

# The Weekly Splash

July 14, 2011

In this Email-Issue of *The Weekly Splash*:

1. News for Swim Parent – Eliminate Your Competition
2. Practice Schedule Changes
3. Clinton Invitational Recap
4. Speedo Sectional Swim Meet
5. Regional Swim Meet – Swimmers entered
6. CRAA Board Meeting – Wednesday, July 11
7. Volunteers for the state meet
8. The Waves – All City Meet Information

## News For SWIM PARENTS

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### “Eliminate Your Competition”

Guy Edson, ASCA Staff

Here are some short vignettes of parent--coach interactions I have collected over the past couple of months at meets I have attended with my own team as well as observations other teams here in South Florida.

- Early in the morning before the meet warm-up a coach, holding one corner of the shade canopy and trying to both direct a hand full of helpful swimmers and negotiate around the corner of the bleacher is suddenly replaced by a crew of parents telling him, “You and the swimmers have more important things to do. We will take care of this.”
- During a passing rain shower hitting in the middle of the 400 freestyles, a parent stands by the coach with umbrella in hand so the coach can watch and take splits in relative dryness.
- In the finals’ heat sheets the coach discovers that one of his swimmers is seeded two seconds faster than she actually swam in prelims and the erroneous time is a JO qualifying time. After talking to meet management he finds out that there was a “timing error” and the meet management felt the results were fair and were not going to change them. He explains the situation to the dad of the swimmer and before the coach has a chance to say that the child has to truly make the time standard, the dad beats the coach to the thought saying, “she has to earn it by doing it.”
- Most everyone has left at the end of prelims except officials, timers, a few coaches and swimmers preparing for a couple of heats of 1500’s. During the short break the coach reviews splits and strategies with his swimmers and doesn’t have time to leave the deck. A parent brings him a cold soda and a sandwich from the concession stand.
- After finals a group of parents clean up the area they had occupied that day leaving it cleaner than they had found it.



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- A swimmer who qualifies 9th and fails to make finals is comforted and reassured by the dad who then, without comment on the swim, directs the swimmer to speak with the coach.
- A parent sincerely asks if the coaching staff can do a private lesson to fix his son's butterfly. The coach said that he didn't believe he needed a private lesson, but just needed to apply what the staff is saying to him in practice every day. Before the 50 fly event the coach reminds the boy, with the parent present, to get his head and chest down, hips up, and to stretch the entry before beginning the stroke in order to allow the hips time to get up. In the event the swimmer dives in and swims uphill butterfly the entire way. The coach explains to the parent that every day the staff reminds the swimmer about proper timing and body position in the water and he sometimes tunes in and does it but more often doesn't. When the swimmer returns from the swim for post race analysis the coach asks the swimmer if he thought at all about his hips up and he said "no." The parent then says to his son, "Sounds like you just need to pay more attention in practice."
- A swimmer who has noticeably struggled all meet long has one last chance to make finals and all parents stand up to cheer the swimmer on. (He makes finals.)
- On the last day of a three day meet, a swimmer -- who has had an exceptionally good meet and made several qualifying times the previous two days but is noticeably tired -- makes the final of one event on the last night. It is an inconsequential event for the athlete and there is no team scoring involved. The coach recommends that the swimmer scratch finals and go home early to get some rest. The dad is fully supportive.
- Due to a ton of scratches, a young swimmer is moved all the way up to first alternate and this would be his first chance at a final. He is excited about the opportunity to swim again. Even though his best time is far behind the other qualifiers his parents are also enthusiastic about bringing him back for a chance at swimming in finals. However, there are no scratches and the boy is unable to swim and is noticeably disappointed. His parents hug him and reassure him that his time will come and they stay for the rest of finals to watch and cheer for the other swimmers.

...All good examples of wonderful parent support.

So, where does the title "Eliminate the Competition" come from? It comes from another vignette:

- During the 400 freestyles in a qualifying meet, a 12 year old swimmer who I had just finished going over the pre-race strategy with the coach, was pulled aside on his way to the blocks by the dad who told him to "eliminate the competition" on the first 200 so that he would have an "easy time of it" on the second 200. This may be an acceptable business strategy but not so good in the 400 free. The boy tried to do as the dad said and did indeed go out fast but failed badly on the second half of the swim and missed a qualifying time substantially. The dad stormed out of the natatorium without talking to his son or the coach.

I was going to write an article about this situation and what might have been a more appropriate chain of events but then I starting thinking of all the good things parents do at swim meets and I decided to focus an article on the positive instead, because the positive parent behaviors far outweigh the negative behaviors. We coaches thank all of you parents who model such good choices for your children and the team.

*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.*



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# Practice Schedule Changes

Please note the changes in CRAA practice schedule:

Monday July 18-Friday July 22

Senior/Gold: Monday-Friday: 6:00am-7:45am **OR** 3:00pm-4:45pm – but no doubles  
Sectionals: Monday and Tuesday: 8:30am-10:15am (or 6:00-7:45 am if conflict)  
Wednesday: TBA  
Thursday – Sunday: Sectional Swim Meet

Monday July 25-Friday July 27

Senior/Gold: Monday-Wednesday: 6:30am-7:45am or 3:00pm-4:15pm – but no doubles  
Thursday: 7:00-7:45 AM  
State Meet Thursday through Sunday

Monday July 31 – August 4

Zones and Junior Swimmers: TBA

## Clinton Meet

The post meet write-up for the Clinton meet will be in next week's Weekly Splash.

## Speedo Sectional Swim Meet

Meet information for Sectionals is now available. This meet will be held at the University of Iowa on the weekend of July 21-24. Swimmers who have qualifying times and wish to enter should contact Bobby.

The following swimmers have entered this meet:

Morgan Barnes

Ian Ford

Emilie Berg

## Regional Swim Meet

The Regional Swim Meet will be held next weekend, Saturday and Sunday, July 23 and 24. The following swimmers have entered this meet:

Morgan Chambers  
Delaney Thoma  
Carter Kramer

Alyssa Harris  
Olivia Thoma

Abby Krueger

Entries for this meet must be submitted to DASH, the host swim club, by noon, next Monday, July 18. If you would like to be entered in this prior to the late-entry period, you must contact Bobby before this time.

## CRAA Quarterly Board Meeting



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There was a CRAA Quarterly Board meeting was held this past Wednesday evening, July 13. The meeting was not concluded and will be continued at 6:00 PM on August 1, 2011. The meeting will be held at the CRAA offices at 601 2<sup>nd</sup> Ave, SE. All board meetings are open to CRAA members.

## Volunteers for State Meet

CRAA will be co-hosting the Iowa State Long Course Championships. This is a four-day meet starting on Thursday, July 28 and continuing through Sunday, July 31. CRAA will need many volunteers in order to run this meet successfully. CRAA members are encouraged register to volunteer at the following web site: <http://www1.mysignup.com/cgi-bin/view.cgi?datafile=state> or by visiting the CRAA web site at [www.craa.org](http://www.craa.org).

*Parents: All families with swimmers in the Junior I, Junior II, Bronze, Silver, Gold and Senior practices groups have a commitment to volunteer to work five sessions during this Spring and Summer season. Families will receive Work Session Credit for each session they volunteer to work at the state meet. Thank you for helping.*

## The Waves

### All City Meet Information

The All City meet is Saturday, July 23 at Cherry Hill Aquatic Center.

- Entries are due to Wendy by 10:00 PM Monday, July 18.

Please email Wendy with entry request. Coach Wendy will select events for each swimmer if families prefer. Once entries have been submitted, additional swimmers will not be allowed to be entered. Only changes to the initial entries will be permitted. After noon on Friday, July 22, the entries cannot be changed. Additionally, CRAA will be charged for all No-Shows at the All City meet.

- Meet Day

The 11-12, 13-14, and 15-17 age swimmers will compete in the morning, and the 8 and Under, 9-10 age swimmers will compete in the afternoon.

Morning Warm-Ups: 7:00 - 7:45 AM

Morning Competition: 8:00 AM

Afternoon Warm-Ups: Immediately following the AM session, but not before 11:00 AM

Competition: One hour following the start of warm-ups, but not before 12:00 PM

Gates at the facility will open at 6:30 AM.

Admission \$2.00

All volunteers will not be charged admission.

Swimmers will need to check in and receive a hand stamp for admission into the facility.

- Volunteers

Each team is required to supply 2 timers per session plus 1 "volunteer at large" - a total of 3 volunteers for the AM session, and 3 for the PM session.

Please email Wendy to volunteer.



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Currently, Tina Allison has volunteered to work the AM session, and Thong Nguyen and Brian Welbes have volunteered to work the PM session. The Waves are still in need of two volunteers for the AM session and one more for the PM session. If you would like to volunteer at the city meet, please contact Wendy at coachwendycraa@gmail.com

### CRAA Facebook & Twitter Page

Follow CRAA on Facebook. Search for CRAA the next time you are on Facebook and request to join. The Facebook website is: <http://www.facebook.com>.

Also follow CRAA using Twitter. Individuals can now follow CRAAswim on Twitter and get up to the minute updates coming right from the pool deck at our meets! The website is: <http://twitter.com>.

If you have any questions on how to set-up an account for either of these websites, please contact Brian by email at [bruffles@coe.edu](mailto:bruffles@coe.edu) or by phone at 716-597-7671.



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