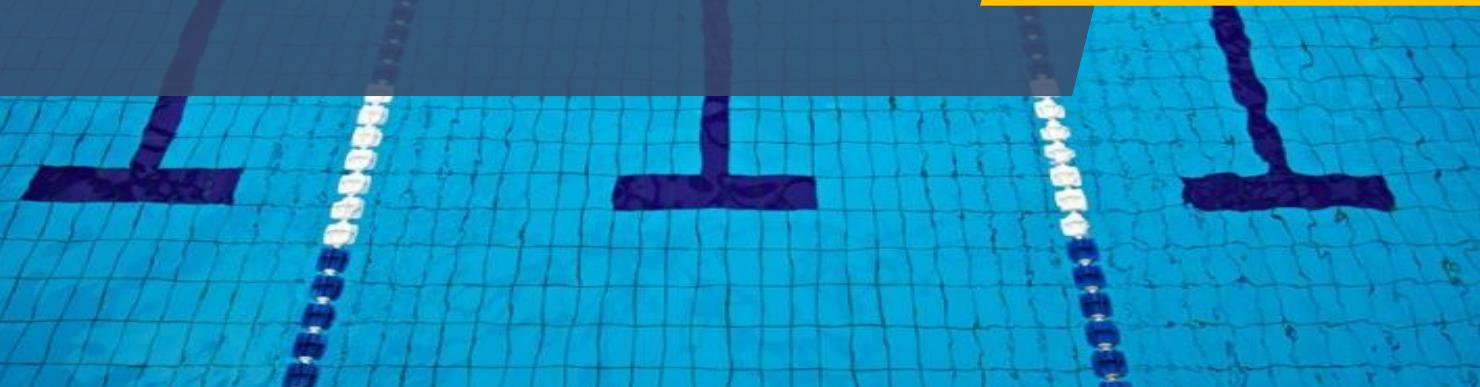


NASA Coach's Corner

April 2020



NASA COVID-19 Update

By Coach Hembree

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What a crazy month it has been. We have gone from the “it’s just the flu” to an almost complete shutdown of the state. I know we have swimmers who are missing the smell of chlorine, the cool feel of the water, and the daily schedule and routines that have been disrupted. As I always tell swimmers, that even in times like these we need to look for the positives. Look for solutions not excuses. I am sure many of you are grateful for the time that you have been able to spend with your families. Time that may have been hard to come by during the normal week. On the other hand, maybe you have finally been able to take some time to work on your mental or physical health. Whatever it may be there is always positives to every situation and it is important that we find these positives and make the most out of them.

I met with the coaching staff the other night, through an online meeting, and each coach said the same things; we miss being at the pool, we miss working with our swimmers, and we are ready to get back to some normalcy with swimming. We all know that this is not going to happen any time soon. Therefore, the group coaches are developing ways for them to stay in touch with their groups. We are working on online leadership meetings, group chats, as well many other ideas to help keep our athletes engaged. They may not be in the water but there are still ways they can improve. I challenge all of our swimmers to get involved in webinars, group chats, watch swimming related videos, and anything else that will help them become a better student of the sport.

Finally the details about the upcoming season. We are still shooting to start on May 4th until we hear different. That will mean we will hold new member tryouts and parent meeting on May 5th. As we get closer to the May 4th date we will update you on any meet schedule changes. The NASA board has also decided that we will only be charging for one month (1/3 of the normal cost) for the summer season. I do want to be very clear that NASA will not keep a swimmer from participating due to financial reasons. We understand that everyone is in a different position right now. We ask that you communicate with Tabby or your group coach if you think financials are going to be an issue this summer. We want to work with you! Lastly, we will not be opening up registration for returning members. We will instead assume your athlete is swimming this summer and if they are not you will need to communicate this with Tabby. For those who have already registered we will be in touch about how we will handle that.

Thank you for patience in all of this and I look forward to seeing you all at the pool soon.

“Home is where the pool is”

Age Group Happenings

From Coach Dan

Hello Everyone! I must start this coaches corner off by stressing to you all how much I have enjoyed this last season and how much I too am looking forward to coming back to the pool. That being said, I have been truly inspired by all of your improvement and am using that to improve on what I can during this break.

We all know we have things that can be improved upon, and during this time we are in a unique opportunity to figure what can be done to address them. That in itself is a great gift that we can all be thankful for. The ability to notice and create greatness out of "all opportunities" is what makes you amazing!

Stay in touch to all of those around you that helped you to become so great, it is a culture that you guys have worked hard to create. I have heard that many of you have gone on runs and are working out at home, you are amazing people. Remember, it was your friends that pushed you through those difficult sets and your parents that took you to practice when you didn't want to go, and now you're still going. Your culture is still going and you are still improving. I have gotten phone calls and emails about online webinars that have been running and the whole family has been learning about our sport. That is the NASA culture. Sometimes we need a break, and I have loved spending time with my girls at home, but we are constantly improving.

Check out some of the opportunities that Fitter and Faster is hosting every day at the link below.

Fitterandfaster.com/LIVE

From Coach Andrew

Let me start off by saying just how much I miss our swimmers and the pool! Over the last week, I've had some time to reflect on our season. Although our season ended much earlier than usual, we still had several huge accomplishments that I am aiming to retain and build on over the summer. The amount of progress that was made each week and the increasing amount of yardage in each practice is one vital part I am looking to retain. Another accomplishment is the number of athletes in M.S Blue with Divisional cuts is growing. Looking ahead, I anticipate some challenges for the upcoming season. However, I strongly believe that each of our swimmers will rise to the challenge and overcome it. On an ending note, I'm thinking about you all, and I look forward to seeing everybody this summer!



May Important Dates

4th - First Day for all Returning Members

5th - Try-Outs for New Members at NHS - 6:30pm

5th - New Member Parent meeting at NHS - 6:30pm

6-7th - First Day for New Members

15-17th - SCA Spring Splash (Tentative)

29-31st - Buffalo Wild Wings Blazin' Invite.



Safe Sport Corner

March Scenario - Discuss with your Athlete

You are attending a 12 & Under session. You notice a guy that has been sitting in the stands by himself for the entire session. He has no heat sheet and no swimmer has come to talk to him. He has been taking pictures of swimmers on deck the entire meet and is making others around him and on deck uncomfortable.

Proper Response

- Safe Sport says: Speak up! It is important to let someone in meet management know what is going on. It is then the meet hosts responsibility to make sure the gentleman is allowed to be there and to make sure he understands Safe Sport in relation to taking pictures of athletes.

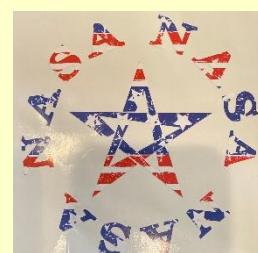
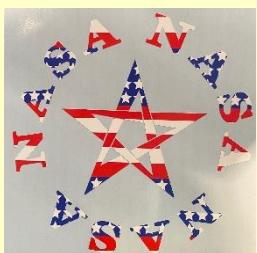
April Scenario - Discuss with your Athlete

You are in the locker room with your teammates during a meet. You hear another athlete using inappropriate language and slang terms that are directed at a third party.

- What do you do?
- Do you have to tell your coach?

NASA Vehicle Decals on Sale

NASA is now offering vehicle decals for purchase. An order form was sent out in email the other day or you can find the link on the NASA Facebook page. Multiple patterns are available and can be done in either NASA logo. If you have any questions please contact Coach Hembree



“Swimming is a confusing sport, because sometimes you do it for fun, other times you do it not to die. And when I’m swimming I am not sure which one it is”

