

FALL 2010

The

BLUEFISH

C U R R E N T

WELCOME BACK!!

On behalf of Bluefish Swim Club, Christie, and the entire coaching and business staff, I would like to take this opportunity to welcome back our returning members and also extend a warm welcome to our new families. I would encourage our veteran members to embrace a new family or two in an effort to make everyone feel like they are part of the Bluefish family!

The 2009-2010 swimming season was extremely successful for Bluefish; perhaps our most successful to date. All levels and individuals have had outstanding success over the past year. Here are a few of the highlights:

- **Christie Batchelor Awarded New England Swimming Age Group Coach of the Year**
- **Chuck Batchelor awarded a coveted position on the USA Swimming Steering committee AND a Speedo Advisory coach position (there are only 10 others in the country!)**
- **2nd Year Awarded Gold Medal Club Excellence**
- **Women Repeat Title at CeraVe combined, Team Score Bluefish 2nd at CeraVe**
- **2nd place at 12& Under SCY Championships**
- **1st place 13-19 NE Age Group Championships**
- **2nd place Southern Zone Sectionals (1st Place went to the Mexico National Team)**
- **2nd place NE LCM 14 & Under Championships**
- **1st place NE LCM Open**
- **Elizabeth Beisel wins 200BK at USA Swimming Nationals Championships**
- **Chuck Batchelor named Women's Assistant Coach for Pan Pacific Championships**
- **Elizabeth Beisel wins Gold Medal in 200BK & 400 IM at Pan Pac's**

This list doesn't begin to fully encompass everyone's achievements. We had numerous high-point winners and scholastic All American team members.

I would like to congratulate everyone on the team - "dyno-mite"! We especially want to thank the entire Bluefish coaching staff and support staff; we have achieved so much because of your passionate dedication to our athletes. Finally, athletes, please thank your parents and teammates for all the support over the last year.

This year we are proud to announce our Elite Partnership with Swimming World and as a result of this, each member of our team will get a subscription to the world renowned magazine. With our new partnership, Swimming World attended our November Trials/Finals competition at Attleboro High School and provided their live streaming and interview coverage! We were the first team in New England Swimming to have this privileged opportunity! The events and interviews are all posted here: <http://tv.swimmingworldmagazine.com/events/2010-bluefish-november-trials> So Check 'em out!

Our December training trip will take us to Chattanooga, Tennessee. I hope to see as many athletes on the trip as possible. We are especially excited to expand this opportunity to our elite 11-12 age group swimmers. Finally, the coaching/business staff and myself are working on some great new activities that we will rollout as the year progresses. Stay tuned for more information!

As we move forward into this year, we will focus on overall fitness including core strength, proper body position, kicking and POWER. By taking one step at a time we will be able to build a foundation so that we will continue to be successful in 2010-2011. Who is going to be the next Bluefish Olympic Trial Qualifier in 2012? It could be you!

Go Bluefish!!

Sincerely,
Chuck

MIND-BODY CONNECTION

Karen Myers, eMerge Coaching Services, Inc.

SETTING AND ACHIEVING GOALS

Setting a goal is easy. Most people just say “I will...” or “I want ...”. But when they fall short of achieving the goal, they wonder “What happened?” The key is once you determine what your goal is, you have to set the wheels in motion to achieve it. The power behind the goal is your thoughts and emotions! In the Spring 2010 edition we introduced the importance of *being aware of your thoughts* because the *body follows what the mind tells it to. Your thoughts have to be in sync with your body.* Visualizing your goal is one way to set in motion what you want to achieve.

The first step is to ask yourself “What is my goal?” The definition of a goal is *a result that one is attempting to achieve.* Synonyms include ambition, objective or purpose. You train hard every day, but for what? Where do you want to go? Why do you swim every day? What do you want to accomplish this season? What do you want in two years?

Once you determine your goal, a simple tool for helping you achieve it is to create a Vision Board. It is typically a collage or a display of images that represent what you want to achieve – your goal. When you look regularly at these images and visualize your goal, you set the intention in your mind and reinforce your ability to achieve it. It’s an example of the Law of Attraction in action. You attract into your life what

you ‘feel’. Your life follows your thoughts. So think positively and with specific goals! Feel good about where you’re spending your time and the results you expect.

CREATE YOUR VISION BOARD

Collect images, words or phrases that represent your goal and paste them to a board or a sheet of paper. You can pin your images to a large bulletin board or use a sheet of paper that you can fold and carry with you. Or you can use web tools to collect and store your Vision Board images. The key is to *create something that you will see every day.*

VISUALIZE YOUR GOAL - SET THE INTENT

When you look at your Vision Board daily, imagine what it will FEEL like when you actually have achieved the goal. Let the feeling sink into your body. Don’t focus on statements like “I will ...” or “I want ...”. Instead tell yourself, “I am...” or “I have...”. Feel AS IF you’ve already reached your goal! Fake it until you make it. The power of your intention is in your FEELING. Repeat the phrase over and over again. Set your intentions toward your goal everyday.



TEENS AND KIDS AGAINST BULLYING



Bullying is an issue that touches almost everyone, and the time is now for a new way of thinking about this age-old issue. Teens Against Bullying and Kids Against Bullying is a winning combination of all students creating a movement, a cause, a place where all students can

take powerful action against bullying.

Whether bullying happens to you or you witness it, you're not alone and you're not powerless.

During the month of October, students, schools and communities across the nation united to raise awareness of the issue of bullying prevention. The end of bullying begins with you.

Here's something for you to try ~

- Take a piece of paper
- Crumble it up into a ball

Now.....Open that piece of paper back up to its original size and shape. Smooth it out as best you can. It's the same paper you started with but some things have changed. Did it tear at all? Are there any holes in the paper? Is it still wrinkled? That piece of paper will never be the same smooth paper you started with. It's different. It's changed.

Bullying may start as something small like a wrinkle in a piece of paper but can turn into a great big wrinkled mess that changes the makeup of that paper forever.

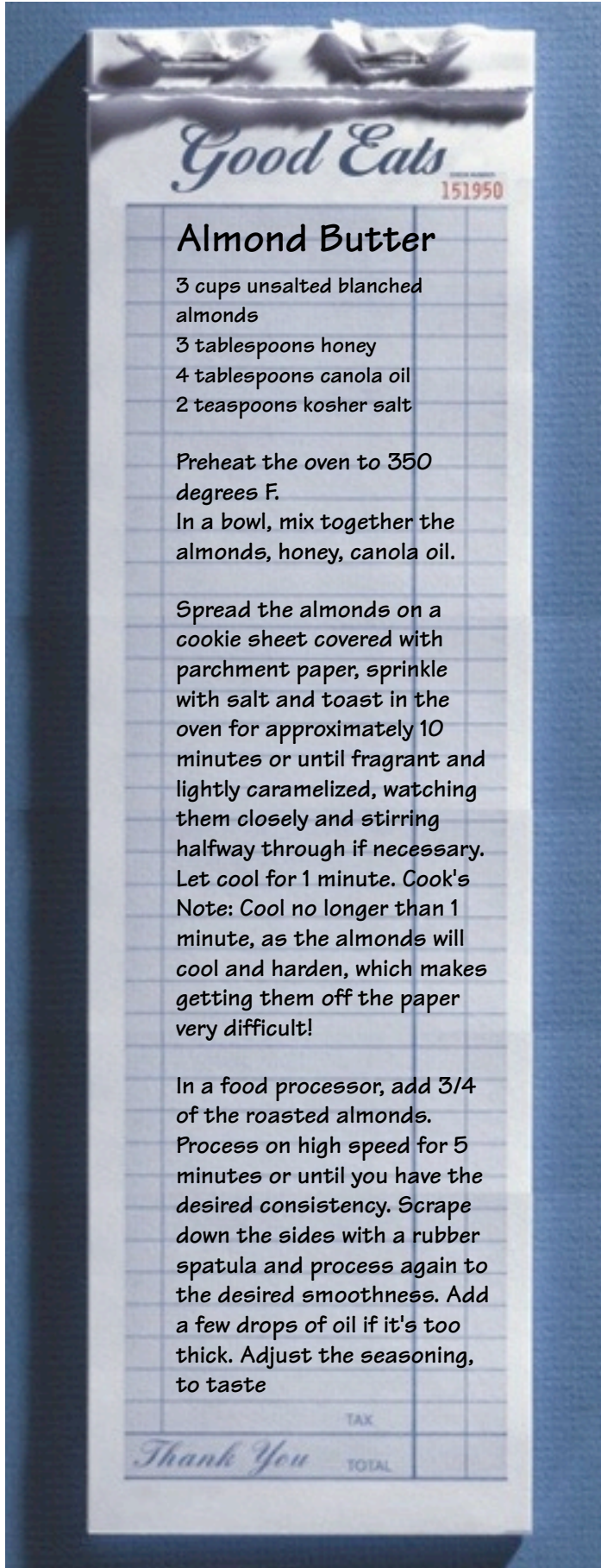
Take time to understand the hurtful damage that bullying can do. Visit www.pacerteansagainstabullying.org . Make a difference.

RETWIN SCORD WRAMBEL

ALSO KNOWN AS

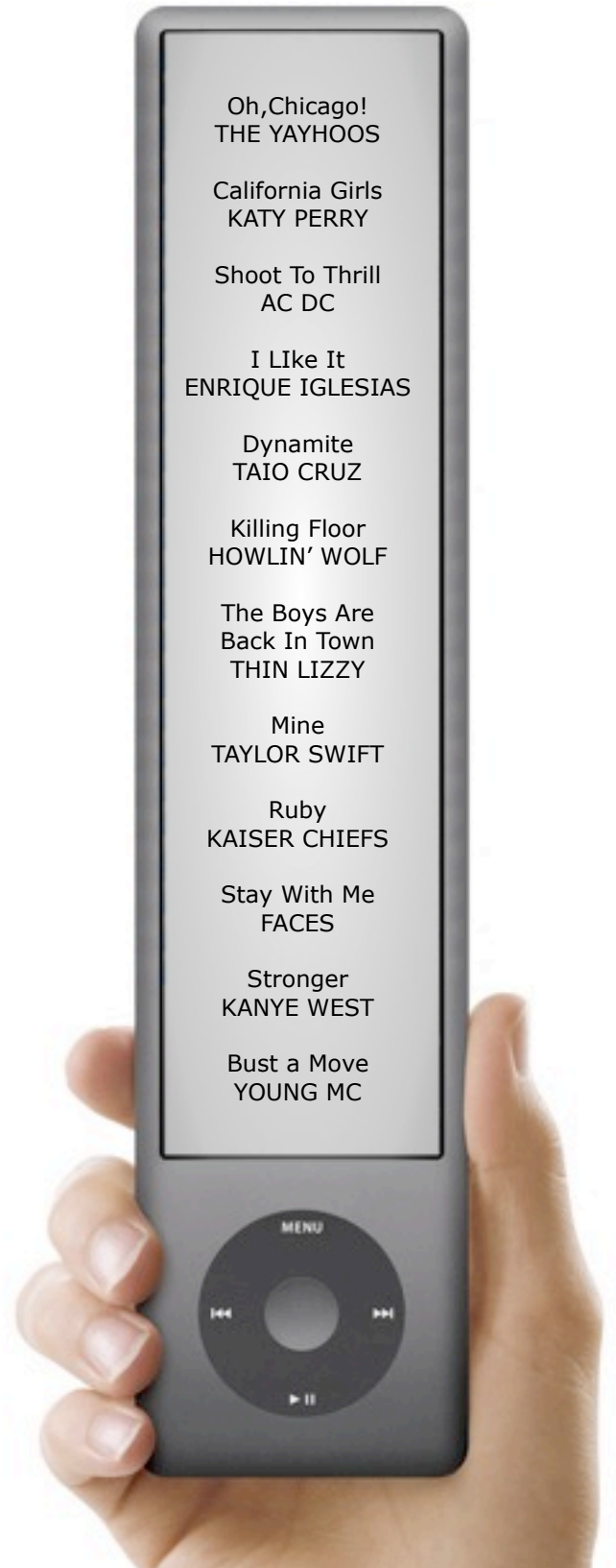
WINTER WORD SCRAMBLE

1. tlotahochcoe
2. loovshnesw
3. arpak
4. btitrfseo
5. osbto
6. boenoswilm
7. rfegezin
8. gosdnnaiborw
9. mtsitne
10. thibernea
11. ciswttsirnleeo



THE PLAYLIST

A RANDOM SELECTION OF SONGS
 FROM SWIMMER'S IPODS



BECAUSE THEY MUST FAIL

Rick Boucher, Head Age Group Coach, STAR Swimming, Amherst, NY

With fifteen years of coaching in this sport of swimming, I have come to notice a few things that happen on each and every team I have ever worked with. Parents and swimmers, regardless of their location in this country, have similar issues at specific points of their swimming careers. I would love to address the “First Swim Meet” issue.

The “First Swim Meet” issue has been addressed on every team I have ever coached. Swimmers and parents are uncomfortable when it comes to attempting their first swim meet. It is an unknown for both of them. Children tend to be so upset at the thought of having to compete, that they somehow convince their parents that they should not, or can not be competing at their level. What do I think? Attend the first swim meet offered to your child regardless of how you feel about your child’s ability and how they feel about competing.

Here’s why...Every person **MUST FAIL** in order to become better! Think about this for a moment. Would you be where you are today in your career if you would have only succeeded? I know that I would not. Some of my greatest professional successes have come through having what I would consider a “horrible season”.

Children are afraid of swim meets because they are “scary”. A new swimmer knows they are not going to win. They know that they may get disqualified. They understand that it is going to be hard work. They become overwhelmed with the anxiety of having to step out of their “comfort zone” and actually challenge themselves to a level they never have before. PERFECT! This is what it takes to become an outstanding individual. Not just in swimming, but in life.

A ten year old child knows very little about trial and error. They understand the school system and its grading process, but outside of this, children have had very little trial and error elsewhere. If they have played in a “team sport”, then they have been judged on a “team level” and

not as an “individual”. Being ranked as an individual is “scary.”

In basketball, if you don’t get the ball at a time when you can shoot, then it’s not your fault you didn’t score a point. In football, if you do your part on the field as a linesman and the quarterback’s passing is off, then it’s not your fault. There are so many other avenues to place blame and accept the defeat in a form that allows you to continue telling yourself that you played a great game. In swimming, there are none. It is all up to them. They are the ones who either make or break their performance.

This is to me, the most perfect part of the sport. It makes young athletes look at their performance at practice and reconsider if they are doing everything they can in order to become better. Swimming encourages young children and young adults to actually look at themselves and re-evaluate themselves. How wonderful is that? It’s also wonderful to hear from a child that they plan on listening better at practice because they really want to learn more about a specific stroke or race.

FAILURE ~

- *Leads strong-minded children into their success.*
- *Upsets them enough to make them take control of their own actions.*

In swimming there are no guarantees. No coach can look at an athlete and say “You know what? You’re going to become a state record holder”, or “Pack your bags kiddo, ‘cause in four more years I know you’re heading to the Olympics”. Trust me, after all of the years I’ve placed into this sport, I wish I could do this. It would make life so much easier for myself, parents, and athletes.

What a coach can promise is that through hard work, dedication, commitment, perseverance and FAILING, your

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child can become a person who understands more about themselves than most individuals their age.

It's taken me a long time to realize that one of the key ingredients to all of my past athletes reaching their potential is failure. All of them have failed more than they succeeded. Some failures were large, other were minor. Most children will fail, learn from their mistakes, and fail again, but with fewer mistakes and so on. The reducing of failures is their improvement, dedication, and perseverance. They should be praised for their efforts and encouraged to continue on their quest.

That's what a coach does, they encourage young, learning athletes to strive for more and always push themselves. It is a coach's job and duty to keep these children understanding why we strive and how great it feels to achieve.

So here's what I have to say...

Let your child fail. Don't encourage "failure," but understand it. Understand that failing is a process that is needed in order to succeed. Encourage your child to step out from their "comfort zone" and challenge themselves to a level that they may not think they can attain. Why? Because once they push themselves to that new level, they may realize that they are much faster, stronger, and just plain old better they ever thought they could be.

PARENTS SHOULD ~

- *Assist the coach in getting all that they can from their young athlete and properly challenging their child.*
- *Realize that their children are afraid. It's nerve-racking to try something new and have so many eyes on you.*
- *Comfort their children and continually reinforce the fact that "effort" is to be praised and that "failure" is part of the process of becoming great.*
- *Get their children involved. Drive them to the swim meet. Be their biggest cheerleader. Make sure you love them regardless of what place they take in their events.*
- *Reinforce the fact that doing something that they've never done before is wonderful and the chance they have been given to challenge themselves is a blessing in disguise.*

Let's play a little game called

WHO THE HECK IS THAT? AND WHY SHOULD I CARE?



STAN SMITH

This tennis player was rejected from even being a lowly ball boy for a Davis Cup tennis match because event organizers felt he was too clumsy and uncoordinated. Smith went on to prove them wrong, showcasing his not-so-clumsy skills by winning Wimbledon, U. S. Open and eight Davis Cups.



J.K. ROWLING

Before Rowling published the *Harry Potter* novels she was nearly penniless, trying to raise a child on her own while attending school and writing. Through her hard work and determination, Rowling went on to being one of the most successful writers in the world in a span of only five years.



SIDNEY POITIER

After his first audition, Poitier was told by the casting director, "Why don't you stop wasting people's time and go out and become a dishwasher or something?" Poitier vowed to show him that he could make it, going on to win an Oscar and become one of the most well-regarded actors in the business.

DEFEATING NEGATIVE SELF-THOUGHTS

DR. AIMEE KIMBALL - Sport Psychologist

Have you ever said mean things to yourself like, “You are awful. You are the slowest person in the water,” or “There is no way I’m going to get better, I should just quit?”

If so, imagine how you would react if someone else said those things to you. You would definitely be angry and possibly push them in the pool. My point is, don’t say anything to yourself that you wouldn’t let anyone else get away with.

TIPS FOR HELPING YOU QUIET THE NEGATIVE TALK IN YOUR HEAD:

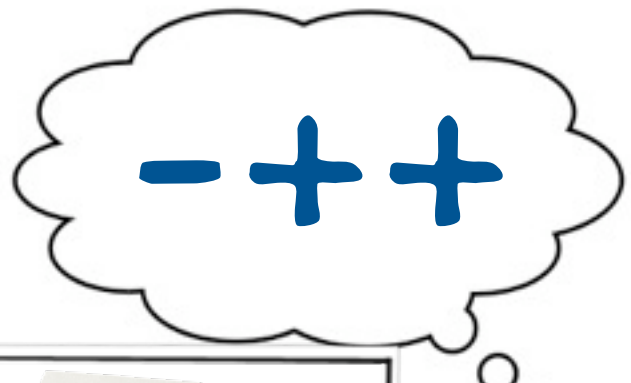
BE YOUR OWN BIGGEST FAN

Imagine the president of your fan club standing on your shoulder wearing a T-shirt with your face on it telling you, “You’re awesome. You’ve worked so hard, I know you’ll do well. You deserve to be out here, show them what you got.” Cheer yourself on and have your “biggest fan” fill your head with positive thoughts.



CREATE MORE POSITIVES THAN NEGATIVES

Any time you say something negative, make yourself say two things you’re doing well. For example, if you say, “My turns are awful,” you have to positively refocus yourself by saying, “I have a great stroke and my starts are fantastic.” Tell your coach, your teammates, and your parents to enforce this with you, too, in all areas of your life.



WRITE DOWN YOUR NEGATIVE THOUGHTS

Write a list of things you typically say to yourself, then counteract those thoughts with something positive. For example, if you write down “I’m not nearly as good as her. There’s no way I can win,” you can cross it out and say to yourself, “She’s fast, but I don’t control her. I am going swim my best and get a great time.”

- I AM SLOWER THAN A ROCK.
- I AM SO UGLY, WHEN I WAS BORN THE DOCTOR SLAPPED MY MAMA
- I AM SO DUMB, WHEN I IRONED MY SHIRT I BURNED MY BACK

MAKE IT GREAT!!

