

NASA Coach's Corner

September 2020

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Welcome Back

From Coach Hembree

Welcome back!!! I hope that all of you have had a good start to the school year. The coaching staff and the NASA board of directors have been working over the past few weeks in preparation for the upcoming season and we are looking to make it as successful season as possible.

As we navigate this season and the COVID-19 pandemic we will be emphasizing the importance of flexibility from all. As we have seen over the past few months, as soon as you think you have a plan in place it can be changed by an announcement from MCS administration, the Governor or the county Health Department. Rest assured the coaches and the board are doing everything in our power to provide the most normal season we can for our athletes. We are also taking the safety of our athletes seriously with our increased facility sanitation plans and our check in procedures for athletes to be at practice. It will be important that all have read over the NASA COVID-19 policies and procedures that was sent out and can be found in the NASA handbook.

Some points of emphasis as you begin to look at information for the upcoming year. First we will be doing coach's corners again on a monthly basis as a way to continue to improve our communication. Each month will have information from each coach, important dates for the month, Swimmers of the month as well as other important information. Please take the time to read over these.

Second the meet schedule will only consist of NASA hosted events at this time. As we get farther into the season we will make decision on other meets. The plan is for all three NASA meets to be full sanctioned meets.

Last the coaching staff will begin to have goal setting discussions with your athletes. These discussion will be about club and individual goals.

As NASA begins it's 29th year I hope you are as excited as we are to get going! Good things are in store for this season.

Age Group Happenings

From Coach Dan

HELLO NEW SEASON, ARE YOU READY FOR US???

I hope you had all made the most of your summer, here at NASA I would like to say we did. Between Zoom meetings and getting back to the pool we found a lot of improvement and had a lot of fun. We also adapted in some interesting ways and learned to better ourselves as a staff. With that we are ready to take on the new season.

If you are new on the pool deck this season at the middle school, we have 4 groups. There are 2 elementary groups and 2 middle school groups. Coaching staff has changed a little as well. We have 2 new developmental coaches, Coach Emma (EL. Blue) and Coach Powell (EL. Gold). At the Middle School level we have 2 coaches, Coach Andrew (MS Blue) and Coach Dan (MS Gold). If you would like to know more about them please check out their bios and contact information on the NASA website.

So far this season we have had great attendance, which as a coach means we are having lots of fun so keep up the good work. I love seeing people make new friends on the pool deck and watching the team come together. On Saturday the whole team practices together for part of practice. Saturday practices we would like to try some new relays and if you have an idea for a cool relay please write it down and give it to your coach so we could all try it together. Anyway, that's all for this coaches corner, See you on the pool deck!

-Coach Dan

Registration Information

From Coach Hembree

We will once again this season be using the online registration platform through the team website. In an effort to make sure we have a digital trail, and to cut down on paper usage, all of the forms will again be part of the registration process. These forms include the Terms and Conditions, Medical release, Minor Athlete Abuse Prevention Policy (MAAPP) acknowledgement and the MCS Aquatic Facility COVID Waiver. As you work through the registration process you will be asked to agree to each of these prior to the completion of your registration. A few important items to note with this process. First with the medical release it will be extremely important that you keep all of your medical information including, Physician's Name, Physician's Phone Number, Allergies, and Insurance information up to date in your account information. If this information is ever needed by a member of the coaching staff we will only be able to access it through your account information. With the MAAPP Acknowledgement, you are confirming that all of the members in your family have read, understand, and agree to follow the NASA's and the U.S. Center for Safe Sports Minor Athlete Abuse Prevention Policies. **Registration is Open now and we be offering any family registered before the end of the day September 7th a \$25 Credit towards their account!** As always if you have any questions about the registration process please feel free to reach out to myself or Tabby Bratt (Business Manager).



Important Dates

2nd - New Members Meeting.
6:30p NHS Auditorium

7th - Last Day to Register and
Receive \$25 Credit.

11th - NHS Swimmers work
NHS Football Concessions

14th - Last Day to Officially
register.

18th - NHS Swimmers work
NHS Football Concessions



Swimmer of the Month

From the Coaching Staff

Next month each group will start recognizing a Swimmer of the month. This particular individual will be honored, for their use of the NASA core values of selflessness, merit, toughness, leadership, and constant improvement. They will receive a Team cap that says Swimmer of the month so their teammates are aware of their exemplary leadership and a write up in the newsletter by their coach.



Safe Sport Corner

From the Coaching Staff

Each month the coaching staff will include a safe sport scenario to be discussed with your swimmer. The goal of these scenarios is to create proper dialogue and to teach our athletes how to properly respond in different situations. For the month of September please make sure to review the NASA Safe Sport/MAAPP policies that are included in the handbook. Be sure to review the following sections.

- One-to-One interaction Policy
- Anti-Bullying Policy
- Social Media and Electronic Communication Policy
- Locker Room Monitoring Policy
- Team Travel/Code of Conduct Policy
- Massage and Rubdowns/Athlete Modalities Policy



Technology Corner

TritonWear

NASA is on the forefront when it comes to the use of technology in our training as a way to find continued improvement for our athletes. For the past couple of years we have been using a system called TritonWear with our middle school and high school athletes. The TritonWear system is a small device that is worn by the athlete as they swim. This device then records different metrics including what stroke is being swam, stroke counts, breathing counts, stroke rate, push off power, and efficiency among many other metrics. This information is then transmitted to the coach in real time. Athletes are then able to log into their own accounts and see and compare their data to previous workouts. The use of this data has given our athletes a better understanding of what they are doing in the pool and what they need to do to go faster. If you are interested in taking advantage of this technology with your athlete (MS gold and Up) then please reach out to your group coach ASAP.



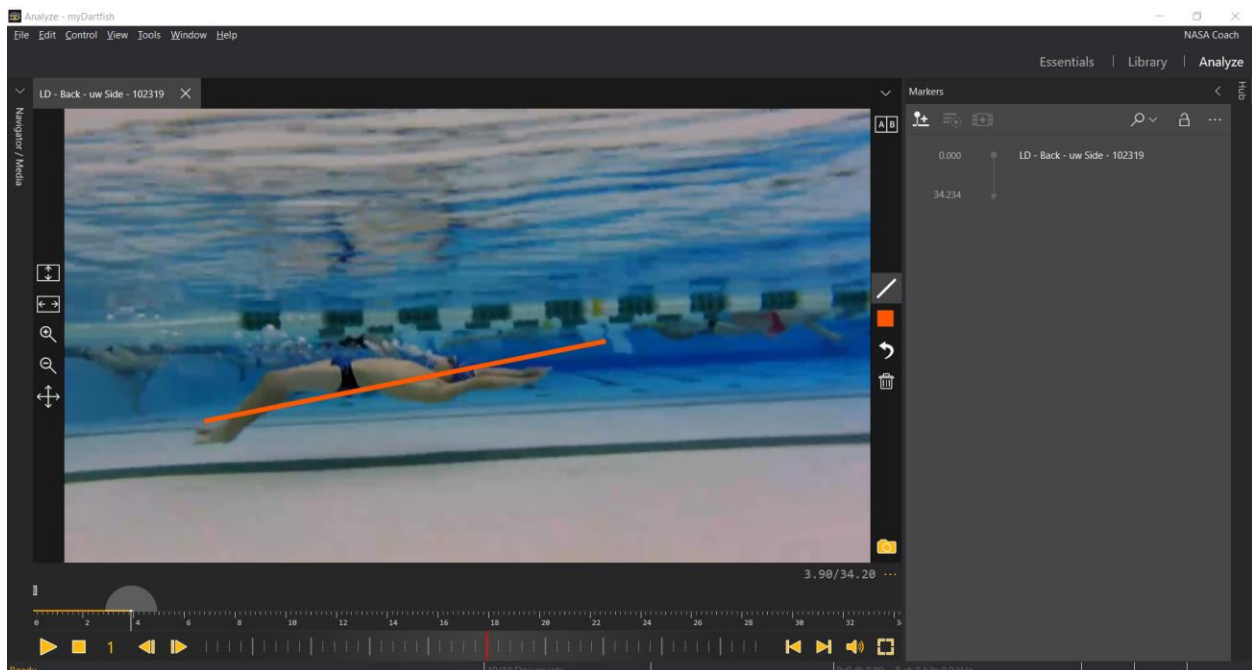
TritonWear Generation 2 Unit

DartFish

The NASA coaching staff is currently using DartFish video analysis software at practices and meets to record and analyze the swimmers stroke. This software allows the coaching staff to breakdown and analyze all parts of a swimmers stroke above and below the water. This should provide swimmers visual insight on what is going on in their strokes and allow for coaches to make stroke corrections.

"I believe in belief. If you are going to achieve anything, the very first step is to form a strong belief that you can do it, then remind yourself of that constantly"

- Coach Richard Quick



The influence of parents in youth sport

Written by [Mary Quinton](#)

We've all seen that one parent on the sideline, shouting out inappropriate comments at the top of their voice that are not only directed at their own child, but often at their teammates, teachers or coaches and the referee. How much does this behavior influence the sporting experience of their child? How much should the parent be involved?

It goes without saying that parents have an important role in the sporting development of their child. However, caution needs to be taken in their approach as parental behaviors can have both positive and negative effects on their child's sporting experience.

A study by McCarthy, Jones and Clark-Carter (2008) investigated the sources of enjoyment reported by youth sport participants and found that positive parental involvement was one of the most frequently reported results by young males and females. This implies that when children in sport perceive parental involvement as positive, they are more likely to enjoy their sporting experience.

Furthermore, in terms of child development, positive parental involvement can help develop important skills such as self-esteem, motivation and social skills. These valuable skills learned from sport have also been shown to transfer and facilitate development in other areas of life, such as school and extra-curricular activities (Jones & Lavalley, 2009). This skill transfer is more effective when the child has a greater self-awareness of their own life skills. Therefore, parents can further assist skill development by encouraging their children to think about what skills they are gaining from sport.

The importance of parental involvement is also evident in elite youth sport, for example in football academies. This particular setting is primarily concerned with assisting the development of players to reach a professional standard.

A recent study by Mills, Butt, Maynard and Harwood (2012) conducted semi-structured interviews with coaches to identify factors that influence development in elite youth academy football players. All participants mentioned that parents have one of the most important roles in academy player development. Coaches even suggested there is a positive correlation between parental support and likelihood to progress to professional level.

Parental support was characterized by not becoming 'over-involved' with their child's development and 'providing emotional and tangible support'. On the other hand, coaches also acknowledged detrimental characteristics that some parents display, for example 'over-inflating player's ego', 'providing inappropriate coaching advice', 'living vicariously through son', 'mollycoddling their son', and 'putting pressure on son'.

This particular study highlights that, in addition to children, coaches also perceive parents as having an important role in child sporting development. However, supportive behaviors must not become too overpowering, otherwise the success and sporting development of the child could be implicated.

Further evidence supporting the negative connotations of becoming over-involved in children's sporting development comes from Gould, Wilson, Tuffey and Lochbaum (1993). They explored the role of stress in sport from the perspective of youth athletes. An important finding from this study explains that parents can unknowingly create a stressful sport environment by placing too much emphasis on winning and too much importance on participation. Returning to that parent shouting from the sideline, although they may think this is helpful and a form of encouragement, it is actually more likely to be considered as a hindrance by the child and therefore place additional pressure on them.

To summarize, the importance of the role parents play in youth sport is unquestionable, but caution must be taken to ensure the enjoyment and sporting development of children is not hindered. Below is a summary of do's and don'ts regarding parental involvement in sport:

DO

- Encourage your child to develop their own self-awareness of skills they have gained. This will enhance self-confidence and facilitate the transfer of such skills to other areas of life.
- Put trust in the coaches' methods. If the same messages are being portrayed by both the parent and the coach then there is a lower chance of the child becoming confused, which means they will be able to focus more on working towards set goals.
- Provide emotional and tangible support. This may seem obvious, but reassuring your child that you are there when they need you will show your support.

DON'T

- Become over-involved. Although this may be your way of showing you care, be wary that there is a fine line between supporting your child and over involvement.
- Provide inappropriate coaching advice. This may provide conflicting messages to that which they have received from the coach. If you disagree with the coach, it is better to talk it through and have a quiet discussion with them at another time, rather than potentially coming across as disrespectful.
- Put too much pressure on and emphasize the importance of winning and success. No matter what standard of competition your child is, they should always be enjoying their sport. Additional pressure can take away this enjoyment and be detrimental to their performance.