

# The Weekly Splash

April 28, 2011

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## News For SWIM PARENTS

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### *World Class Parents*

*“So, you want to offer your child the opportunity to be a world-class athlete....”*

*By John Leonard*

If the above sentence doesn't scare the bejeezus out of you as a coach reading it, good for you!

The fact is, a number of parents DO, without being raging lunatics, wish to offer their child the best possible chance to be a great athlete....in the same way that they'd like to offer them the chance to attend the most prestigious University, visit the best doctors, be a world-class musician or artist, etc. etc. etc.

The key word is “OFFER”. Not “force”. Not “Make”. Offer. The issue, if you take the words “world class” out of there....is that MOST parents want to “de-limit” their children and “offer them the chance for the best opportunities in life.”. Put that way, it doesn't sound so bad. In fact, it sounds like “most of us”.

As every coach knows, the devil is in the execution. (or the details, if you prefer.)

I was asked this question twice on a recent trip to Africa.....where the topic came up because of the perception that African children who aspire to be swimmers are considerably limited on their continent. Overall, I thought it a fair question. Here's my answer....I'd love to hear other people's thoughts.

#1. It's all about the coaching. Led by the great researcher, Dr. Anders Ericsson, we know that expertise comes from 10,000 hours of focused, purposeful practice, guided by a “coach” of skill, knowledge and understanding of the learning process providing top quality feedback. So the number one task of the parent on the track of great opportunities....do your homework, research the coaches available to your child, spend time in conversation with them, reach a mutually satisfying understanding of “who is doing what” and then get out of the way, and TRUST THEM to do right with your child. You can “oversee the process” but let the coach, Coach.

That's answer 1, 1A and 1B.....nothing else comes close in importance. Here are a few other ideas, however.

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#2. It's about RESILIANCE! Your child, all children, are going to hit some rough patches in their development. Teach them to persevere, don't get the roadblocks out of their way FOR them, let them learn to struggle with it and overcome. Everyone gets knocked back/down. The child has to get good at getting back up...ON THEIR OWN.

"Curling parents" are those rushing down the path ahead of the child, trying to clear every obstacle out of the way for them.....and never letting the child gain the satisfaction of overcoming challenges. Don't be one.

"Helicopter parents" are those who hover over their child at every moment, so intent on making sure the child "gets it" that they become the biggest distraction to the child ever "getting it". Go sit down. Relax. Read a paper. When the child's done, love them, don't make them replay every moment of practice for you. Don't be one.

#3. It's about personal responsibility. Make sure you teach your child that "if it's to be, it's up to me." If they want to be a world class athlete, only their effort will take them there. Effort. Not talent. Tons of people have talent to achieve great things. Few do. Often because their proud parents forgot that effort is the only way to achieve. Teach effort.

#4. Be a Motivation Machine. As the great swimmer Michael Phelps was on his steady, effortful rise to the top of the swimming world, his coach Bob Bowman described Michael as a "Motivation Machine". Something good happens, he got up the next morning with the mind-set, "I want more of that." And he went off to practice. (not staying in bed congratulating himself.."I earned some more sleep this morning...I'll sleep in..") When something Bad happened, Michael got up and went to practice with the mindset "I'm NEVER letting that happen again". (not staying in bed and having a mini-pity-party.) One of the greatest things I have ever heard that separates a great individual from the rest of us....Be a Motivation Machine.

Parents, you can teach that to your child and it will be a life-gift of importance.

#5. ENJOY THE RIDE! The Chinese have a saying..."most of life is about Chop Wood, Haul Water". Mundane tasks that are essential to our progress in life. Life is not always wildly exciting and "fun". Mostly, it's steady mundane effort and work. So learn (both as a parent, and teach to the child...) to enjoy and be very "satisfied" with the day to day tasks that, like water impacting the rock, make up our journey towards a special result. Chop Wood, Haul Water. Learn to value and enjoy it.

Those are my top 5 recommendations. Please add your own and let me know what they are.

All the Best, John Leonard

*News for Swim Parents is a weekly newsletter with a single article published by ASCA, American Swim Coaches Association. CRAA has contracted with ASCA for the rights to publish this newsletter with our club's weekly newsletter. Above is this week's edition of News for Swim Parents.*

## CRAA Special Board Meeting – This Sunday

CRAA will have a special board meeting this Sunday, May 1 at the CRAA offices beginning at 7:00 PM. The agenda for this meeting is limited and includes a report from the nominating committee that was established to find a slate of candidates for open board positions. The election for these positions will be held during the CRAA Annual Meeting in late May.

## CRAA Annual Meeting, Team Pictures and Pool Party

Save the Date: CRAA will have its Annual Meeting along with team pictures and a team pool party on Monday, May 23. More information about this event will be available soon.

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## Competitive Swimming Lessons with Coach Wendy and Coach Brian

Looking for some additional technique work for your swimmers? Coach Brian and Coach Wendy will be doing private and semi-private lessons this summer for any CRAA swimmers looking to spend some additional time on technique. These lessons will be one-on-one or two-on-one sessions and will cover whatever technique improvements the swimmer needs. Coach Brian will also be offering video analysis that will be used to aide in explanations of what the swimmer is doing, and how they can make corrections. The rate for these lessons for Coach Wendy is \$30 for each 30 minute session and for Coach Brian is \$20 per 30 minute session. Lesson times are limited, and will be filled based off availability. To schedule or inquire about private lessons with Coach Wendy, please email her at [coachwendycraa@gmail.com](mailto:coachwendycraa@gmail.com) or call her at 389-8618. To schedule or inquire about private lessons with Coach Brian, please email him at [bruffles@coe.edu](mailto:bruffles@coe.edu) or contact him by phone at (716)597-7671.

## CRAA Post It Wall

CRAA now has two electronic bulletin boards. This first board will now be for the swimmers from the Silver, Gold and Senior practice groups. If swimmers have questions or suggestions about practices, this is a way to ask these questions and have discussions with other parents and coaches. The link for this site is:

<http://linoit.com/users/bruffles/canvases/CRAA%20Practice%20Groups>

The second and new bulletin board will be for the parents of CRAA swimmers. This board will give parents the opportunity to ask questions to the coaches or other parent members of CRAA. The address for this new electronic bulletin board is:

<http://linoit.com/users/bruffles/canvases/CRAA%20Parent%20Page>

These boards give the option of asking questions anonymously. Individuals may place their names in the tag box at the bottom of the sticky note if they choose. The coaches will be making posts on this wall as the season progresses and be monitoring it on a daily basis. Please feel free to post items regarding to practices and meets or CRAA.

## ICE Spring Meltdown Invitational

Meet information is now available for the Spring Meltdown on the CRAA web site. This is a meet will be held at Mercer pool on the weekend of May 7-8. This meet is a Senior meet and swimmers may swim any event in a session as long as they have at least one "A" time for events in that session.

The following swimmers have entered this meet:

Jackie Allen  
Ian Ford

Lydia Yang  
Stefan Kitsos

Logan Barnes

Morgan Barnes

## IFLY Invitational Swim Meet

Meet information for the The David Armbruster Open, IFLY's Invitational Swim Meet is now available. This meet will be held on the weekend of May 20-22. This meet is an open swim meet for swimmers of all ages. Because the meet host will begin accepting entries for this meet this Friday, April 22, CRAA entry deadline was last week. Being a new swim meet, it is hard to tell if the meet will fill but since it is being held at the new pool at University of Iowa, it is quite possible it will fill quickly.

Please contact Bobby if you have questions about entering this meet.

The following swimmers have already submitted entry request for this meet:

Gabrielle Armstrong

Paige Broghammer

Gloria Campbell

Morgan Chambers

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Kelsey Drake  
Sarah Gannon  
Mackinzee Macho  
Andi Toledo  
Logan Barnes  
Ian Ford  
Cameron Kelley  
Micheal Welbes

Amanda Feters  
Bibanna Granadillo  
Alicia Miltner  
Rachel Velaquez  
Morgan Barnes  
Trevarious Hayward  
Stefan Kitsos

Casey Gannon  
Alyssa Harris  
Cameron Murray  
Kelly Wingerson  
Eric Ford  
Josh Horth  
Carter Kramer

Madison Gannon  
Shannon Kelley  
Delaney Thoma  
Lydia Yang  
Ehtan Ford  
Matt Jackson  
Matt Peng

## CRAA Spring Pentathlon

Meet information is now available for the CRAA Spring Pentathlon on the CRAA web site. This is a meet will be held at Coe College on Saturday, May 14. This meet is for all swimmers age 14 and younger. Entries for this meet are due by Wednesday, May 4.

The following swimmers have already entered this meet:

Alanna Adkins  
Kelsey Drake  
Mackinzee Macho  
Kelly Wingerson  
Eric Ford  
Ian Hoover-Grinde  
Carter Kramer  
Sam Peng  
Adam Wolff

Jackie Allen  
Bibanna Granadillo  
Cameron Murray  
Lexa Winn  
Ethan Ford  
Matt Jackson  
Eric Liao  
Tristen Perreault

Paige Broghammer  
Alyssa Harris  
Delaney Thoma  
Lydia Yang  
Trevarious Hayward  
Cameron Kelley  
Gabe Macho  
Jeremy Thronson

Morgan Chambers  
Shannon Kelley  
Olivia Thoma  
  
Nathan Homan  
Stefan Kitsos  
Matt Peng  
Micheal Welbes

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