105 hours remaining.

10.5 hours a week in the pool plus 1.5 hours dryland is a total of 12 hours.

93 hours a week remaining.

IF you could spend 35 minutes a day training mentally, it would be over four hours a week.

10 minutes in the morning (in the shower, using the bathroom, on the way to school, doesn't have to be 10 in a row, 4 here, 6 here, 5 there etc)

10 minutes in school (during a free period, at lunch, in the hallway, locker room for gym, library.)

8 minutes or more on the way to practice

7 minutes remaining. (eating dinner, before bed, in bed, nothing wrong with falling asleep creatively imagining swimming success!

Is it going to be easy....not likely, you will have to fight off the distractions. It will be difficult, but nothing difficult was ever easy. You will be distracted, a lot at first. You will question the worth of doing what you are doing. All of this is RESISTANCE...it's the evil wolf battling the good wolf....which one will you feed? The bigger the dream, the bigger the RESISTANCE. (*The War of Art* by Steven Pressfield)

Mindset.

Practice mindset begins before you enter the pool. What am I going to change today? My turns? My head position in butterfly? Choose one goal per practice.

Best times in practice, why are we waiting for a meet?

Do I really need a tech suit to swim a best time? Do I really need to be shaved to perform at my highest level?

Avoid the “It doesn’t matter” attitude. Little things add up to big things.

Some quotes:

- Even the most tedious chore will become endurable as you parade through each day convinced that every task, no matter how menial or boring, brings you closer to fulfilling your dreams.
- Don't be afraid of change...change is progress, moving forward, challenging habits, habits of the body and habits of the mind!
- Visualize this thing you want. See it, feel it, believe in it. Make your mental blueprint and begin.
- Your greatest challenge isn't someone else. It's the aching in your lungs and the burning in your legs and the voice inside you that yells "Can't!". But you don't listen. You push harder and hear the voice that whispers "Can". And you realize that the person you thought you were is no match for the one you really are."

- All people dream: But not equally. Those who dream by night in the dusty recess of their minds wake in the day to find it was vanity: But the dreamers of the day are dangerous for they may act their dreams with open eyes, to make it possible.

Clear a space in your mind for CREATIVE IMAGINATION. Cut loose the ropes pulling you back, fear of failure, fear of success, fear of disappointment, fear of letting someone down, negative self-talk, self limitation. What did all the angels say, Do not be afraid!

In Catholic Sacramental Theology, 3 elements must be present for a sacrament to be valid, matter, form and intent. Matter (Water), Form (Stroke) Intent (Dreams/Goals) Figure out how to manipulate the first two to produce the 3rd.

Mikaela Shiffrin is the greatest American skier of all time, men or women.

When she arrived at her first Olympics in 2014 in Sochi, she was 18 and already a defending world champion. She did a press conference her first day and the NYT reporter wrote this the next day:

“For someone less than a year removed from high school graduation, Shiffrin was remarkably poised Saturday as she met the international news media. She said that was because she had planned for the moment, and for skiing in the Olympics.

"I envisioned your questions," she said to reporters. "I wrote down the answers in my notebook. I've envisioned this moment for quite a while. I've envisioned myself on the top step of the podium and on the third step of the podium. I've envisioned myself crashing, and I know what mistake I've made in my head.

"It takes a lot of courage to see yourself at the Olympics - to be able to see that in your head and then brush it away. To everybody else, it's my first Olympics, but to me it's my 1,000th."

The next day she went out and won her first Gold Medal.

That is what I mean when I talk about creative imagination. She rehearsed championship skiing in her mind. Our swimmers can do that also.

Great article I put on the website about her background, I encourage you to take a look. It is on the Parent's tab.

There is also an article on Visualization I put up there and later I will put this talk up there as well. And one from the most recent ASCA Coaches magazine on nutrition.

Finally, I want to wrap up by introducing the coaches.

Julia Martiner, who could not be with us today because of a previously scheduled trip.

Thank you all for coming! Any questions from the group?

If not, you can see me one on one or any of the coaches during the cookout.