

# The Weekly Splash

May 19, 2011

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## News For SWIM PARENTS

Published by The American Swimming Coaches Association, 5101 NW 21 Ave., Suite 200- Fort Lauderdale FL 33309  
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### FAQ's For Parents Training and Workout

This article is published by USA Swimming on their "[Successful Sports Parenting](#)" CD and is also published on the USA Swimming website at

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1733&Alias=Rainbow&Lang=en> (Used by permission of USA Swimming.)

1. Sometimes my child doesn't want to go to practice. He wants to play with his friends. Should I force him to go?

*You should not force your child; you want his participation to be his decision. Reinforce the choices and decisions he has made to start his sport. 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 participate for the season. Once the decision is made to participate, he is making a commitment*



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to the team and needs to follow through on it by attending practice on a regular basis. A haphazard schedule is detrimental to the athlete's overall development.

Interestingly, when asked to reflect on the role of their parents in their swimming, athletes from a recent USA Swimming 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.

2. My child has a lot of interests and activities so he only attends about half of his practices. What will happen to his competition results?

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? Probably he will because his teammate is working solely on developing one sport 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 other sports.

3. It looks like my child is having a lot of fun at practice. Shouldn't she be working harder?

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 the 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 the sport.

4. It looks like all they do at practice is drills. Shouldn't they be training more?

Your child needs to develop a solid foundation in 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 an aspect of her technique. In addition, she may actually be experiencing a "training" benefit from drills. Drills require concentration and aerobic energy to do them correctly.

5. My daughter's coach sometimes makes her "sit out" for disciplinary reasons. Isn't that a waste of her time?

The coach has set up expectations of proper behavior. Hopefully, your child is aware of the consequences of testing these boundaries. Obviously the coach is reinforcing what is expected of the children at practice. We encourage you to reinforce the coach's practice expectations by discussing your child's behavior and the consequences of that behavior. Hopefully, this "time out" begins to reinforce self-discipline, accountability and respect for others.

6. My son complains that some of the kids cheat in practice. What should I tell him?

Praise him first for completing the workout the coach offers. Remind him that he is there to improve himself and he can't control what his teammates do. Tell him however, that his best course of action is to continue to do things right and others may actually be influenced by his good example. By committing to do his best at all times, over the long haul he will reap the benefits of his hard work.

7. My daughter just moved up to the Senior Group. Now the coach wants her to train twice a day. Is this really necessary?

Your child has established proper technique and fundamentals by progressing through the levels of the team. It is appropriate at this stage of your daughter's career development to increase the training loads. This includes adding the two mornings per week. Although morning practices come extra early, most coaches feel that this level of commitment is necessary for your daughter to reach the next level of her career.



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*Training for competitive sports is demanding on young athletes. As athletes develop, they need to understand the upcoming time demands. One specific principle of training that applies is the progressive overload principle. A person must be stressed slightly more each day over time to continue to improve. In order to do that, the coach must plan additional time. The addition of morning workouts often becomes necessary for the coach to develop young athletes to their maximum potential.*

8. What type of commitment is needed for higher levels of competition?

*While an athlete's performance is influenced by numerous factors, there are three that exert the greatest influence: physical, technical and mental. As athletes progress, a greater commitment, of both time and energy, is needed to enable an athlete to address all of these factors.*

*Additionally, the athlete is asked to take more responsibility for and ownership of his practice and competition performance. One way of doing this is by accepting responsibility for leading a lifestyle conducive to performance, i.e., proper nutrition, adequate sleep, time management and managing extra-curricular activities.*

9. Is my teenager sacrificing too much to train?

*What you may consider a sacrifice, such as missing a school dance, football game or simply going out with friends, your child may not consider a sacrifice at all! Instead, your child has chosen to commit to his sport. By doing so, he realizes that a certain level of training is necessary for him to achieve greater goals and does not look at these activities as missed opportunities. Keep in mind that your child realizes missing a workout is like missing sleep, it cannot be made up. If, however, your child is expressing sentiments that he is missing these chances, then it is time to re-evaluate the balance in his activities.*

10. What does the coach mean when she says that my teenage daughter controls 80% of her own training?

*At this stage it is important for the athlete to take full responsibility for her sport. Your coach is just reinforcing this concept. Having a good attitude, developing proper time management, and demonstrating a strong work ethic are important both in and out of the practice and competition. What your child's coach is referring to is what we call "hidden training factors." She is in control of what she eats, how much sleep she gets, her practice attendance, and even her effort on practice sets. This may really add up to even more than 80%.*

11. My child used to compete in all of the events, but now her coach has her focusing on only a few.

*Prior to now, your child needed to acquire a wide range of skills and the aerobic development necessary to allow for this specialization. At this point in her career, her physical development allows her to train for specific events. Children at this stage have reached the physical maturity necessary to specialize in particular events for which they are best suited.*

12. I notice the coach having meetings with the older athletes at the beginning of the season. What are they talking about? Is he asking for input?

*Typically the coach likes to share his seasonal plan with the group prior to the start of the season, as well as reviewing the previous season's strengths and weaknesses. This plan highlights the major competition, tapering and the overall training plan. By presenting the athletes with information, the coach is making the athlete part of the process. This meeting may also be a prelude to individual goal setting sessions and an opportunity to begin to build team unity.*

13. My child was very successful as very young child. How can I help her reach the next level?

*When your daughter is making the transition, she needs to realize that she is participating at a higher level. Improvements are in tenths and hundredths, rather than seconds, due to biological and physiological factors. Throughout her career, you have been very supportive. This support is still needed but it may have to be a little different than in the past. It is a good time to discuss with your daughter what she needs from you. Do not be afraid to ask her "How can I support you in your sport?" While you are an important part of her support network, realize your daughter, at this level, should be taking on more ownership of her athletic career.*



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14. I want my son to qualify for Nationals so badly, but he keeps just missing. What can I do to help?

*It is important for you to acknowledge that this is your child's goal, not yours. Your expectations may actually be putting undue pressure on his performances. There are two types of goals that athletes can set. Outcome Goals focus on the end result of performance such as "win" or "make finals." Process Goals relate to the process of performance. Examples are "great technique" or "strong finish."*

*Athletes have much more control over Process Goals. Outcome Goals are uncontrollable since they also involve the performance of other competitors. Athletes and coaches should concentrate on Process Goals since they involve aspects an athlete can control. Focusing on a time is outcome driven. Although you want what's best for your son, encourage him to talk to his coach to clearly identify Process Goals to achieve improvement.*

*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 Announces Its Newest Gold Sponsor

Copyworks is CRAA's newest Gold Sponsor. Copyworks has agreed to sponsor CRAA and help provide swimming opportunities for over 200 competitive swimmers and more than 1,000 learn-to-swim participants within the Cedar Rapids community and its surrounding areas.

CRAA Gold Level Sponsors receive the following:

- CRAA Website Feature Link and Large Advertisement
- Gold Level is Exclusive to 1 company per Industry/Service Category (ie. Only 1 Dentist can be Gold Level Sponsor for CRAA)
- CRAA Website Logo on Home Page – Gold Sponsors only
- Full Page Ad in each CRAA Hosted Swim Meet Program
- CRAA Hosted Meet Large Individual company Banner hung prominently at each Swim Meet
- CRAA Practice Sponsor 'Board' Large Logo
- Full Page Ad or Discount Sheet in CRAA Sponsor Packets
- Weekly 'Splash' Email Large Logo Recognizing CRAA Gold Sponsors
- Weekly 'Splash' Large Advertisement 52 issues/year

Thank you Copyworks for your contribution and assistance with providing swimming opportunities to the citizens of Cedar Rapids!

## CRAA Team Pool Party with the Annual Meeting & Team Pictures

CRAA will have team pool party on Monday, May 23. CRAA will be providing hotdogs, hamburgers, plates and drinks. CRAA ask each family attending this party to bring a side dish or dessert to share. The picnic will start at 6:15 PM and conclude at 8:00 PM. Included with this event, CRAA will also hold its annual meeting and take a team picture. The annual meeting will begin at 7:00 PM. CRAA families are encouraged to attend this meeting even if they do not attend the party or pictures.



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For the pictures, team pictures and individual/group pictures will also be taken. The team picture will be taken at 6:00 PM. Individual or group pictures will also be taken starting at 5:30 PM and concluding by 6:30 to 7:00 PM. CRAA is contracting a photographer to take pictures and place all pictures on a single disc. Individuals and families will receive a copy of this disc along with permission to duplicate the photos upon request. There is no cost except CRAA is asking families to contribute a \$5.00 donation the day of the team picture to help offset the expense. More information about how to obtain a team photo disc will be available later. a More information about this event will be available soon.

## Annual General Meeting

The 2011 Annual General Meeting of member of Cedar Rapids Aquatics Association is scheduled for next Monday evening - as hopefully you are aware from the Splash and other emails. This meeting is being combined with team pictures along with a cookout for families as well as some pool time for those that wish to participate. I highly encourage all members of the club to attend this meeting. Not only is it a chance to meet the Board and staff, discuss what's gone on over the past year and what's in planning for the next, but it's also the time for election of new officers to the Board. In addition, there's one change proposed to the bylaws dealing with insurance that will be presented to the membership for vote. Hopefully the weather will be accommodating and it will be a fun evening. Please take the time to attend if at all possible - we are a member-owned, coach operated club and this is one of the few times we have an opportunity to all be together and talk about what's going on.

Regards,  
Phil Barnes

## ISI Awards Banquet and House of Delegates Meeting

This past weekend members of current and previous CRAA swimmers were honored at the annual Iowa Swimming awards banquet. The top five swimmers in each age group for Long Course and Short Course seasons are awarded plaques or certificates depending on their placing. The following were the CRAA swimmers in this select group:

Long Course (2010):

Kelsey Drake, Stefan Kitsos, Matt Jackson, Jackie Hughes (also 200M Breast state record), and Morgan Barnes (also 400M Free zone record)

Short Course (2010-11):

Matt Peng, Kesley Drake (also state records for 50Y Free, 100Y Free, 50Y Fly, 100Y Fly), and Morgan Barnes.

Congratulations to those swimmers as well as all the swimmers who swam with us over the past 12 months for their efforts in and out of the pool.

Following the banquet, there was the Spring ISI House of Delegates meeting with CRAA represented by coaches, meet directors and an athlete. Amongst items debated and approved was the 2011-12 meet schedule where the meets CRAA bid to host were confirmed by the House. There was also much discussion on the format of the regional and state meets, awards for said meets amongst other things. These will affect the way Iowa Swimming and CRAA will handle the state meet this coming summer and our club's representatives were active in the discussions. I'd like to thank them for taking the time to attend on the club's behalf and represent our interests.



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Regards,  
Phil Barnes

# CRAA Spring Pentathlon Results

This past weekend, CRAA hosted the CRAA Spring Pentathlon at Coe College. This meet featured many personal best times by CRAA swimmers.

Overall, CRAA swimmers had an impressive meet. The teams efforts included two CRAA team records and one state record. Kelsey Drake (12) set the Iowa State Record in the 11-12 100 IM, which was also a team record, and another team record in the 50 Breaststroke. As a team, CRAA swimmers posted 55 percent best times. Five swimmers led the way for CRAA with best times. They were Sam Peng(8), Alanna Adkins (10), Mackinzee Macho (11), Cameron Kelley (12), and Stefan Kitsos (14), who all achieved five best times in each of their five events. Additionally, CRAA welcomed three new members to the team as these individuals competed in their first ever swim meet. Way to go Alena Diercks (8) , Lily Haars (7) and Makeena Hulet (8) who all did an awesome job!

By age group, the 8 & Under age group was lead by Maddie Gannon who posted the fifth fastest cumulative time by any CRAA swimmer in this age group in the history of the meet. Along with swimming five best times in five event, Sam Peng also finished third in the 8 & Under Boys overall standings. Maddie and Sam were supported by strong performances from their CRAA 8 & Under teammates of Alena Diercks, Connor Eltoft, Casey Gannon, Lily Haars, Makenna Hulet, Eric Liao, Gabe Macho, and Olivia Thoma.

The 9-10 age group had a very solid meet. Alanna Adkins, who CRAA is excited about having back on the team, returned to USA Swimming competing with CRAA for the first time since last August and finished fifth in the overall 10 & Under Girls age group. Bibiana Granadillo swam well and finished eighth in the overall 10 & Under Girls age group. Tristen Perreault also swam well and finished eighth for the 10 & Under Boys overall standings. CRAA had many other swimmers who competed in the 10 & Under events. They included Alyssa Harris, Shannon Kelley, Cameron Murray, Tristen Perreault, Jeremy Thronson, Gabrielle Wahe, Michael Welbes, Lexa Winn, and Adam Wolff.

In her last meet as a 12 year old, Kelsey Drake finished first in the 11-12 Girls overall standings and posted the fastest cumulative time by all 11-12 girls in the history of the meet. Another CRAA 11-12 Girls placed in the overall top eight finish. Alicia Miltner had an impressive meet finishing eighth in the overall 11-12 Girls standings. In the 11-12 Boys standings, CRAA had four boys place in the top eight in the overall standings. Matt Peng finished second, Josh Horth finished fifth, Cameron Kelley finished seventh, and Carter Kramer was eighth. CRAA also had many other outstanding performances in the 11-12 age group by Casey Cerveny, Morgan Chambers, Ethan Ford, Sarah Gannon, Trevarious Hayward, Kinzee Macho, Olivia Squire, and Delaney Thoma.

The 13-14 CRAA age group was represented well by Jackie Allen, Paige Broghammer, Eric Ford, Nathan Homan, Ian Hoover-Grinde, Matt Jackson, Stefan Kitsos, Abigail Krueger, Kelly Wingerson, and Lydia Yang. In the 13-14 Girls division overall standings, Paige finished second, Lydia was fourth, and Kelly finished sixth. Stefan finished first in the overall 13-14 Boys standings and posted the second fastest ever cummalitive time by any CRAA swimmer in this age group. CRAA's Matt Jackson finished sixth in the overall 13-14 Boys standings.

As this past weekend's meet was a home meet hosted by CRAA, the coaches would like to thank all the volunteers for their efforts with successfully running the meet. A special thank you goes to David Grinde, who is completing his second year as the team's co-meet director. Thank you Beth Horth, CRAA's other co-meet director. CRAA is very grateful for the work provided by James Broghammer, who led the computer table and completed the final results. Another special thank you to all the families who donated items to the concessions and meet hospitality. Additionally, the meet could not have happened without all the volunteers hours provided by all the timers, computer operators, officials, and other meet workers. Additionally, thank you Judy Hackney, who volunteered to serve as the meet's referee; without you the swim meet could not have been run. Thank you volunteers.

The coaching staff is very proud of the performance of the team at this meet and looks forward to an excellent summer. Way to go swimmers!



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# IFLY Invitational Swim Meet

The following swimmers have entered the David Armbruster Open, IFLY's Invitational Swim Meet that will be held on this coming weekend of May 20<sup>th</sup>-22<sup>nd</sup>.

The following times are the warm-up times that CRAA has been assigned:

|                               |                |                                |               |
|-------------------------------|----------------|--------------------------------|---------------|
| Session I, Friday Afternoon   | 12:00-12:50 PM | Session II, Friday Evening     | 4:00-4:50 PM  |
| Session III, Saturday Morning | 6:30-7:10 AM   | Session IV, Saturday Afternoon | 12:30-1:00 PM |
| Session V, Sunday Morning     | 7:10-7:50 AM   | Session VI, Sunday Afternoon   | 1:10-1:30 PM  |

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

|                     |                    |                 |                  |
|---------------------|--------------------|-----------------|------------------|
| Gabrielle Armstrong | Paige Broghammer   | Gloria Campbell | Morgan Chambers  |
| Kelsey Drake        | Amanda Fetters     | Casey Gannon    | Madison Gannon   |
| Sarah Gannon        | Bibiana Granadillo | Alyssa Harris   | Shannon Kelley   |
| Mackinzee Macho     | Alicia Miltner     | Cameron Murray  | Olivia Squire    |
| Delaney Thoma       | Olivia Thoma       | Andi Toledo     | Rachel Velazquez |
| Sarah Velazquez     | Kelly Wingerson    | Lydia Yang      |                  |
| Logan Barnes        | Morgan Barnes      | Eric Ford       | Ethan Ford       |
| Ian Ford            | Trevarious Hayward | Josh Horth      | Matt Jackson     |
| Cameron Kelley      | Stefan Kitsos      | Carter Kramer   | Matt Peng        |
| Michael Welbes      |                    |                 |                  |

# CRAA Long Course Kickoff Swim Meet

The following swimmers have entered the Long Course Kickoff that will be held on the weekend of June 4<sup>th</sup>-5<sup>th</sup>. If you still wish to enter this meet, please contact Bobby at [coachkelley@aol.com](mailto:coachkelley@aol.com).

The following swimmers have already entered this meet:

|                 |                |                  |                    |
|-----------------|----------------|------------------|--------------------|
| Alanna Adkins   | Jackie Allen   | Paige Broghammer | Gloria Campbell    |
| Morgan Chambers | Casey Gannon   | Madison Gannon   | Sarah Gannon       |
| Mackinzee Macho | Alicia Miltner | Cameron Murray   | Micah Poellet      |
| Olivia Squire   | Delaney Thoma  | Olivia Thoma     | Kelly Wingerson    |
| Scott Allison   | Logan Barnes   | Morgan Barnes    | Trevarious Hayward |
| Nathan Homan    | Eric Ford      | Ethan Ford       | Ian Ford           |
| Josh Horth      | Matt Jackson   | Cameron Kelley   |                    |
| Stefan Kitsos   | Zach Klug      | Carter Kramer    | Jeremy Thronson    |
| Michael Welbes  | Adam Wolff     |                  |                    |

# DMSF Birdland Invitational

Meet information is now available for the DMSF Birdland Invitational. This is a meet will be held at Birdland Pool in Des Moines June 17<sup>th</sup>-19<sup>th</sup>. This is an open swim meet for swimmers of all ages.

The following swimmers have already entered this meet:

|               |              |               |            |
|---------------|--------------|---------------|------------|
| Alanna Adkins | Emilie Berg  | Stefan Kitsos | BJ Kolsrud |
| Josh Horth    | Matt Jackson |               |            |

# Vinton Invitational Swim Meet

Meet information is now available for the Vinton Invitational. This is a meet will be held at Vinton Community Pool on June 25<sup>th</sup> & 26<sup>th</sup>. This is a Q- meet.



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The following swimmers have already entered this meet:

Morgan Chambers  
Ian Hoover-Grinde  
Adam Wolff

Abigail Krueger  
Carter Kramer

Micah Poellet  
Matt Peng

Kelly Wingerson  
Sam Peng

## CIA Beat the Heat Swim Meet

Meet information is now available for the CIA Beat the Heat Swim Meet. This is a meet will be held at Grinnell College on Saturday, July 2 & 3. This is an open swim meet for swimmers of all ages.

The following swimmers have already entered this meet:

Emilie Berg  
Abigail Krueger  
Scott Allison  
Josh Horth  
Carter Kramer

Paige Broghammer  
Delaney Thoma  
Logan Barnes  
Matt Jackson  
Matt Peng

Morgan Chambers  
Olivia Thoma  
Morgan Barnes  
Cameron Kelley  
Samuel Peng

Kelsey Drake  
Kelly Wingerson  
Eric Ford  
Stefan Kitsos

## 2011 USA Swimming Speedo Championship Series

### Central Zone Section 1

Meet information is now available for Speedo Sectionals. This is a meet will be held at the University of Iowa July 21<sup>st</sup>-24<sup>th</sup>. Swimmers must achieve Sectional qualifying times to enter this meet.



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