

The Weekly Splash

November 4, 2011

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News For SWIM PARENTS

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Forming a Partnership With Your Child's Coach

Guy Edson, ASCA Staff

Our ASCA Staff travels all over the country presenting coaching education courses. One of the topics frequently presented is "Working Successfully With Swimming Parents" and part of that presentation is a section entitled "Forming Partnerships with Parents." Here is a summary of what we talk about.

Forming Partnerships with Parents:

It is actions that speak the words "Let's do the right things for the child."
(operative words here are "Let's" – Let *US*...)

Coaches should proactively approach the parent to learn more about the child.

Keys to Forming Partnerships with Parents

Approachability
Parental Involvement
Common Goals
Good Communication Skills
Mutual Respect
Humility



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Trust from accountability, consistency, dependability
Learning to ask, not tell
Parent Education
Patience
Friendliness without friendship

As you were reading the above I am hoping you were thinking that these concepts work equally well BOTH ways – not only from coach to parent, but from parent to coach.

In the world of education the concept of a parent forming a partnership with the teacher is well written about from many sources. Below is a short article from PBS Parents on <http://www.pbs.org/parents/goingtoschool/nuturing.html>. As you will read, the principles apply to us in the swimming world very well.

Try these strategies to build a positive relationship with your child's teacher.

Approach this relationship with respect. Treat the teacher-parent-child relationship the way you would any really important one in your life. Create a problem-solving partnership, instead of confronting a teacher immediately with what's wrong. "Meet with a teacher to brainstorm and collaborate ways to help your child, instead of delivering a lecture," recommends Susan Becker, M. Ed.

Let your child develop his own relationship with the teacher. "This is one of the first relationships with an adult your child may have outside the family unit. If you take a back seat and let the relationship develop without much interference, a special bond may develop," advises guidance counselor Linda Lendman. "For young children, the teacher-child relationship is a love relationship," adds Michael Thompson, Ph.D. "In fact, it may be their first love relationship after their parents and it can be pretty powerful and wonderful."

Try not to brag. Of course you think your child is brilliant, but bragging over her many accomplishments may send a message to the teacher that you think he may not be good enough to teach your child. "You don't need to sell your child to the teacher," notes Michael Thompson Ph.D., "you have to trust that your teacher will come to know what's important herself. Telling a teacher that your child loves to read will thrill the teacher. But challenging your teacher with statements like 'Susie read 70 books over the summer' or 'Matthew is a whiz at math,' may backfire."

Remember how you liked (or disliked) your teachers. Your experience at school is likely to affect your attitude toward your child's teacher. "It's important to leave your own baggage at the door, so you can talk about your child with the teacher (and not about you!)" adds Michael Thompson, Ph.D.

Coe Natatorium-Urgent Message

The Aquatics Director at Coe College has asked that we not use the side doors at the bottom of the balcony stair wells. These doors are not designed to endure heavy traffic. Please use the main doors on the front of the building. In addition, we have been reminded that the back parking lot is for student use only, and vehicles parked in that back parking lot without a parking permit will be ticketed and/or towed. We may park in the visitor lots off College Drive.

PRACTICE CHANGES!!!

Please note the following changes to the regular practice schedule:

Morning Practices for the **National**, **Gold**, and **Silver** groups will now be run on Tuesday, Thursday, and Friday Mornings. Evening practices will stay the same.

Saturday Morning Practices will run as follows:

National 6:00am-8:00am

Gold 6:00am-8:00am



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Silver 6:00am-7:45am

Bronze 6:30am-8:00am

See the Practice Schedule on our Website for more details

Private and Semi-Private Lessons

Wendy is available to provide private and semi-private (two swimmers) lessons to CRAA swimmers.

Please contact Wendy at coachwendycraa@gmail.com or call 389-8618 for more information.

Halloween Mini Meet

The CRAA Halloween Mini Meet was held Friday, October 28 at Jefferson High School. This was the first mini meet of the season. It was a fun meet with many fast swims. The meet concluded with a 'Pumpkin Relay' in which several of the competitors swam. Star Burst and Halloween fruit snacks were enjoyed by many. Ribbons were awarded for all places. Results from this meet have been posted on the CRAA website.

Some of the highlights from the meet:

Fifty-three swimmers competed.

As a whole, these swimmers posted 67% personal bests and four new short course Q times were earned.

Nineteen of these swimmers posted personal bests in every event they swam, and of the 67% personal bests swum, fourteen of these netted double-digit (ten seconds or more) time drops.

Amyah Arrington (10) swam three best times and earned three new Q times in short course yards: 50 Freestyle, 50 Butterfly, and 50 Breaststroke. Avery Hand (8) also swam a new Q time in the 50 Breaststroke.

Swimmers who posted a best time every time they swam were: Alanna Adkins (11), Amyah Arrington (10), Amanda Fetters (11), Levi French (13), Emily Fusselman (9), Hannah Fusselman (11), Alyssa Harris (11), Eric Liao (8), Emma McClurge (9), Paxton Morgan (10), Amanda Nguyen (9), Hannah Nguyen (10), Huy Nguyen (9), Madelyn O'Brien (9), Tyler Sherman (8), Cody Spietelhalter (8), Olivia Thoma (7), Abby Thronson (8), and Sissy Wahe (11).

Competitors earning a ten second or more time drop in individual events were: Kieran Coe (9) 25 Backstroke, Emily Fusselman (9) 50 Breaststroke, Alyssa Harris (11) 200 Freestyle, Abby Hawken (10) 50 Backstroke, Alan Kim (10) 50 Backstroke, Eric Liao (8) 50 Freestyle and 50 Backstroke, Kate McCartan (11) 50 Breaststroke, Peyton Morgan (8) 50 Freestyle, Hannah Nguyen (10) 50 Backstroke, Huy Nguyen (9) 50 Freestyle, Madelyn O'Brien (9) 50 Freestyle, Lauren Salee (11) 50 Breaststroke, and Sissy Wahe (11) 200 Freestyle.

A complete listing of the results for this meet may be viewed by going to: <http://www.craa.org/Meets-Fall-2011-Winter-2012.html>

Mark your calendars! The next mini meet is scheduled for Friday, December 16 at Jefferson High School. Please plan to attend. Information about this meet will be available after the Harvest meet.

DASH Invitational

Meet information for the DASH Invitational has been sent out and will soon be available on the CRAA website. This meet will be at Loras College on Sunday, November 6. This is a Q minus meet for 9-10, and an open meet for 8& under and Senior age groups. Entries will be taken via the CRAA website or by emailing a coach directly. Warm-ups and start times are as follows:

Warm-ups:
Competition:

Morning
8:30 – 9:20 a.m.
9:30 a.m.

Afternoon
Not before 12:30 p.m.
Not before 1:30 p.m.



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The following swimmers have entered this meet:

Amanda Fetters
Alyssa Harris
Olivia Squire
Rachel Velazquez
Matt Jackson
Tyler Sherman

Casey Gannon
Abigail Krueger
Delaney Thoma

Carter Kramer
Weston Turner

Maddie Gannon
Kinzee Macho
Olivia Thoma

Spencer Kramer

Sarah Gannon
Cameron Murray
Victoria Thorne

Gabe Macho

DMSF Fall Invitational

Meet information for the DMSF Fall Invitational is now available on the CRAA website. This is an Open meet for all age groups. The meet will be held at Valley High School in West Des Moines.

The following swimmers have entered this meet:

Jackie Allen
Abigail Krueger
Victoria Thorne
Eric Ford
Josh Horth
Carter Kramer

Paige Broghammer
Kinzee Macho
Rachel Velazquez
Ethan Ford
Matt Jackson
Matt Peng

Kelsey Drake
Emily Nelson
Sarah Velazquez
Ian Ford
Cameron Kelley
Samuel Peng

Sarah Gannon
Olivia Squire
Kelly Wingerson
Ian Hoover-Grinde
Stefan Kitsos

Harvest Invitational

Meet information for the Harvest Invitational has been sent out and will soon be available on the CRAA website. This meet will be hosted by CRAA and held at Kennedy High School on November 19-20. This is a Q minus meet for all age groups. Entries will be taken via the CRAA website or by emailing a coach directly.

The following swimmers have entered this meet:

Alanna Adkins
Bibiana Granadillo
Mackenzie Jensen
Emma McClurge
Olivia Squire
Gabrielle Wahe
Dominic Foye
Alan Kim
Daniel Lovig

Amyah Arrington
Emma Hoover-Grinde
Shannon Kelley
Cameron Murray
Delaney Thoma
Kelly Wingerson
Trevarious Hayward
Stefan Kitsos
Elijah Perreault

Morgan Chambers
Jennifer Jenks
Abigail Krueger
Amanda Nguyen
Olivia Thoma

Nathan Homan
Carter Kramer
Tristen Perreault

Amanda Fetters
Stephanie Jenks
Kassidy Lovig
Hannah Nguyen
Abigail Thronson

Cameron Kelley
Eric Liao
Jeremy Thronson

BLAST Holiday Classic

Meet information for the BLAST Holiday Classic is now available on the CRAA website. This is an Open meet for all age groups. The meet will be held at Holmes Junior High School in Cedar Falls. The entry deadline for this meet is November 20th. Entries will be taken via the CRAA website or by emailing a coach directly.

The following swimmers have entered this meet:

Kinzee Macho
Logan Barnes

Kelly Wingerson
Morgan Barnes

GNST Winter SWIMvitational

Meet information for the GNST Winter SWIMvitational is available on the CRAA website. This is a B+ meet for 13 & over swimmers and an open meet for 12 & under swimmers. The meet will be held at the Bob Devaney Sports Center

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Natatorium at the University of Nebraska. CRAA Entries for this meet are due by November 15th. Enter for this meet by completing the form on the CRAA website or by contacting a coach.

The following swimmers have entered this meet:

Morgan Chambers
Delaney Thoma
Nathan Homan
Cameron Kelley
Matt Peng

Kelsey Drake
Rachel Velazquez
Ian Hoover-Grinde
Stefan Kitsos
Sam Peng

Shannon Kelley
Kelly Wingerson
Josh Horth
Carter Kramer

Olivia Squire
Matt Jackson
Spencer Kramer

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 or by phone at 716-597-7671.



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