



Quarterly Newsletter

WINTER 23-24

 [Barracuda Swim Club](#)

 [@barracudaswimclub](#)

Website: barracudaswimclub.org

A Word From Coach Chris

NEW YEAR'S RESOLUTIONS

It's the time of the year when everybody and their uncle makes resolutions for the coming year. Many of those resolutions quickly fade away. (Just note the number of people at fitness centers in early January compared to February!) Setting resolutions is simply goal-setting, something we endeavor to teach our swimmers. Goal-setting can, of course, be used to improve one's swimming performance.

However, it is also a set of skills that can help you succeed in all areas of your life. How one actually writes a goal, and how successful one is in reaching a goal, can be learned. Like any other skill, practice will make you better at using it.

Writing a Goal

The way a person puts their goal into words can have a profound impact on the success of reaching that goal. Here are some hints:

1. You choose your goals. The most important key to reaching a goal is a desire and commitment to do so. You may get input/direction from others, but ultimately the choice of what you want to accomplish is yours.

2. State the goal positively. Say what you want to do, not what you don't want to do. (Example: "I will

hold my breath at least two stroke cycles off my start" is better than "I will not breathe on my breakout").

3. Make it measurable. How will you know when you complete your goal? Be specific, but allow yourself the opportunity to exceed your expectations. (Example: "I will come to at least 95% of the practices."; "I will go 59.99 or faster in my 100 breaststroke").

4. Be descriptive. The better you can paint a picture of the desired goal, the better the mind can grasp that action/habit. (Example: "I will keep my bottom eye under the water on my freestyle breathing" is better than "I will improve my freestyle breathing").

5. Have a deadline. Some goals will be short-term, others medium-term, and others long-term. By stating an appropriate deadline, you can better evaluate how you are progressing. The more short-term a goal, the more specific the deadline needs to be.

6. Make your goals challenging enough to keep your attention, but reasonable enough to give you a chance of achieving them. Note that the deadline may have a lot to do with how "reasonable" a goal is. (Example: "Making the qualifying time for Olympic Trials" is a great goal. However, if it's May, 2024, and you are 12 seconds away from the qualifying time in the 50 freestyle,

getting that goal this year is bit unreasonable, since 2024 Trials are in June. BUT – if you are a younger swimmer and your goal is more long-term (like in 4 or 8 years), then it would be a much more appropriate goal statement.)

7. Have rewards for making your goals. Rewards can be intrinsic (setting a personal best time so that you feel a sense of accomplishment) or extrinsic (getting a certain goal time will allow you to attend a certain championship meet).

8. Have both outcome goals (the big, end-goal) and process goals (the things you need to do between now and then to make those outcome goals a reality). Process goals are sometimes referred to as "mini-goals".

9. Educate yourself about what it will take to make your goals. As they say: Knowledge is power. The more aware you are of what it takes to succeed, the more you will be able to do those things.

10. Write your goals down and then sign the paper. This is a powerful psychological trick that makes a goal like a contract with yourself. It shows you that you are making a commitment.



More From Coach Chris

Using Goal-Setting Effectively

Once you have your goals written down, there are steps you can take to boost your rate of success:

1. Balance your goals. Make them in more than one area of your life. You want to be more than just a successful swimmer or student or friend or whatever – You want to be a successful person. Furthermore, if progress is slow in one area, having successes in other areas can keep you on an even keel.

2. Set priorities. Let's be honest – sometimes your goals may come into conflict. If you have your priorities set, it will be easier to choose if conflicts arise. You can guiltlessly put your attention, efforts and time toward the goal(s) which mean the most to you. NOTE: Priorities may change over time and/or by current circumstances, and that is OK. By having thought about all that ahead of time make you are better able to deal with conflicts if they arise.

3. Have short-, medium-, and long-term goals. These should be complimentary and will give you a better blueprint for continued successes.

4. Review your goals and remind yourself of them often. Put them up in your room, in your swim bag, in your car. This helps you to keep focus and remind yourself of what you are doing and why. This is especially true of your process goals! Those are the little goals which will help you achieve your big goal.

5. Determine a support system for each goal or group of goals – people who can be there for you and support your efforts. Your coaches, parents, friends and teammates are great sources of support. Then - ask them to help you. Let them know you are counting on them for certain support.

6. Make a firm commitment to work toward reaching your goals.

7. Understand that setbacks are part of the process. Failure is not a bad thing – it shows you what still needs to be accomplished. Will you look at failure as a roadblock keeping you from your journey, or a challenge for you to conquer?

8. Be sure to give yourself credit for the “little victories” – a practice best time, mastering a skill, small time

drops, understanding more about the tasks necessary for success. Having small rewards, even a personal acknowledgement of progress, is important.

9. Reset process goals and/or short-term goals to continue moving toward your medium and outcome goals. But don't forget step #8 though!

10. Remember the word “yet”! Oftentimes, big goals take time – sometimes more time than you'd like. Instead of evaluating a performance negatively, understand what needs to be improved, but look at the big picture: “I did not make that goal yet – and here is what I will do to move closer to getting it”. It's been said that goal is a dream with a plan. Want to be a millionaire? – then plan for that dream and work toward it. Want to qualify for a Championship Meet? – then plan for that dream and work toward it.

Wishing you great successes in 2024!

Coach Chris

A Message Coach Will

While talking about painting, American artist, Bob Ross, spoke about the importance of looking for ways to become better. He said, “I hope you're absolutely plagued with dissatisfaction through your whole life, plagued with dissatisfaction through your whole life, because if you are, you'll always strive to do better.” Relating this quote to other parts of our lives, including swimming, is fairly simple. Bob was a person who was very pleased and happy about his artistic ability, but he was never completely satisfied. He could always find something to do better in his next painting. I hope we can have the same approach to our swimming.

We should be proud of the progress we have made, but never completely satisfied. That way we will be motivated to “always strive to do better”.





President's Report

Dear Barracudas Families,

It was a decade ago this January that my family joined the Barracuda swim club when our daughter Abby took the dive into Freedom Hall pool. As I contemplate the decade long journey, I would like to share a few reflections.

It is amazing what these kids do in the pool. Abby was eight years old for her first meet, a summer league contest at Church Hill. When I saw that she was supposed to swim the 25 fly I approached Coach Will and told him that I had watched enough practices to know that she could not swim it. Coach Will assured me that he knew Abby could not swim it, but it was just a summer league meet and would be fine. Without the benefit of her father's or coach's knowledge about what she could not do, Abby went out and swam the entire 25 yards in fly.

One of the great things about swimming is that while we are a team, everyone can have their own ability and goals. Over the years I have seen my children switch back and forth between seeing swim meets as places to win a high point trophy, get a qualifying time, help a relay team win or primarily as a social event. They have had friends just happy to be there to those looking at swimming in college. Yet they can still swim together and be a community.

Finally, though it may sound trite, the journey really goes quicker than you think. Without knowing it at the time, two years ago at the state high school swim championship meet was the last time I will ever see Abby swim competitively. It makes me glad that time years earlier when at the last minute I decided to postpone some work and go see Abby swim a middle school meet in Bristol. And I appreciate those swimmers and their families who are coming to the end of their own long swim journeys in the next couple of months. Thank you for letting us be a part of it.

Good luck to all our swimmers on their journeys in the pool and in life.

Best regards,
Andy Slap



**RECORD
BREAKER**

Club Record Breakers

**RECORD
BREAKER**

Top Scoring Barracuda's at SE McCallie October Invite

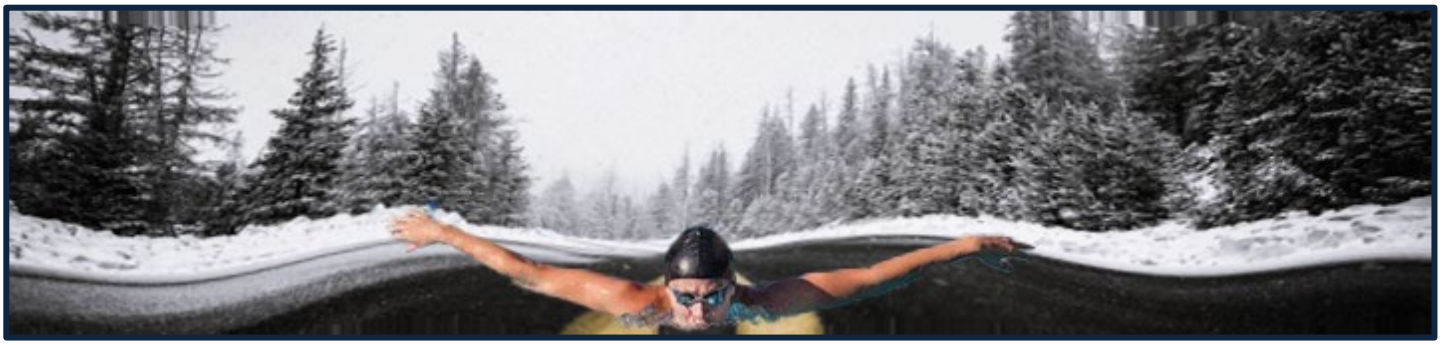
Swimmer	Group	Points
Raylan Clifton	8 & under	136 points
Kamdyn Hallmark	10 & under	96 points
Sophia Angelopoulou	11-12	138 points
Annalee Price	Open	51.5 points
Wyatt Pierce	Open	63 points

Top Scoring Barracuda's at Pumpkin Patch Meet

Swimmer	Group	Points
Raylan Clifton	8 & under	97 points
Kamdyn Hallmark	8 & under	94 points
Jerry Liang	9 – 10	45 points
Claire Arnold	9 – 10	55 points
Skylar Burke	11 – 12	44 points
Lilli Woodard	11 – 12	61 points
Conor Lilley	14 & Under	72 points
Sophia Angelopoulou	14 & Under	69 points
Elijah Johnson	15 & Over	37 points
Anna Johnson	15 & Over	45 points

Top Scoring Barracuda's at Cranberry Classic

Swimmer	Group	Points
Everett Armentrout	8 & under	205 points
Stella Parker	8 & under	135 points
Raylan Clifton	9 – 10	197 points
Claire Arnold	9 – 10	220 points
Skylar Burke	11 – 12	173 points
Sophia Angelopoulou	11 – 12	197 points
Joe Ayres	13 – 14	177 points
Hayden MacDonald	13 – 14	206 points
Emmet Chandler	15 & Over	158 points
Deanna Miller	15 & Over	208.5 points



The Funny Pages

Swimmers before a meet



Swimmers after a meet



What do you call a swimmer who's always cold?

A: Chill-dren

Why do dolphins only swim in salt water?

A: Because pepper makes them sneeze!

What stroke do sheep enjoy doing?

A: The baaaa-ckstroke!

Why don't vegetarians swim in competitions?

A: They hate meets!



Happy Birthday Barracudas

DECEMBER

Claire Arnold 6th
Hera Sims 12th
Alicia DeOliveira 12th
Laila Horn 14th
Sophia Vella 20th
Seilah Pickering 21st
Madelyn DeHart 27th

JANUARY

Chloie Ollis 3rd
Emmet Chandler 8th
Annalee Price 9th
Madeline Webb 9th
Tia Spivey 19th
Lydia Palmatier 19th
Lihan Li 22th
Omar Atyia 24th
London Rangen 25th
Macy Bear 26th
Kiersten Webb 26th

FEBRUARY

Anna Johnson 2nd
Ellie Chen 3rd
Lilli Woodard 4th
Allison Comerford 4th
Elizabeth DeHart 14th
Madison Johnson 22nd
Yasmin Atyia 23rd
Avery Birdwell 26th
Rawda Atyia 27th



We DESPERATELY Need YOU!!!!.....

OFFICIALS

Did you know that becoming a meet official has some benefits? It's fun (honest), join the community of white shirts and be more involved with your swimmer meets. Training is available as well as job shadowing at meets.

If you are interested in becoming an official for the first time or have any questions you can reach out to Mark Johnson at msjohnso638@gmail.com.

COMMITTEES

We are also looking for parents that are looking that are interested in joining a fundraising committee. This is committee is in the earlier stages but if you would like to learn more, please contact Erica Streitz at estreitz@gmail.com.

Important Dates

Make sure to check the Barracuda website for any updates and don't forget to book your stay for away meets.

- **9/23/23 – ISCA Open Water Festival**: Smith Mountain Lake, VA
- **9/23/23 – RPS Meet**: Kingsport Aquatic Center
- **10/14/23 – McCallie Invitational**: Chattanooga, TN
- **10/28/23 – BSC Pumpkin Patch Meet**: Kingsport Aquatic Center
- **11/18/23 – BSC Cranberry Classic**: Kingsport Aquatic Center
- **12/07/23 – HOKI Prelim/Final Meet**: Christiansburg, VA
- **01/05/24 – TNAQ Invitational**: Knoxville, TN
- **01/26/24 – Regional 2 Meet**: Chattanooga, TN
- **02/16/24 – Southeastern Championship Meet**: Huntsville, AL
- **03/07/24 – Senior Sectional Meet**: Greensboro, NC
- **03/19/24 – NCSA Junior National**: Orlando, FL
- **03/27/24 – NCSA Age Group Championship Meet**: Orlando, FL



Fuel and Stretch

BERRY PROTEIN SMOOTHIE BOWL:

If you're in the mood for something sweet, smoothie bowls are an awesome, light breakfast option. With an infinite amount of flavor combinations, you can always switch it up and experiment with different fruits to discover your favorite concoction. I love adding berries and nuts for a crunch! Don't be afraid to get creative with your toppings! You can also top your smoothie bowls with granola, chia seeds, hemp seeds, shaved coconut, cacao nibs or a drizzle of your favorite nut butter.

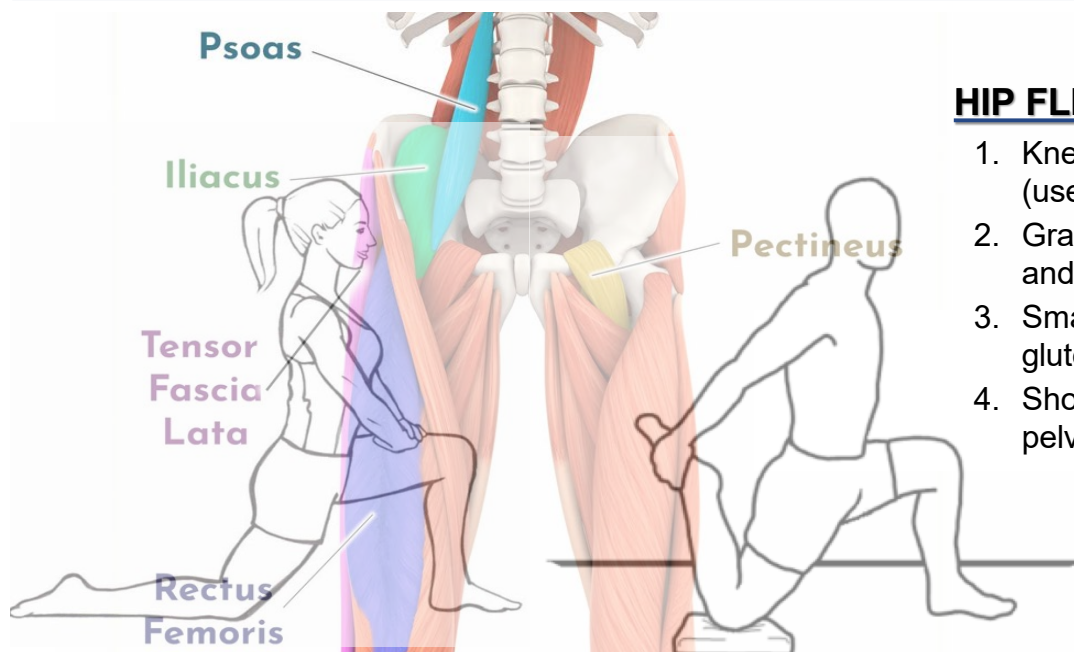
INGREDIENTS:

- 1 ½ cups frozen mixed berries
- 1 cup unsweetened almond milk
- Handful of ice cubes
- 1 tsp baking powder
- 1 scoop protein powder
- Handful of black berries (topping)
- Handful of walnuts (topping)



METHOD:

1. Fill your blender with a handful of ice, frozen mixed berries and almond milk.
2. Blend until smooth.
3. Then, add in your protein powder of choice.
4. Blend again, making sure the powder fully incorporates. If the powder isn't blending as smoothly, take a spoon and scrape the sides of the blender and add more ice to thicken.
5. Pour the smoothie into a bowl and decorate with some toppings!



HIP FLEXOR STRETCH

1. Kneel with one knee on floor (use pad if needed)
2. Grab back foot tuck pelvis and squeeze glute
3. Small shift forward. Keep glute squeezed.
4. Shoulder width stance. Shift pelvis forward.