



## 2011-2012 MEMBER HANDBOOK



**T**ogether **E**veryone **A**chieves **M**ore

**TOGETHER WE WIN!**





# MEMBER HANDBOOK

Created By Debbie Potts, founding coach member of MSJA

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Original 1989 Logo



## ABOUT MSJA

We are a community based USA swim team dedicated to providing swimmers of all abilities the opportunity to be **"the best that they can be."** MSJA Swimmers range from age 5 to college level and we have nine distinct training groups. Since 1989, our home pool has been Ohlone College, in Fremont, California.

Mission San Jose Aquatics was established in 1989 as a competitive swimming program deeply rooted in the values of its founding coaching staff. These values include a love of aquatic sports, a belief that competitive swimming teaches transferable life-skills, and the understanding that a community is held together by its shared devotion to education and commitment to the success of youth.

Our goal is to produce an environment in which everyone can strive to realize the Olympic ideals of hard work, sportsmanship, competition and fitness. Ultimately swimmers will build self-confidence, self-discipline, integrity and courage that will last a lifetime."

Unlike many recreational and competitive sports, success in swimming truly requires a year-round commitment in order to develop skills, manifest physiological change, and master the competitive environment. This level of commitment requires that the swimmer make appropriate lifestyle choices, prioritize and effectively manage their time, and learn to make sacrifices. The sport of competitive swimming teaches young people the relationship between work and results, how to deal with success, set-backs and failures, and the complexities of working cooperatively with others and dealing with constructive criticism, demands, and discipline from an authority figure. All of these skills are highly transferable, and there is considerable evidence that swimmers enjoy more success academically, professionally, and interpersonally than participants in other youth-sport activities.

Our professional coaching staff works with each swimmer in a personal, informative and positive way. Our coaches blend unique stroke drills, age-appropriate training and fun into each practice. Their unique approach to swimming makes MSJA one of the premier swim teams in the country.

Some of our swimmers win gold medals. Some qualify for National Teams and/or All Star Teams. Some earn college scholarships. ***MSJA swimmers of all abilities can experience success*** by improving their technique, times, training habits, race strategies and time management skills. Swimmers win by dedicating and believing in themselves. Swimmers win by setting goals and striving to reach them.

Our year-round swimmers enjoy fun team socials, outings, travel opportunities, and competitions. Our swimmers often become life-long friends. Annually, we celebrate together at our Awards Banquet where we honor the success of each and every athlete.

Swimming is a wholesome, positive activity because no matter where you are in the swimming progression, the sport encompasses the fundamental elements that parents love. At USA Swimming, we believe that the core benefits of swimming include:

- Fun-whether it is the exhilaration of achieving your goal time or playing cards with your friends at a swim meet, we love this sport and stay involved because it is FUN.
- Fitness- swimming keeps its participants in incredible shape and teaches basic FITNESS principles that last a lifetime.
- Friends-ask any swimmer what they like most about the sport, more often than not it will be the friendships they made through car pools to practice, hanging out at the end of the lane, or pushing their buddies to try just a little bit harder at practice.

The enjoyment we experience away from the pool as well as the learning, training, success and fun we have in the pool is what makes our year-round team so special. **On behalf of our coaching staff, I would like to welcome you to the most comprehensive and exciting swim team available to area youngsters, Mission San Jose Aquatics.**

Sincerely,  
*Debbie Potts*  
CEO/Head Coach

## TEAM ACCOMPLISHMENTS

Founded in 1989, MSJA has achieved outstanding success. Consistently MSJA has qualified swimmers for Far Westerns, Age-Group Championships, NCS and CCS High School Championships, Junior Championships, USA Sectionals, The US Open, US National Championships, NCAA's and Olympic Trials. We have won several Zone 2 Championship titles and SBSL Championship. We have placed top 5 at Sectionals, and Far Westerns and our men's team finished 4<sup>th</sup> at USA Jr Nationals in Alaska.

Many MSJA swimmers have achieved high school and collegiate All-American status and many MSJA alumni have accepted scholarships at top swimming collegiate programs across the country.

We have swimmers at every level, from novice to world-class, and we teach thousands of children to swim each year.

Since 1989, Our swimmers have:

- Qualified for the 2012 Olympic Trials
- Placed at the 2000, 2004 and 2008 Olympic Trials
- Won gold at the Olympic Festival (Paris)
- Ranked first in the Nation
- Set Pacific, National, and Canadian Records
- Ranked top 10 in the Nation
- Won gold at Nationals and Junior Nationals
- Won 9 NCS (North Coast Section High School Championships) and 3 CCS (Central Coast Section High School Championships)
- Won 10 National Stroke Championship titles by the American Swim Coaches Assoc.
- Won 4 National Stroke Championship team titles by the American Swim Coaches Assoc.
- Placed Top 8 at USA Nationals, US Open, Junior Nationals and USA Sectionals
- Placed 1<sup>st</sup> at the Far Western Championships
- Won High Point Awards at the Far Western Championships
- Earned 414 National Age Group Rankings
- Earned spots on USA Swimming's National Camps and Diversity Camps held at the Olympic Training Center in Colorado Springs
- Named to the High School All American Team (Both Public and Private schools)
- Achieved USA Swimming's Scholastic All American Team Honors
- And our swimmers have received college scholarships

Through our program, young athletes learn the value of hard work, commitment, discipline, time-management and teamwork. We believe these life-long skills have helped lead our swimmers, to outstanding success in college and on to great careers. Our swimmers have gone on to be doctors, dentists, child psychologists, lawyers, accountants, teachers, USA Club and College Coaches, fashion designers, police officers, and nurses, just to name a few of the careers, our swimmers have chosen.

***MSJA's accomplishments attest to the efforts and dedication of the swimmers, parents and coaching staff.***

## **MSJA TEAM STRUCTURE**

MSJA offers a "progressive" age group program designed to develop each swimmer physically and emotionally. On the beginning levels, technique is the top priority and as the swimmer matures, more emphasis is placed on training. The following describes our training groups:

### **Precompetitive**

MSJA's Precompetitive group is designed for our station 6 and station 7 SwimAmerica™ Students between the ages of 5-8, and/or to students coming out of other swim lesson programs who are able to tread water for a minimum of thirty seconds, and swim 25 yards of freestyle with side breathing and 25 yards of backstroke. The goals of this group include: To enjoy the water and become very comfortable in the water; To easily tread water for 1 minute; Demonstrate the ability to comfortably swim freestyle, and roll onto his/her back and swim backstroke; To learn proper Breaststroke Kick and Breaststroke, as well as dolphin kick, and Basic 1 arm Butterfly Drills, as well as an introduction to Butterfly. This group is offered three 45 minute practices each week.

### **Bronze**

Our Bronze Group is designed for Swimmers ages 7-10, who have mastered the basics of freestyle and backstroke, and have a basic understanding of breaststroke and butterfly. These groups are offered four one-hour practices per week. Daily training emphasis is placed on improving competitive swimming skills. This includes: Streamlining, Learning proper body positions, Sculling drills to enhance over all feel for the water; Drills and technical training designed to develop and refine each of the four competitive strokes, and important competitive skills including starts, turns, and finishes. Swimmers in these groups are also introduced to age-appropriate training that includes aerobic and anaerobic short swim sets. Training games are used within the weekly training cycle, as a reward for hard work, for team building, and for FUN! To meet the needs of our working parents, we have two Bronze Groups, with the early group practicing from 4:30-5:30PM and the late group practicing from 5:30-6:30PM.

### **Silver**

Our Silver Group is designed for experienced 9-10 year olds, who have mastered the basics of all four competitive strokes, and are able to do a flip turn and racing dives. Silver Swimmers have competitive swim team experience, through MSJA, Summer League Swimming, or from another USA Swim Team This group includes Pacific Swimming "B" level swimmers who are working toward Pacific Swimming "A Time Standards". Practices are designed to improve overall efficiency in the areas of technique, endurance, speed, and race strategies. Challenges and other structured events encourage and teach team spirit, good sportsmanship, and overall teamwork. Competitions are required to remain in this group. Upon reaching A Time Standards in multiple events, swimmers will be considered for promotion to the Gold Group.

### **Gold**

Our Gold Group is designed for experienced swimmers ages 9-12, who have demonstrated a commitment to swimming as a competitive sport. Swimmers in this group are mostly "A" level swimmers and/or are very close to reaching Junior Olympic Standards. Practices are designed to improve overall efficiency in the areas of technique, endurance, speed, and race strategies. Participation in swim meets is required. Once swimmers have demonstrated a 90% or greater, commitment level, reached JO standards and/or demonstrate a "readiness in their training", they will be considered for promotion to the Elite Group. In some cases, a cross-over move to our Junior Group or Varsity Group is also appropriate.

### **Junior**

Junior Group swimmers are typically 12-17 year old athletes. Most are newer members to year round swimming or are committed to other activities in addition to swimming. Workouts are designed to challenge swimmers in both technique and training, with an emphasis placed on aerobic and sprint training. Participation is required at MSJA Hosted Meets, Zone 2 Championships, SBSL Championships, and at least 3 additional meets during the season. Swimmers who show the desire, work ethic, and talent level necessary for one of our upper groups will be considered for promotions to our Elite and/or Varsity Group.

### **Elite**

The top level of our age group program, our Elite group is for skilled and experienced "Junior Olympic" age group swimmers, ages 9-14, who understand the concept that practice attendance and practice performance contribute directly to swim meet success. Stroke technique and cycle training prepare this group for local, regional and state-wide competition. Swimmers compete at required meets with the goal of achieving "Far Westerns" through "Sectional" Time Standards. Group emphasis is on the setting and achievement of athlete's individual goals. This group is designed with the intention of providing the curriculum and atmosphere necessary to foster the transition from Age-Group Swimming to Senior Level Swimming. There are numerous factors involved when considering a promotion to the senior group: The length of time the swimmer has been in the group; Their overall technical efficiency; Their commitment level to swimming as their single sport; Their overall fitness level; Their qualifying standards (Senior level meets); Etc. In some cases, a cross-over move to the Varsity Group will better suit swimmers who may try multiple sports (water polo plus swimming, Cross County plus swimming, etc.), or are simply not sure if they can make the commitment level to senior swimming.



### Varsity

This group is designed for the multi-sport high school swimmer who is preparing to excel in high school swimming and at local USA swim meets. High School Swimming is becoming increasingly faster, and the swimmers that take advantage of off-season practices are better prepared to succeed in the spring. Training emphasis is on technique, aerobic development, and race preparation. Swimmers are instructed in each of the four competitive strokes, and starts, turns and finishes, in a positive, friendly atmosphere, emphasizing drills, technique, and speed sets... the key to the success of high school swimmers. This is the only group within our team structure, who will be accepted on a 3 month basis: September-November; December to February, and May to August (May 14, 2012-August 16, 2012). Varsity group swimmers can join on a 3 month basis and pay quarterly or on a year-round basis, and pay monthly. Swimmers will be offered 5-6 practices per week. Participation at the Zone 2 Championships and SBSL Championships is required. Varsity swimmers are also encouraged to participate in C/B/A+ Level swim meets throughout the season. Varsity Swimmers will be encouraged to work towards becoming part of our Senior Group.

### Senior Group

This group is designed for committed, skilled and experienced, "Q level" swimmers, ages 13 and up. By the time swimmers reach the senior level, they should have developed a basic understanding of the attributes required for peak performance. Senior swimmers are required to commit to 80% (minimum) of all practices. A systematic, progressive, seasonal training plan helps to prepare swimmers in this group for local and regional competitions.

Swimmers are split into Senior 1 and Senior 2. The major difference between Senior 1 and Senior 2 is the number of practices offered. Senior 1 is typically 8<sup>th</sup> grade girls and 9<sup>th</sup> grade boys, or swimmers being introduced to senior level training. These swimmers start with 7 workouts per week, which include one school week morning, Saturday morning and 5 evening practices. As the swimmer matures, he/she is advanced to Senior 2 and eight workouts per week. Those who meet the attendance requirements (80%) and appropriate qualifying standards will be invited to attend travel meets.

### National Group

The National Training Group represents the highest level within the MSJA team structure, and is designed for swimmers who accept a "no limit", "whatever it takes" philosophy. Athletes who possess the necessary desire, talent, skill, and dedication are provided with a specialized program to successfully compete at the state, national and International level of our sport. Swimmers in the National Group are offered 9 practices per week. Swimmers learn about persistence and patience as they tackle quadrennial, annual, seasonal, monthly and daily training plans. National members strive to reach their highest potential with the goal(s) of qualifying for Olympic Trials (for their respective country), Nationals, U.S. Open, Junior Nationals, Grand Prix Meets, All-Star Meets, National Camps and Diversity Camps.

**General Strength training, CrossFit, Dance, Flexibility, Yoga, Nutritional training, Mental Training and Team Building are incorporated into the general training plans for both the Senior and National Groups.**

## **MSJA PRACTICE SCHEDULE**

Included are two "TYPICAL" Practice schedules, one for the "school year" and one for the "summer". Schedules are subject to change due to the following: Conflicts in college swimming and water polo schedules, pool break-downs, weather, space availability, **Holiday Training/Challenge Schedules**, Special Clinics Offered, travel meets, taper schedule and any other situations that may cause us to change times or locations.

Group calendars are posted monthly on our website at swimmsja.net. Click on the SCHEDULES Tab, and you will find Monthly Calendars for every group. Check your monthly schedules for reminders, events and practice times

### **School year Practice Schedule**

<b>Group</b>	<b>MON.</b>	<b>TUES.</b>	<b>WED.</b>	<b>THURS.</b>	<b>FRI.</b>	<b>SAT.</b>
<b>Pre Competitive *</b>		4:30-5:30PM		4:30-5:30PM		
<b>Bronze **</b>	4:00-5:00PM 5:00-6:00PM	4:00-5:00PM 5:00-6:00PM	4:00-5:00PM 5:00-6:00PM	4:00-5:00PM 5:00-6:00PM	No practice	No Practice
<b>Silver ***</b>	4:00-5:30PM	4:00-5:30PM	4:00-5:30PM	4:00-5:30PM	4:00-5:30PM	No Practice
<b>Gold</b>	4:00-5:30PM	4:00-5:30PM	4:00-5:30PM	4:00-5:30PM	4:00-6:00PM	No Practice
<b>Junior</b>	5:30-7:00PM	5:30-7:00PM	5:30-7:00PM	5:30-7:00PM	4:00-5:30PM	No Practice
<b>Elite ****</b>	4:30-6:30PM	4:30-6:30PM	5:15-7:00AM 5:00-7:00PM	4:30-6:30PM	4:00-6:00PM	As Scheduled
<b>Varsity</b>	5:30-7:00PM	5:30-7:00PM	5:30-7:00PM	5:30-7:00PM	4:00-6:00PM	As Scheduled
<b>Senior SR1 (7)</b>	4:00-6:30PM X-Fit/Swim	4:00-6:30PM Swim	5:15-7:00AM X-Fit/Swim 4:00-6:00PM	4:00-6:30PM Swim	4:00-6:00PM	Same as National
<b>Senior SR2 (8)</b>	4:00-6:30PM X-Fit/Swim	4:00-6:30PM Swim	5:15-7:00AM X-Fit/Swim 4:00-6:00PM	4:00-6:30PM Swim	5:15-7:00AM X-Fit/Swim 4:00-6:00PM	Same as National
<b>National (9)</b>	5:15-7:15AM "Swim"  4:00-6:30PM X-Fit/Swim	  4:00-6:30PM Swim	5:15-7:00AM X-Fit/Swim  4:00-6:00PM Swim	  4:00-6:30PM Swim	5:15-7:00AM X-Fit/Swim  4:00-6:00PM	7:00-10:00AM Yoga/Swim

\* MSJA's Pre-Competitive Group will have a maximum of 8 members in the group.

\*\* MSJA's Bronze Members may sign up for the 4:00PM or 5:00PM Start time. A maximum of 15 Bronze members will be allowed in each Bronze Group.

\*\*\* Silver swimmers will train with Coach Erin on Friday's

\*\*\*\* Elite swimmers should check their calendar for Saturday Training and additional Dry-Land Training

## Summer Practice Schedule

Group	MON.	TUES.	WED.	THURS.	FRI.	SAT.
Age Group 1	4:15-5:15PM	4:15-5:15PM	4:15-5:15PM	4:15-5:15PM	No Practice	No Practice
Age Group 2	5:00-6:00PM	5:00-6:00PM	5:00-6:00PM	5:00-6:00PM	No Practice	No Practice
Junior 1/Junior 2	4:30-6:30PM	4:30-6:30PM	4:30-6:30PM	4:30-6:30PM	No Practice	As Scheduled
Varsity Group	4:30-6:30PM	4:30-6:30PM	4:30-6:30PM	4:30-6:30PM	No Practice	No Practice
Elite "B" Mostly A swimmers	4:30-6:30PM	7:00-9:00AM	4:30-6:30PM	7:00-9:00AM	8:00-10:00AM Long Course	No Practice
Elite "A"	6:45-9:00AM Long Course	6:45-9:00AM Short Course	6:45-9:00AM Long Course	6:45-9:00AM Short Course	8:00-10:00AM Long Course	As Scheduled Long Course
SENIOR	7:30-10:00AM	7:00-10:00AM	7:30-10:00AM	7:00-10:00AM	7:30-10:00AM	7:30-10:00AM
NATIONAL	7:30-10:00AM 5:30-7:00PM	7:00-10:00AM	7:30-10:00AM 5:30-7:00PM	7:00-10:00AM	7:30-10:00AM	7:30-10:30AM

## A PROFESSIONAL COACHING STAFF

MSJA is staffed by a group of highly trained professional coaches with a wealth of experience. Led by CEO and Head Coach, Debbie Potts, this group of dedicated coaches is committed to making each swimmer the best they can be. Our professional coaching staff works with each swimmer in a personal, informative, and positive way. Our coaches blend unique stroke drills, age appropriate training and fun into each practice. Their high energy and thoughtfully designed progressive training plans makes MSJA one of the premier swim teams in the country.

Debbie Potts, CEO, and Head Coach

[swimfordeb@msn.com](mailto:swimfordeb@msn.com)

Debbie has been coaching club for 29 years. In 1989, she formed Mission San Jose Aquatics, and she has been coaching there ever since. Debbie's experience, education, vision, energy, enthusiasm, dedication, management skills, creativity, and most of all, her "love" for the sport, has helped MSJA grow considerably. In 19 years, MSJA has grown from a 39-member swim team to a nearly 2,000 member multi-program organization. Currently, MSJA has 175+ swimmers on our year round team. We also have more than 500 swimmers participating on our seasonal teams. In 1996 Debbie became a program director for SwimAmerica. That first year, we taught 311 students to swim in one facility. In fifteen years our summer SwimAmerica 8-week program, has taught over 1400 children how to swim.

Debbie's college education began at Santa Clara University, then CAL, but when forced to pick a more affordable route for her education, she earned her Bachelor's Degree in Liberal Studies with minor in Kinesiology from Cal State Hayward.

Debbie's swimming background includes 13 years of competitive swimming, 6 years of elementary school teaching and 29 years of USA coaching. Debbie first started coaching 10-unders, and then moved on to 9-12 year olds, and for the past 19 years, she has coached senior swimming. She has helped produce World-Ranked Swimmers, Olympic Trial Qualifiers/Finalists, National Age-Group Record Holders, Pacific Record Holders, High School Champions, High School All-Americans, Scholastic All-Americans, Far Western and Western Zone Champions and ASCA National Stroke Champions. In addition her swimmers have won medals at USA Sectionals, Junior Nationals, Senior Nationals, the World Cup, US Open and the Olympic Festival, and placed top 5 at Olympic Trials. In all, she has coached her swimmers to 241 National Reportable Top 16 Individual Rankings, 24 Number 1 Individual rankings and 49 relays have achieved National Rankings with 10 of the relays ranked number 1 in the nation.



Debbie's positive attitude and work ethic has greatly influenced the athletes she works with. Her swimmers have learned the value of hard work, persistence and dedication. Besides coaching the senior group, Debbie is responsible for the overall success and development of the entire aquatic program, which includes, but is not limited to: the hiring of staff, coaches education, staff evaluations, staff meetings, group structure and guidelines, pool scheduling, marketing, meet schedules, travel meets, swimmer's socials, team goals, team budget, fundraising, staff education and publicity. Debbie is also the program director for SwimAmerica and she is responsible for all Seasonal MSJA Teams.

Debbie is an American Swim Coaches Association Level 5 Coach, the highest level you can receive. She has been named one of the USA's top 100 coaches and in addition one of the top 5 teaching coaches in the country. She has written books/articles on training, games and gimmicks, re-directing behavior in children, and she is writing a new book for swim coaches, The Art of Designing Practices in the 21<sup>st</sup> Century. She is a highly sought after sponsored speaker who has spoken at swim clinics across the country showing coaches her training and teaching methods. Debbie is a lifetime Fremont resident who is committed to making MSJA the finest aquatic program for developing young people. Debbie is working countless hours to realize her dream, of building California's first indoor Olympic Swim and Fitness center, which will truly benefit our swimmers, parents and the community.

Izzy Real, VP, Head Age-Group Coach ★ [izzyr1105@msn.com](mailto:izzyr1105@msn.com)

With 35 years of coaching experience, Izzy Real serves as MSJA's COO and Head Age-Group Coach. Izzy coaches the Elite Group.

Izzy began his coaching career with the Newark Swim Club as their Head Coach. He then worked with the Glenmoor Swim Club for 2 years as their Head Age-Group Coach and for 1 year as their Head Senior Coach. He has also worked on the coaching staffs of Bay Area Aquatics and Fremont Swim and Aquatic Club. Before joining MSJA, Izzy was the Head Age-Group Coach for West Coast Aquatics. Izzy joined the MSJA Coaching Staff in 1991 and he has worked with every group on the swim team, ranging from the novice to national level.

Izzy has been an intricate part of MSJA for the past 20 years. His longevity with the program contributes to his outstanding leadership and vision for MSJA's future success. Izzy is sensitive to the needs of each individual swimmer and feels while it is important to work toward team goals, it is equally important to work towards the individual goals of each of his swimmers. There is a mutual respect between Izzy and his swimmers that is unmatched. In his 35 years of coaching, Izzy has learned how to effectively train and prepare his athletes for advancement and competition.

Behind the scenes, Coach Izzy handles several of the administrative duties for MSJA including, accounting, new member sign ups, team video, Zone and Pacific Swimming Representative, Team store and Equipment, and he, too is working behind the scenes to build California's First Olympic Swim Center.

Coach Izzy was nominated for Age-Group Coach of the Year in 2008, 2009 and in 2010 and **he won Age-Group Coach Of The Year In 2010**. Izzy has been selected as a coach member to Pacific All-Star coaching staffs. He has coached National Reportable Top 16 swimmers, National Champions, a National Champion Relay Team, Pacific Reportable Top 10 swimmers, Pacific All-Star's, Western Zone all-stars, Far Western Champions, Western Zone Champions, 4 National Stroke Champions and Pacific Record Holders. In his 35 years of coaching, he has had the pleasure of coaching many of the Mission Valley Athletic Leagues (MVAL) most successful swimmers, many of which have competed and some who still compete at the National and Collegiate level.

Through his natural wit and humor, Izzy has been able to put swimming in the right perspective for his swimmers during those adolescent years when they need the support of someone who understands. Coaching, swimming continues to be a fun experience for him.

Gene Kendall \* Silver Group ★ [gkendall@ohlone.edu](mailto:gkendall@ohlone.edu)

During Gene's extensive coaching career, he has worked with every level from the novice swimmer to collegiate athlete. This 2011-2012 Swim Season, Gene is excited to Coach our Silver Group.

With over 43 years of aquatic experience, Gene brings a wealth of experience to MSJA. Gene's enthusiasm, knowledge, and understanding of the sport are true assets to MSJA. Gene is and will always be a vital and necessary part of the MSJA coaching staff.

Gene earned a Master of Arts degree in Human Performance from St. Mary's College and is currently the Head Swimming and Water Polo coach at Ohlone College, a position he has held for the past 13 years. Gene's extensive background in swimming includes: 15 years of competitive swimming with the Santa Clara Swim Club, 2 years head coach with the Newark Swim Club, 8 years head age-group coach with Fremont Swim and Aquatic Club, 2 years as the Aquatics Director and head senior coach with Bay Area Aquatics, 14 years as the head swim coach at Irvington HS, 9 years as the head coach of Kennedy Seals Summer Team. Gene has coached with MSJA since September, 2000 and has served as Senior Assistant, Junior Coach and Age-Group Coach.

Erin Morgan      Bronze and Junior Group ★ [bobnswim@aol.com](mailto:bobnswim@aol.com)

Erin Morgan has 19 years of swimming and coaching experience. As an age-group swimmer, Erin swam for West Coast Aquatics. Her junior year of high school, she joined Mission San Jose Aquatics, and trained under Coach Debbie. As a high school swimmer, Erin was both a CCS finalist (while swimming for Independence High School) and a NCS finalist (while swimming for Irvington High School). She is a 10 time SBSL High Point Winner, Far Western Champion, Junior National Finalist in multiple events, Senior National Qualifier in the 100 meter Breaststroke, two-time Mission Peak Award recipient, former COA State Record Holder in 100 Breaststroke and two time JC State Swimmer of the Year.

Erin is our Bronze and Junior Group Coach. She is also our SwimAmerica™ Site Supervisor and has been a coach member of Pacific Swimming Elite Camps. Erin is a very good stroke technician, knows how to keep swimmers motivated. She plans on making coaching, personal training, and hopefully, working in the "new swim center" her lifetime career. Her favorite color is pink. She enjoys CrossFit Training, singing, and baking.

Chyna Cho      Gold and Varsity Group

Chyna joined the MSJA Staff in Summer, 2011. Before joining MSJA, Chyna coached for Palo Alto Stanford Aquatics, where she was the Junior Group and Age Group Coach for nearly two years. Before that, she coached at Los Gatos Swim Club for three years.

Chyna's parents were in the Military, so she swam in many places, including Hawaii and Germany. Chyna earned a full swimming scholarship to San Jose State University and she won "Most Valuable Player" her freshman year. Chyna holds several SJSU School records. At SJSU, Chyna studied Kinesiology and is now a Crossfit instructor at Crossfit Milpitas and Crossfit One World. Aside from being a swim coach and Crossfit instructor, Chyna is a highly ranked Crossfit athlete.

## **EXPECTATIONS FOR EVERY MSJA SWIMMER**

MSJA swimmers both enjoy and benefit from the commitment that their families and coaches have made to create the best environment in which swimmers may reach their highest potential. Swimmers too hold an integral part of this responsibility. To just "show up" may mean that the swimmer is missing out on learning and advancement opportunities. Listed are ways to be a responsible MSJA swimmer; thus, get the most from your swimming career.

### **First and foremost, ALWAYS BE SAFE.**

- Do not come on deck until a coach is on deck.
- You **MUST** enter the water feet first unless instructed to dive by the coach.
- Remember the locker room is to be used for showering and changing clothes. Roughhousing and horseplay are dangerous. Pranks against other teammates destroy team moral and can sometime lead to accidental injuries.
- Running, pushing, or horse play on the deck area is also not permitted.
- No one should ever submerge below a pool cover, nor climb on lane line/cover reels.
- Swimmers who are waiting for transportation should always wait inside the pool area, or on the sidewalk near the parking lot adjacent to the pool.
- Persons who seem out of place or unfamiliar and activities of an unsafe, unusual nature should be reported to one of the coaches.

### **Establish goals. Goals lend meaning and purpose to all that you do.**

Picture yourself a winner and go after your goals.

### **Have a positive attitude and show it.**

Learn from your experience and plan ways in which you can get better.

### **Be a good teammate.**

Treat all team members with respect, understanding and kindness. Refrain from judging or criticizing others. Do not discuss individuals when they are not in your presence. Always treat others like you wish to be treated. Compliment others on their achievements. Encourage those who need a lift. Be supportive.

### **Attend practice on a regular basis.**

Develop good time management skills so you can balance your school, family and swimming.

### **Be on time and have all your appropriate equipment with you**

Arrive to practice allowing enough time to begin on time. Have all your equipment so you can benefit from each training set.

### **Have fun and work hard.**

Be committed to your best effort every day. Remember Hard Work + Fun = Success.

### **Create a positive training and competition environment.**

Be a leader. Help to create a positive flow of energy among your lane/group, by giving each practice and race your best effort *for the day*. Be dedicated and loyal to your teammates. Be vocally supportive. Display your team pride by competing in MSJA attire at all times. Remember constant complainers and slackers can bring others down.

### **Communicate with your coach**

Remember your coach wants to help you "be the best you can be." Share your goals, plans, feelings, etc. Talking with your coach strengthens the coach/swimmer relationship.

### **Attend swim meets**

During practice you will make improvements in training and technique, and meets are the opportunity to put those new skills to the test. You'll learn to analyze your efforts and get positive tips from your coach that will help in the future.

## DREAMS AND IDEALS...FROM AGE GROUP SWIMMER TO OLYMPIAN

*Adapted from the USA Swimmers Handbook*

As a youngster today, you and your parents have many choices in the "Mall of Youth Activities". There's Sports, Scouts, Music, Art, Video Games and more. Assuming you don't want to be a couch potato, but instead an active energetic, learning, competitive person with a high level of fitness, we thought you'd like to know what Olympians did before they were Olympians.

Olympians did the same things many of you do. They tried several activities, some at the same time. Eventually, they selected "swimming" as their sport. Along the way they developed many skills that helped them "be the best they could be." Many of these skills and attitudes will remain with you.

Nurtured by parents and coaches, **Olympians talk about:**

- |               |              |               |                        |
|---------------|--------------|---------------|------------------------|
| • Friendships | • Spirit     | • Fun         | • Ups & downs          |
| • Skills      | • Toughness  | • Competition | • Travel               |
| • Challenges  | • Leadership | • Fitness     | • Physical development |

Olympians' careers started with lessons and progressed through age group, high school and collegiate swimming. A few skipped along like a flat stone on the water while others had ups, downs and plateaus.

Olympians began with skill work. They had success in varying degree and rates, but once successful they focused on continuing to develop their **knowledge, body and spirit for their sport.**

- Skill - starts, turns, strokes, strategy...
- Fitness - endurance, power, capacity to work...
- Motivation - enthusiasm, pride, determination, loyalty, sportsmanship

***Mission San Jose Aquatics and its coach members want to help you "Be The Best You Can Be". You may even be an Olympian someday. If not, you will have experienced and developed skills for a lifetime.***

WHO MOTIVATES OLYMPIANS? In surveys of Olympic Teams, the people and things that motivated them the most were ranked in this order. These differ with swimmer age and commitment.

- |              |              |                   |
|--------------|--------------|-------------------|
| 1. Self      | 4. Teammates | 7. Time Standards |
| 2. Coach     | 5. Parents   | 8. Awards         |
| 3. Opponents | 6. Friends   | 9. Records        |

### *Dreams and Ideals*

The Olympic dream burns inside of America's elite swimmers. They train hard each day, working towards the Olympic games. Not everyone can fulfill Olympic dreams, **but everyone can strive to realize the Olympic ideals of sportsmanship, competition, and fitness.** The sport of swimming provides that chance.

## **MSJA AWARDS**

Mission San Jose Aquatics hosts an annual Awards Banquet for their members. The following awards will be presented:

**1. "Level of Achievement Awards"** - This award is based on each athlete's "Highest Level Of Achievement" during the swim season. Each and every athlete will receive an award for "one" of the following levels:

1. "C"
2. "B"
3. "A"
4. "JO"
5. "Q"
6. "PRT" (Pacific Reportable Top 10)
7. USA Sectionals
8. "WZQT" (Western Zone All Star Qualifier)
9. NSCA Junior Nationals
10. "NRT (National Reportable Top 16)
11. US Open Qualifier
12. USA National Qualifier
13. Olympic Trial Qualifier

**2. "All Events Swimmer"** – Swimmers who swim all the events offered in the age group they were awarded their highest level of achievement, earn recognition as an "All Events Swimmer". Since MSJA offers the "Monster Mile", swimmers who participate in this event, will fulfill their qualification swims for the 800 meters or 1000 yard and the 1500 meters of 1650 yard events. Swimmers ages 10-un swimming the monster mile, will fulfill their qualification for the 500 free.

**3. "Scholar Athlete Awards"** Dedicated swimmers are recognized for their academic accomplishments while still maintaining a high attendance percentage at practice. They have shown the ability to manage their time in an efficient manner. This 'Scholar Athlete' award is based on a minimum of 80% attendance and a 3.0 grade point average for the current school year.

**4. "Outstanding Scholar Athlete Awards"** This award is presented to the swimmers who accumulate the highest combination of G. P. A. and attendance percentages for the current school year. Swimmers from the Elite and Senior Groups are eligible for the Scholar Athlete Award of Excellence for distinction both in swimming and in academics. **"USA Scholastic All American Awards"** Swimmers who are in grades 10-12, participate at the Sectional level or higher, and earn a GPA of 3.5 or higher may be honored as USA Swimming's Scholastic All Americans and MSJA honors these achievements as well.

**5. "Outstanding Attendance Awards"** The MSJA coaching staff truthfully feels that without a high percentage of practices made verses practices available, an athlete's improvement is limited. For this reason, MSJA coaches will award all swimmers who maintain a 90% or better attendance record throughout the current swim year with a commitment award.

**6. "Loyalty and Commitment Awards"** Special Awards for "5 year members" and "10 year members".

**7. "Most Improved Swimmer Award"** This award recognizes the swimmers who have shown tremendous leaps of improvement during the course of the season. The recipient of this award will have been judged on improvement in areas of time improvement, attendance improvement, attitude improvement, and total team concept. This award will be presented to two swimmers, one male/one female from the Senior Groups, Elite Groups, Varsity Group, Junior Group and Age-Groups.



**8. "Most Inspirational Award"** This outstanding award is presented by the MSJA coaching staff. Each award winner will possess the qualities of: Leadership, positive practice and meet attitude, respect for coaches and teammates, good work ethic, team spirit, inspiring competitive efforts, excellent attendance and an overall Inspirational attitude. This award will be presented to two swimmers, one male/one female from the Senior Group, Junior Group and Elite Groups.

**9. "Coaches Award"** - The "Coaches Award" is an award given to the athlete who best exemplifies the "Ideal MSJA Swimmer". This award of great honor is presented to the swimmers, who through perseverance and an excellent attitude have benefited the most from each coaches designed program. This award will be presented to two swimmers, one male/one female from the Senior Group, Junior Group, Elite Groups, and Age Groups.

**10. "Mission Peak Award"** - Presented to the MOST VALUABLE SENIOR SWIMMER and the MOST VALUABLE AGE-GROUP SWIMMER (ages 14 and under). This award will be given to the swimmers who, by their accomplishments have been deemed, "MSJA's most outstanding swimmers."

**11. "Lane of Fame"** - 1996 marked our first inductees into MSJA's "Lane of Fame". 1996 Inductees were *Marc DelaCruz*, Jeff Chen, Marco Lopez, Ryan Glover, Bryan Hoffman, Fernando Buchner and Adrian Dinis. 1997 inductees were: *Michelle Conan*, Mauricio Buchner, Alison Duran, Marlena Yauch, Jessica Yin. 1998 inductees were Lexi Lyon, Clara Ho, Erin Mateucci and Melanie Venter. 1999 inductees were Nina Suryoutomo, Jessica Ashizawa and Ryann Cooper. 2000 inductee was Chris Coble. 2001 Inductees were Eric Lee, Chris Raimondi, Kevin Doe, Stephanie Yu and Priscilla Woo. 2002 Inductees were Jason Suryoutomo, Kimball Yamasaki and Natalia Sanchez. 2003 inductees were Jennifer Woo, Danny Coble and Aram Yoo. Tanya Suryoutomo was the only inductee in 2004. 2005 inductees were Christopher Nguyen and Michael Rico. 2006 inductees were Mitra Naima and Rebecca Kwong. 2007 inductees were Ellie Monobe and Karin Schleicher. 2008 inductees were Nicholas Raimondi, Christine Gee, Sarah Larson and Jessica Leandro. 2009 inductees were Ashley McBride, Caroline Isaacs, Edward Huang and Victoria Pichay. **2010 inductees were Carolyn Zhang, Andrew Chan, and Kevin Zhang.** To be inducted into the MSJA Lane Of Fame, swimmers must have participated a minimum of four **consecutive years** with MSJA and competed the summer following their high school graduation. Inductees are honored with a commemorative award.

**12. "Lifetime Achievement Award/Outstanding Service Awards"** - Honors members for their extraordinary contributions. This award is only presented when a member is deemed deserving of special recognition. Since 1989, two parents and seven swimmers have been honored with this prestigious award. Lifetime Members: Eileen Matteucci (Parent), Sue Yamasaki (Parent), Ron and Drew Coble (parents), Mary and Fernando Dinis (parents), Marc DelaCruz, Michelle Conan, Adrian Dinis, Jessica Ashizawa, Clara Ho, Chris Coble and Chris Raimondi.

## **COMMITMENT**



***Our annual awards banquet honors every swimmer with a level of achievement award***

## NUTRITION FOR SWIMMERS

### FUELING YOUR STROKE (FROM USA SWIMMING)



Six 200's descending on five minutes. Twenty-five 50's on :45. Whatever your "favorite," every set during every workout and dryland session **requires energy**.

Nutrients are the "chemicals" that supply the body with energy. Carbohydrate, protein and fat supply energy in the form of calories. These are your "Energy-Yielding Nutrients." Vitamins, Minerals and Water don't supply energy in the form of calories, but their presence is required in order for the body to access the energy provided by carbohydrate, protein and fat.

During exercise, the body gets its energy primarily from carbohydrate and fat. It likes to save protein for other things (building and repairing muscle tissue, hormones and red blood cells, and supporting the immune system). The only time the body uses protein as an energy source during exercise is when carbohydrate and fat are not present in sufficient quantities. This happens when the total caloric intake is too low over a period of months, and/or the bout of exercise is so long that the body's accessible sources of carbohydrate and protein become exhausted. Neither of these scenarios is desirable for swimmers.

Think about money. When you have lots of it, you don't mind paying full price for things. But when money is scarce, or there is just too much you have to buy, you look for bargains. You're not being cheap, just thrifty. Simplified to some extent, your body knows how to shop.

Now instead of dollars, think of your currency as oxygen. When swimming is "easy," say during warm-up or your easiest sets, there is plenty of oxygen available to support the exercise. The body perceives itself as "rich" and doesn't mind splurging on fat (1 gram of fat costs 9 oxygens). In fact, it automatically does so because it knows it might need carbohydrate at a later time.

When exercise is hard (we're talking *tough* sets, definitely your *hardest* sets), oxygen is not plentiful. In fact, the body needs every bit it can get to support the exercise, but even *that* is often not enough, and the body is forced to derive energy in ways that do not require oxygen (i.e. *anaerobic* metabolism). In this situation, the body perceives itself as very "poor" and becomes very thrifty with its "purchase" of fuel. Since carbohydrate costs less than fat (1 gram of carbohydrate costs 4 oxygens), the body chooses to rely primarily **on carbohydrate for its energy**.

Keep in mind that this entire fuel burning process is never a case of "all or none." In other words, the body is always using some combination of carbohydrate and fat, but the **intensity** of the exercise dictates which fuel source will be the *dominant* one. When swimming is easiest, fat is the primary fuel source. When swimming is toughest, carbohydrate is the primary fuel source. When swimming is about 50% of maximum effort, carbohydrate and fat contribute about equally.

Let's face it – the majority of workouts are hard. Above 50% for certain! If you consider the typical swim workout, **it's pretty safe to say that the primary fuel source for swimmers is carbohydrate**.



## NUTRITION FOR SWIMMERS

### EAT COLORFUL FOODS (FROM USA SWIMMING)

What are the first three foods that come to mind when we say “carbohydrate?”

**1. Pasta**

**2. Rice**

**3. Bread**

Each of these is excellent. But what do they have in common? They're all white!

One of the most overlooked sources of carbohydrate is fruit. Yes, FRUIT. Fresh, canned, frozen, dried or juiced - No matter how you look at it, fruit is an excellent source of carbohydrate. Not only does fruit provide carbohydrate in the form of natural sugars (versus refined sugar), the bright colors of fruits indicate that they are also excellent sources of vitamins and minerals, including a sub-group called anti-oxidants.

You might recall that exercise is the stimulus that leads to training adaptations. And that adaptations to training occur **ONLY** if you give the body the right kinds of fuels during periods of rest.

Well, one of the side effects of exercise is the generation of “free radicals.” Free radicals are molecules that can actually cause damage to muscle tissue above and beyond the damage caused by exercise. The damage caused by exercise is normal. It serves as part of the stimulus for training adaptation to take place. But damage caused by free radicals is **NOT** a desired part of the training process. Damage caused by free radicals (aka “scavengers”) circulating in the bloodstream after workout can continue well into the recovery period. This is when the body is supposed to be adapting!

Anti-oxidants “absorb” free radicals, neutralizing their effect in the body before their damage to muscle tissue can amount to much. A diet consistently rich in fruits (and other colorful foods, such as VEGETABLES) is apt to keep the body consistently supplied with anti-oxidants, which will assist the body in keeping free radical formation to a minimum. This is a good reason to eat lots of colorful foods during the recovery time between workouts.

Colorful foods include, but are not limited to:

Apples, Strawberries, Blueberries, Bananas, Oranges, Kiwi, Watermelon, Raspberries, Grapes, Mango, Papaya, Apricots, Red peppers, Broccoli, Corn, Squash, Carrots, Peas, Green beans, Tomatoes

Colorful foods **DO NOT** include: Skittles, Jelly Beans, M&Ms, Mike & Ikes, Fruit Loops



### USA Swimming Nutrition Tracker Are you eating like a champion?

This Personal Nutrition Tracking System is designed to provide you with an opportunity to have your diet evaluated for energy and nutrient content. Use it to: look up a single food item to see what's in it; enter an entire day's food intake to see how much carbohydrate, protein, fat and calories you consumed; compare what you ate to your individual needs; enter a recipe to see a nutrient breakdown per serving; track your habits throughout the season and off-season and more.

- ★ Visit [www.usaswimming.org](http://www.usaswimming.org)
- ★ Click on Tips and training
- ★ Click on Nutrition Center
- ★ Click on learn more.
- ★ Create an account, sign in, and
- ★ Discover if you are eating like a champion.

## MSJA TEAM APPAREL AND EQUIPMENT

### MSJA TEAM STORE... Ordering Apparel and Equipment

The MSJA Team Store is a service offered to the MSJA swimmers and their families by **Palo Alto Sports Shop**. **Items are offered at a discounted price** and MSJA does not receive any moneys from this service.

- Team suits can be ordered at any time with delivery depending on availability.
- Team Parka's and Team Sweats (Speedo Sonic in Blac) with distinctive MSJA on back and embroidered name on front can be ordered.
- Team suits and practice suits are neither returnable nor exchangeable, please choose sizes carefully or try on sizing suits before purchasing.
- Specialty items for sale with special distinctive MSJA designs may be offered on a seasonal basis

### What Apparel does my child need?

- Team Cap and Team Suit to identify with the team, and stand out on the blocks, making it easy for coaches to find you.
- Racing goggles (with a permanent marker, write your child's name on the strap)
- Practice suit... Having a practice suit to use at practice, rather than the team suit will prolong the life of your team suit. **Note: Always rinse suits in tap water after being in the pool to get rid of damaging chlorine. You should not put your suits in the washing machine, but can wash them by hand with a mild liquid detergent.**
- Practice caps and goggles
- Team Gear such as shirts, sweats, and backpack and a parka are recommended

### What Training Equipment does my child need? [listed by group]

- **Pre-Comp:** Board and Fins (Net bag Suggested)
- **Bronze:** Board and Fins (Net bag suggested)
- **Junior:** Board, Fins, Buoy, Paddles, Net Bag
- **Silver & Gold:** Board, Fins, Snorkel, Buoy, Paddles, Net Bag
- **Elite & Varsity:** Board, Fins, Snorkel, Buoy, Speedo Power Paddles and/or Speedo Contour Paddles, Net bag
- **Senior & Nationals:** Board, Speedo or Better Times Fins, Aqua Sphere Fins, Snorkel, Sculling Paddles or Hans Paddles, Stroke Makers or Speedo Power Paddles, Buoy, Net bag, and Yoga Mat

### Why do I need to write my swimmer's name in everything?

You might think your child will recognize his or her own stuff, but Team shirts and suits all look alike, and the only way to identify who it belongs to, is by looking for a name. Goggles, caps, and fins often get laid on the pool deck during practice and at the end of practice. Swimmers can only tell which ones are theirs if their name is on it.

### How do I purchase Team Apparel and Equipment?

- Visit our website at [www.swimmsja.net](http://www.swimmsja.net) to download a Team Equipment Order Form and a MSJA Apparel Catalog (includes order form). Fill out your request and submit it to Coach Debbie or Coach Izzy and they will do their best to fill your order in a timely fashion.
- Payment for purchase must be made in full and accompany order form. Payments can be made by check with the check made out to **Mission San Jose Aquatics** or credit card (Mastercard or Visa only). Attach a check or enter your credit card no. With an expiration date & phone no. on the appropriate lines



## CONGRATULATIONS, YOU ARE A SWIM PARENT



Pictured here with her dad, Scott, Ellie Monobe joined MSJA at age 12, and through hard work, she steadily climbed the ranks of USA Swimming...(from an "A" swimmer to a National Qualifier). In September, Ellie begins her senior year at CAL as team captain. Ellie graduated in 2011 and is now an assistant coach at CAL

Parents contribute to the success experienced by the child and the team. Parents serve as role models and their children emulate their attitudes. Be aware of this and strive to be positive role models. Most importantly, show good sportsmanship at all times toward coaches, officials, opponents, other parents and teammates. Remember that you are teaching your child at all times.

While winning is nice and setting a record, getting a best time, or making a qualifying time feels good, we hope that our young athletes learn more than, "It is great to swim fast."

### THERE ARE MANY BENEFITS TO THE SPORT OF SWIMMING!

- Swimming can prevent drowning and is a sport you can do all your life, from 5 to 95 in USA Swimming and USA Masters Swimming.
- According to many doctors, Swimming is the ideal sport for developing proportional muscular development and skeletal growth.
- Swimming enhances children's natural flexibility by exercising all of their major joints through full range of motion.
- Swimming helps develop superior coordination because it requires combinations of complex movements of all parts of the body, enhancing harmonious muscle function, grace, and fluidity of movement.
- Swimming promotes fitness and teaches a child to strive for physical achievement. Many super-stars in other sports started out as swimmers and gained strength and coordination that helped them to excel.
- Swimming is an exciting individual and team sport.
- Swimming is a technical and specialized activity involving extensive skill development.
- Swimming is relatively injury free in comparison to other youth sports.
- Swimming teaches the life lessons of sport and sportsmanship which include learning to deal with winning and losing, as well as working with officials, teammates and coaches.
- Swimming motivates participants to strive for self improvement and teaches goal orientation.
- Swimming cultivates a positive mental attitude and high self-esteem.
- In addition to physical development, swimmers develop greater intellectual competence by learning and using swimming skills, to engage the thinking processes. As they learn new techniques, children must develop and plan movement sequences. They improve by exploring new ideas. They learn that greater progress results from using their creative talents. Self-expression can be just as much physical as intellectual. Finally, their accomplishments in learning and using new skills contribute to a stronger self image.

### ***DID YOU KNOW?***

**Drowning is a leading killer of American children.  
More than 30% of kids are at risk for obesity-related illnesses.  
Swimming is a cure.**



## **SOME THOUGHTS FOR PARENTS WITH ATHLETIC CHILDREN**

*Adapted from United States Swimming*

Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive enforcement.

1. Try your best to be completely honest about your children's athletic capability, their competitive attitude, sportsmanship and actual skill level.
2. Be helpful, but don't coach them on the way to the pool or on the way back or at breakfast and so on. It's tough not to, but it's a lot tougher for children to be inundated with advice, pep talks and often critical instruction.
3. Teach them to enjoy the thrill of competition, to be "out there trying", to be working to improve their skills and attitudes. Help them to develop the feel for competing, for trying hard, for having fun.
4. Try not to re-live your athletic life through your children in a way that creates pressure; you fumbled too, you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Don't pressure them because of your lost pride.
5. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc. with your athlete.
6. Don't compare the skill, courage or attitudes of your children with other members of the team, at least within their hearing.
7. Get to know the coach so that you can be assured that the philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under this leadership.
8. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before over-reacting.

***Make a point of understanding courage and the fact that it is relative. Some of us can climb mountains and are not afraid. Some of us will fight but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear but a means of doing something in spite of fear or discomfort. The job of the parent of athletic children is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "My parents really helped, I was lucky in this."***

*Senior and National  
Groups  
Working Together  
“TEAM PUSH UP”*



**FAQ'S From Swim Parents**

**Q: *It looks like my child has too much fun, shouldn't she be working harder?***

**A:** Be happy that your child is having fun! According to a recent study conducted by USA Swimming children who experience fun while participating stay in sports longer (Tuffey, Gould, & Medbery, 1998). At this stage of the game, the most important aspect of development is the mastery of skills, which means learning to swim the strokes with proper technique. Fundamentals must be established prior to true “training” taking place. And, if she is having fun in the process of learning, she is more likely to continue to swim.

**Q: *Shouldn't my child be swimming more laps instead of doing all those drills?***

**A:** Your child needs to develop a solid foundation in stroke mechanics. Drills and drill sets serve the specific purpose of teaching skills and fundamentals. Drills develop motor coordination, motor skills, and balance. In fact, your child's coach may prescribe a particular drill, just for your child, in order to improve a part of her stroke. In addition, she may actually be experiencing a “training” benefit from drills. Drills require concentration and aerobic energy to do them correctly.

**Q: *My son came home and said he had his best result on a test set of 100's on the 1:45, what does that mean?***

**A:** Some coaches use test sets to measure improvement. This particular challenge set consists of swimming a certain number of 100s on every 1 minute and 45 seconds, which is the send off. Praise your child for this accomplishment. In addition to achieving the physical goal, your child is also learning to swim on an interval, read the pace clock, and accomplish practice goals. Congratulate him on his efforts and let him know you are proud of him.

**Q: *Some days he likes to just play with his friends. Should I force him to go to practice?***

**A:** You should not force your child; you want his participation to be his decision. Reinforce the choices and decisions he has made to start swimming. For example, your son chose to go to practice on Tuesday and Thursdays, on other days he has the freedom to do other activities. As a parent, explain your expectation that he fulfill the commitment he made by joining the team. You don't want to force your child into a sport that he does not enjoy, yet you want your child to be involved in a 'lifetime sport', to learn about making and keeping a commitment and to interact with peers. So, what are you to do? Instead of allowing your child to make a daily decision about going to practice, allow him to decide whether or not he wants to swim for the season. Once the decision is made to swim, he is making a commitment to the team and needs to follow through on it by attending practice on a regular basis. A haphazard schedule is detrimental to the swimmer's overall development. Interestingly, when asked to reflect on the role of their parents in their swimming, athletes from the World Championship team talked about being pushed to swim by their parents on a weekly basis but knowing they could quit if they stopped having fun with swimming.

**Q: What will happen to my child's meet results if he only makes half of the offered workouts because he is participating in other sports?**

**A:** Children involved in other activities can benefit in the areas of coordination and balance, as well as improved social and intellectual development. Specialized training in one activity does not necessarily need to take place at this stage of development. Will your son's teammate who makes all practices have better results? The answer is: Probably, because his teammate is working solely on developing swimming skills. It is up to you to explain to your child that making the choice to participate in other activities can have its consequences. Tell your son that he should not compare his results to that of his teammate, but to focus on the fact that he is benefiting from and enjoying both sports.

**Q: My child seems to be bouncing off the wall during "taper." What is that?**

**A:** Tapering is a gradual reduction in training workloads in preparation for major competition. Some Age Groupers do not need to taper at all: a little rest and they are ready to go. As training increases, swimmers need more rest and the process of tapering is introduced. Swimmers taper only a couple of times a year, for their major competitions. Taper is not something that occurs for every meet! "Taper time" is an exciting time for a young swimmer and there are two reasons for this: - Physiologically your child is expending less energy because the workload has been reduced. - Psychologically there is less mental fatigue as he is doing less physical work. Additionally, the anticipation and nervousness associated with the upcoming competition contributes to your child's bouncing off the wall. Do not worry, it will soon be over.

**KEY QUESTIONS TO ASK YOURSELF AS A SWIM PARENT**

While winning is nice, while setting a record, getting a best time, or making a qualifying time feels good, we hope that our young athletes learn more than, "It is great to swim fast." Nowhere in human history or theology do we learn that the ability to swim fast holds a very high priority in the grand scheme of the universe. From a practical standpoint, over-emphasis on speed, times and achievements will eventually end in frustration. No matter how fast a young athlete swims, there will probably be another swimmer in the next town, state, or country, swimming faster, if not now, then next month. So as coaches and parents, ask yourselves:

- Did the child learn to swim with more skill this past season so he or she is both stronger and safer in the water?
- Did the child learn to exhibit initiative, wanting to come to the pool and do the practice without having to be constantly pushed or prodded by parents and coaches?
- Did the child learn something about unselfishness, sacrificing his or her personal wants for the good of others or the team?
- Did the child benefit from the competitive experience, learning how to handle winning and losing in our competitive society?
- Did the child learn more patience in overcoming obstacles, setbacks and problems?
- Did the child learn empathy?

***In a few years, the medals and ribbons will be laid aside and best times will be a hazy memory. The friendships that will develop and the life skills learned will carry on for a lifetime.***



## **A HEALTHY PARENT-COACH RELATIONSHIP**

A key component to an athlete's healthy swimming experience is the building of a positive relationship between a parent and a coach. Both the parent and the coach have important roles in supporting a swimmer. A coach is there to teach and judge a swimmer's performance and technique while a parent should love and support the child regardless of the outcome. It's helpful for a parent to realize some key things about a coach.

A lot more comes with coaching than the athletes, practice and competition. Beyond the initial hours at the pool, a coach's time is spent planning for workouts, understanding the long term-term nature of the sport and each individual swimmer's performance, doing several key administrative duties and providing emotional support for many athletes.

Ultimately a coach loves the sport and is willing to make countless sacrifices to foster swimming and its athletes in and out of the pool. Keeping this in mind, there are key things parents can do to support their child's coach and ultimately help their child achieve swimming success.

### **HOW A PARENT CAN HELP**

- Trust and listen to the coach
- Respect and support their decisions
- Be there to support your child and not add additional pressure

### **WHAT SHOULD I DO IF I NEED TO TALK TO THE COACH?**

Please wait until practice is over to talk to the coaches, or feel free to Email or call. During practice, they are trying to concentrate on working with the swimmers. You might try talking to other parents– they may know the answer to your question. If every parent spends time asking the coaches questions, or making suggestions, there wouldn't be enough time to “coach swimmers”.

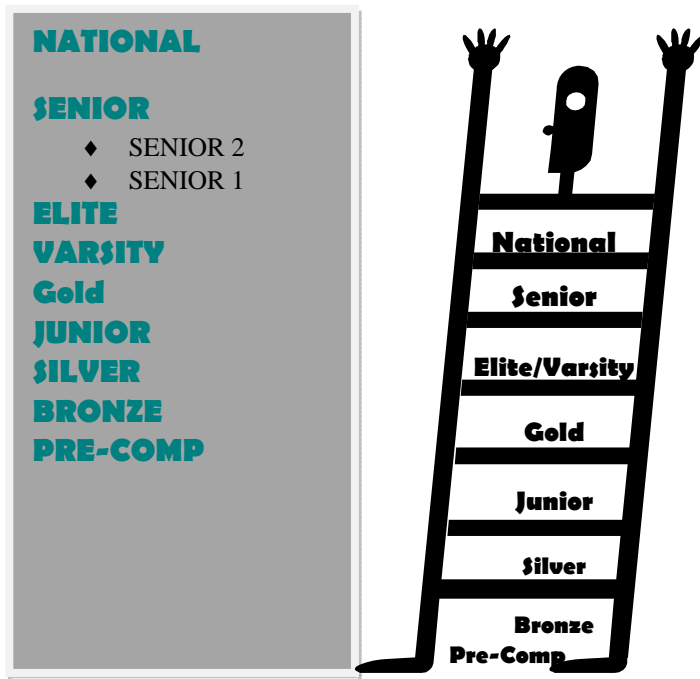
### **WHAT TO DO IF PROBLEMS WITH THE COACH OCCUR?**

One of the traditional swim team communication gaps is that some parents seem to feel more comfortable in discussing their disagreements over coaching philosophy with other parents rather than taking them directly to the coach. Not only is the problem never resolved that way, but in fact this approach often results in new problems being created.

**Listed below are some guidelines for a parent raising some difficult issues with a coach:**

1. Try to keep foremost in your mind that you and the coach have the best interests of your child at heart. If you trust that the coach's goals match yours, even though his/her approach may be different, you are more likely to enjoy good rapport and a constructive dialogue.
2. Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or a training group that can range in size from 20-200 members. On occasion, an individual child's interest may need to be subordinate to the interests of the group, but in the long run the benefits of membership in the group compensate for occasional short term inconvenience.
3. If your child swims for an assistant coach, always discuss the matter first with that coach, following the same guidelines and preconceptions noted above. If the assistant coach cannot satisfactorily resolve your concern, then ask that the Head Age Group coach or Head Coach to join the dialogue as a third party.
4. If another parent uses you as a sounding board for complaints about the coach's performance or policies, listen empathetically, but encourage the other parent to speak directly to the coach. He/she is the only one who can resolve the problem.

## HANDLING MOVE-UPS



**A** move through our program is dependent upon several criteria.

The individual needs of the swimmer are the key consideration.

Other considerations for group changes include: **ability to train, level of dedication, attendance, desire & goals, age, technique, and competition level.**

**Ability to train** is one primary consideration for a group change. Can the swimmer hold repeat times and make the intervals? The swimmer must demonstrate they will be able to handle the training load of the next group before they are moved. This is important for the self-image and success of the athlete.

Also of prime importance is the **swimmers ability and/or desire to handle the amount of dedication needed to be in the next group.** Can the swimmer handle the practice requirements for the group?

MSJA supports members wanting to participate in other sports. However those participating in multiple sports, will likely not be eligible for the Senior Group or National Group.

**Attitude** plays a big role in the swimmer's success and group placement. Can they handle increased stress with a positive attitude? Can they handle adversity or "bad luck", or are they devastated by minor set backs? Does the swimmer enjoy practice? If not, is giving them more of it appropriate?

The **swimmer's age** also plays a role in determining group changes. Can the swimmer relate to their future teammates in the next group?

**Technique is also important.** Has the swimmer mastered the start, turn, and stroke techniques expected at their current level? Does the swimmer perform stroke drills correctly?

Finally, a **swimmer's level of competition** ('C', 'B', 'A', 'JO', 'AA', 'Q', 'PRT', 'SEC', 'NAT', etc.) must be taken into consideration.

**It is important for parents to realize that all coaches on this team will be making their "move-ups" in the best interest of the swimmer and the team.**





## **MSJA PARENT RESPONSIBILITIES**

On MSJA, parental commitment and involvement is essential. The following recommendations require little effort but pay high dividends in terms of your family's level of satisfaction.

1. Select a "volunteer job" that you can feel good about doing and commit to serve throughout the swim year on a committee. As a parent volunteer, you will be actively involved in the program, and will be instrumental in strengthening our swim team. With a positive attitude and a willingness to lend a hand, you will also have great impact on your child's athletic environment, and his/her love of swimming. If you want to encourage your child to stay with the sport, let your child see that you enjoy volunteering for their club. Each family is obligated to work 15 hours per swim season.
2. Parents are expected to share in 'timing' at meets by being available to time at all of the meets in which your swimmer is entered.
3. Read all communications such as MSJA Swim Parents, Email Blasts, MSJA Newsletters and any pertinent information that is distributed.
4. Ask questions. Members of the staff and Booster Club are ready to help you, so please call on them as needed. Please remember that during practice, the coaches' attention is focused on their swimmers. Please refrain from interrupting practice. You may schedule an appointment with a specific coach or wait until after practice.
5. Pay attention to your financial and fund-raising obligations. MSJA is a self-funding organization and requires an annual commitment from its membership.
6. Promptly pick up your swimmer after practice. Fifteen minutes after practice time ends suffices for showering and changing clothes. You can use the lot by the pool for pick-up and drop-off only. If you wish to park and come on deck, you will need a parking permit. Parking permits are required in all lots at Ohlone College. Parking permits may be purchased these ways: Daily - using the machines located through the parking lots; quarterly through the Ohlone College bookstore.
7. Remember that USA Swimming, MSJA and Ohlone College, does not allow Smoking or drinking of alcoholic beverages in and around the pool area.
8. Anyone wanting to watch practice must do so from the stands. Swimmer's safety is the most important consideration. Parents who stand on deck block the view of our coaches and could be a safety hazard.
  - The USA Swimming Insurance Coverage for clubs state: "Anyone on deck during a swim team practice must be a certified USA Swimming Coach or USA Swimming registered athlete members assisting a coach. The coach must maintain direct line of sight and supervision AT ALL TIMES". For this safety and insurance reasons, parents are welcome to watch practice in the stands only.

**The parent is one of the most influential factors in the life of a competitive swimmer. Allow your child the fun of being a youngster. Keep in mind that the coach is dedicated to the improvement of the whole team at the proper rate. In turn, the coach wants the best for each and every swimmer. Praise your child and let them know that you are proud of their efforts. Be the strengthening and steadying force in your child's life. Love and support them unconditionally.**

**MSJA PARENT RESPONSIBILITIES CONTINUED...**  
**FAMILY TEAM SUPPORT / MSJA VOLUNTEER POLICY**

*“Dedicated to providing swimmers of all abilities the opportunity to be the best they can be” is only possible with the dedicated efforts of all MSJA parents. Your child is swimming with one of the best teams in the nation, and your support and involvement is vital to the success of our team. The minimal obligations of all MSJA Families include the following:*

**All MSJA Families have a volunteer commitment of a minimum of 15 hours per season.**

We have a healthy group of athletes who have learned to work hard, support each other, and have fun. The success of this team is due to the combined efforts of the swimmers, the coaches, **and the parents.**

Our Family Team Support Program (MSJA Volunteer Policy) is based on a 15 hour requirement for 12 months, beginning in September, and concluding in August. We will pro-rate work commitments for those families who join/leave the program later in the year. If you fail to satisfy the fifteen hour requirement, you will be billed \$20 per un-worked hour.

It is each family's responsibility to sign up for volunteer positions on line, through our website. A coordinator will verify that you have completed that job and your volunteer account will be credited. You will always have access to your volunteer hours account.

Volunteer jobs include things like: Group Moms and Dads, Timing at swim meets, chaperoning team trips and away meets, working at socials and fundraisers, volunteer coordinators (parents who verify that the positions were filled), training to become an official, officiating at swim meets, office help, and many other tasks.

**Most of these functions are rewarding in their own right, but participation in them shows your swimmers that you are interested and involved in their sport. There are many ways to get involved. The rewards are meeting new people, making new friends and having the great feeling that you have helped make a difference.**

Thank you for your support. Your cooperation is needed and appreciated and your swimmers will benefit from your energetic participation with this program. We look forward to working together. We encourage you to get involved and meet all the wonderful people who support MSJA.

**Additional Information:**

- An adult other than the parent may satisfy volunteer obligations, as long as the substitute can competently perform the volunteer task.
- Families who have just one swimmer on our team, and that swimmer is in their last year of high school, have a commitment of 10 hours of team service.
- Community Service certificates are available for anyone who volunteers and needs to earn community service hours.
- The intent of this policy is not to raise money, but to emphasize how very important it is that we all work together to maintain the high standards MSJA exemplifies and to help more evenly share the volunteer effort required to provide well run meets and activities for our children. MSJA cannot run a meet without adequate parent support.

## MSJA MEMBERSHIP FEES AND PROCEDURES

### Joining MSJA

To join MSJA, each family must complete and turn in to the Registrar the following:

1. MSJA membership agreement and Emergency/Waiver form (Signature and initials everywhere required)
2. USA registration payment
3. First month and August dues are required upon registration. Once you have completed your first month of training, August dues are non-refundable.

### Financial Obligations

1. Annual USA Registration fee: \$60.00 per swimmer, plus Annual MSJA membership fee of \$60 for families with one swimmer; Add \$15 per each additional swimmer. (Includes T-shirt, cap, and relay fees)
2. MSJA Fundraising Obligation: Families with one swimmer have a \$300 fundraising obligation and families with two or more swimmers have a \$350 fundraising obligation.
3. Monthly Dues:
  - Monthly dues are payable for all months except August which is pre-paid. Dues are based on the Practice Group that your swimmer(s) participates in.
  - Please note that attendance at one practice during the month obligates you to pay full dues for that month.
  - In order to reduce administrative expenses, MSJA does not mail bills to families for regular dues. Bills are E-mailed on the 21<sup>st</sup> of each month for the next month's dues. Balances can be viewed on the website in **your account**.
  - If paying by check, monthly dues are due on the 1<sup>st</sup> of each month and should be paid no later than the 10<sup>th</sup> of each month. Payment received later than the 21<sup>st</sup> will be assessed a \$15 late charge.
4. For families with more than one swimmer, the swimmer in the highest paying swim group will be charged their full training fee, while the next sibling will be charged a reduced monthly fee. Any and all other siblings shall be charged \$65 each per month. Family Monthly fees are as follows:

GROUPS	1 <sup>st</sup> SWIMMER	2 <sup>nd</sup> SWIMMER	3 <sup>rd</sup> SWIMMER
National Group	\$145	\$65	\$65
Senior	\$140	\$65	\$65
Elite	\$130	\$65	\$65
Junior & Varsity Year Round	\$130	\$65	\$65
Age Group 2	\$120	\$65	\$65
Age Group 1	\$115	\$65	\$65
<b>SEASONAL GROUPS</b>			
SwimAmerica Pre-Comp	\$85	\$75	
Varsity	\$390/Quarter	\$300/Quarter	
College	\$200	\$200	

**Seasonal groups** are responsible for training fees only and USA Swimming registration fees of \$60 per year. The Varsity Group runs Sept-Nov; Dec-Feb; Mid May through Mid August. SwimAmerica PreComp is offered September-November and March – August. College Swimmers may train anytime they are home.

## **MSJA MEMBERSHIP FEES AND PROCEDURES CONTINUED**

### **5. Billing Policy**

- ◆ At the beginning of each season, returning members will be billed on the 21<sup>st</sup> of August. On September 1<sup>st</sup>, members will be charged, September's dues, August of the next year's dues, and the annual family membership fee. All initial (first month and August) payments may be made by check or credit card. Make check payable to MSJA and mailed to the MSJA P.O. Box 3079, Fremont, CA 94539. Creditcard payments may be made through the TeamUnify Billing System using your distinct account and password number. All payments must be posted before midnight the 21<sup>st</sup> of each month or an automatic \$15 late fee will be assessed.

### **6. USA Registration is billed on the 21<sup>st</sup> of November, and due on the 1<sup>st</sup> of December**

### **Special Fund-Raisers and Assessments**

- ◆ In order to meet the clubs expenses it may be necessary for the MSJA Board of Directors to organize a general membership fund-raising activity or assess each family. In the event that such a fund-raiser is required, all families are required to participate and all proceeds from the general membership fund-raiser will go towards the club's general funds. No individual credit will be allowed for these activities.
- ◆ To assist our members in meeting their family obligation fundraising commitments to the club, MSJA provides some revenue-generating programs to help offset the \$300 (and \$350 for families with multiple swimmers) annual fundraising obligation. Membership will be notified of fundraising activities.

### **What is my Password and How do I pay Monthly Dues?**

You are emailed a password upon joining. To access your account, log into [www.swimmsja.net](http://www.swimmsja.net) and enter your password. Once you are into your account, you may change your password to something easy for you to remember. You will be emailed directions on how to make automatic payments on the 1<sup>st</sup> of each month by using Mastercard, Visa, or Debit Cards. If at any time, your credit card is declined, you must update your credit card information, and make a manual check payment no later than the 15<sup>th</sup> of that month. Monthly dues may also be manually paid by check, but must be received no later than the 10<sup>th</sup> of each month, and should be mailed to: MSJA; PO BOX 3079, Fremont, CA 94539

Bills are E-mailed on the 21<sup>st</sup> of each month for the next month's dues. Balances can be viewed on the website in **your account**.

## **MSJA's LEGAL ENTITY**

Mission San Jose Aquatics was established in August of 1989 as a California charitable corporation, non-profit and tax-exempt. Under federal tax law, the Club falls into the organization category 501.C3. MSJA is located at Ohlone College and other satellite facilities. All donations and contributions are tax deductible. Dues and regular payments to MSJA are not tax deductible.

MSJA is a member of USA Swimming (<http://www.usswim.org>), the national governing body for amateur swimming within the United States Olympic Committee. Regionally, MSJA is a member of Zone 2 of Pacific Swimming. Each MSJA swimmer is registered with USA Swimming.

MSJA's constitution and by-laws have been adopted by USA Swimming and are on file in their office.

MSJA has a organizational structure with responsibilities split between the Executive Board, the MSJA Booster Club and the general membership. The President, Debbie Potts, heads management of the club's programs and is the chief executive officer.

The officers of the organization shall be permanent and not subject to terms or replacement except by a 75% vote of the board of directors which is made up of a minimum of nine officers. Elections are not held. The officers of the board of directors are listed below. The Board convenes quarterly or as needed. A member wishing to address the Board should call or write the President or Secretary at least 24 hours in advance of the meeting to be placed on the agenda.

### **Executive Board**

<b><u>Senior Staff</u></b>	<b><u>Executive Role</u></b>	<b><u>MSJA Swim Team Board office</u></b>
Debbie Potts	President/CEO	Chairman of the Board
Isadore Real	VP /COO	Vice-Chairman of the Board
Janet MacAulay	CFO	Fundraising
Clara Ho	Human Resources	Member at Large
Heidi Monobe	Secretary/Membership	Secretary of the Board

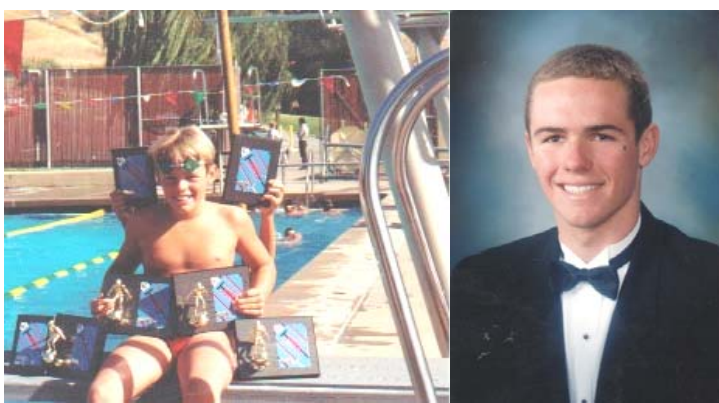
\*Additionally, we are beginning the process of identifying an Advisory Board of Directors for the new RAC Swim Center. This board will consist of community leaders in both the public and private sectors that will provide governance and oversight to the planning and execution of this business plan. The Consultants for the MSJA Advisory Board of Directors include, but are not limited to:

Mick Nelson	United States Swimming Chairman
Eileen Matteucci	Legal Counsel
Doug Roberts	Contractor, Myrtha Pools
Dr. Paul Weiss	Business Consultant, Director of Ashphalt Green, New York



## COMMUNICATION!!!

- **Check your Email often for announcements**
- **Check schedules often at [www.swimmsja.net](http://www.swimmsja.net). Click the Schedules tab > Team Planner, Meet Schedule, Group Calendars...**
- **Join the MSJA Parent Forum** The parent forum is a communication tool that helps us build a place/community for Q&A and sharing ideas. Also, it is a place where parents can coordinate activities around meets, who gets there early, how many tents do we need to take, etc.... Join the MSJA Parent Forum by going to the link: <http://msjaaquatics.ning.com>
- **Visit our website often [www.swimmsja.net](http://www.swimmsja.net)**
- **Email/call coaches**
- **DOWNLOAD MORE HELPFUL DOCUMENTS FROM OUR WEBSITE**
  - **MSJA TEAM HANDBOOK**
  - **MSJA TEAM APPAREL AND ORDER FORM**
  - **MSJA TEAM EQUIPMENT ORDER FORM**



Chris Coble at Age 10 ...

at High School Graduation ...

Now, at age 30, Chris Coble is back in the pool with MSJA. So what is next for Chris?

The 2010 focus is the Ironman World Championships in Kona Hawaii this October.

Look for Chris representing MSJA triathlons around the world and at 2012 Olympic Trials!

Chris is a great stroke technician! Starting Fall 2010, Chris will also join our year round staff, coaching our Age-Group 2 – later hour.

## We help swimmers gain confidence and believe!

When Little Clara Ho Joined MSJA, she would take 2 strokes and grab the wall, but she could dolphin kick all the way across. One of MSJA's most decorated swimmers, Clara is a national record holder, 4-Time NCS Champion, and 4 Year finalist for Texas A & M..... Pictured here at age 15, giving a television interview, after qualifying for Olympic Trials in Butterfly.



Television Interview!

Clara Ho took lessons with Coach Debbie, then joined USA Swimming, where she trained with Debbie from the time she was 6 years old. She followed Debbie, as Debbie moved from an 8-un coach, to an Elite Group Coach, to Senior Coach.



Pictured above Dory and Caroline Isaacs and Coaches Debbie and Izzy

After moving from another team, the Isaacs girls made a fresh start with MSJA and Succeeded! Now they are both swimming and thriving in college.

