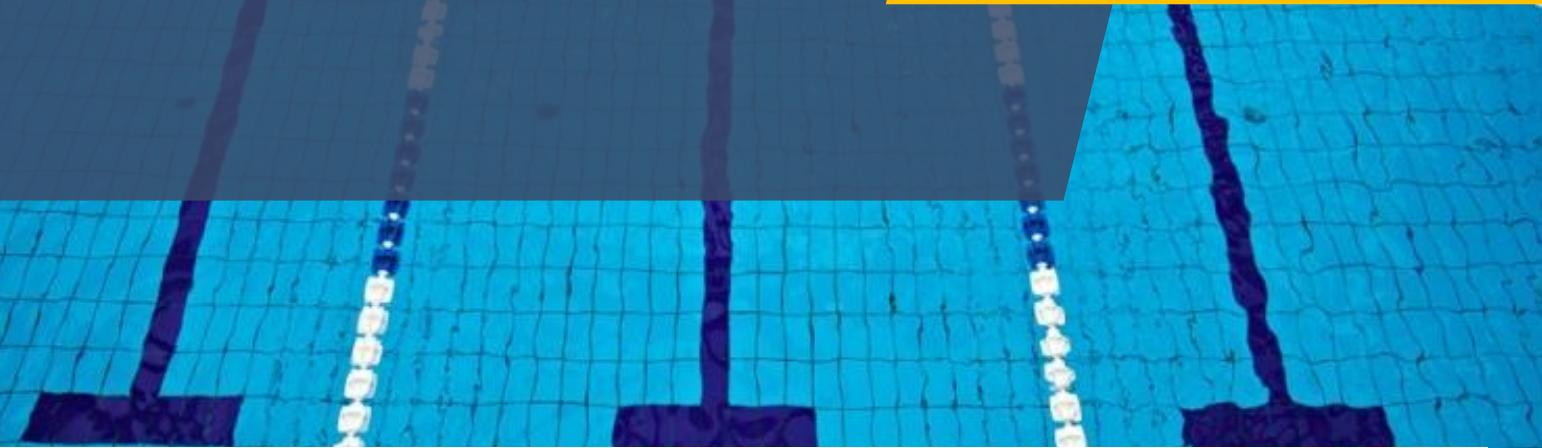


NASA Coach's Corner

January 2019



INSIDE THIS ISSUE

1. 2020 Club Excellence
2. Age Group Happenings
3. Upcoming Important Dates
4. Safe Sport
5. December Swimmer of the Month

“Success is a lousy teacher. It seduces smart people into thinking they can’t lose!”
- Bill Gates

NASA Named Bronze Medal Club

From Coach Hembree

The USA Swimming Club Excellence program is a voluntary program that identifies and recognizes USA swimming clubs for their commitment to performance excellence. This program strives to meet the following objectives:

- Promote the development of strong, well-rounded age group and senior swimming programs that produce elite 18 & Under athletes;
- Provide recognition and resources to motivate and assist member clubs to strive for the highest ideals of athlete performance.

This program provides grant funding and recognizes the club development system as integral to achieving excellence in the sport.

I am pleased to announce that for the 5th (2009, 2013, 2017, 2018, 2020) time in the clubs history, NASA has been named a bronze medal club as part of USA swimming club excellence program. That means as a team we have been recognized as one of the top 200 performing clubs in the United States. This is a great accomplishment and awesome recognition for our athletes who dedicate so much to the sport of swimming.

The program annually recognizes up to 200 outstanding clubs and provides grants to those clubs who have earned a Gold or Silver status. Let all set the goal or working towards being a silver Medal club in the years to come!



Age Group Happenings

From Coach Dan

The NASA Winter Classic Meet was a huge success and full of improvements. We had quite a few crazy cuts which are 20+ second drops listed here: Tim Blough- 500 FR -21.77, Tristin Bratt-1650 FR -27.69, Gael Delgado-100 BK -38.81, Ingrid Fretz-400IM -30.08, Peighton Hembree- 50FR -27.13, Faye Hunsberger- 500FR -36.21, Jonah Hyden-200 BR -52.15, Griffin Miller-200FR -50.88, Riley Powell-50FR -36.22, Abby Sullivan-500FR -58.18, Carigan Tabor-500FR -29.06, Audrey Yeater-500FR -20.94

NASA Swimmers are constantly learning. They are discovering we can even learn from ourselves if we choose to listen. Honesty has been discussed multiple times at practice. Honesty with yourself combined with awareness has helped to create a desire for improvement. (Example: If I know my times in practice today, I know what to expect of myself tomorrow.) While this is a simple concept in the pool, outside of the pool it becomes far more complex. Situations become more complex, and we can feel overwhelmed by what is required of us to be a GOOD TEAMMATE. If you feel overwhelmed by this requirement try to simply "Honor your teammates with your effort". If there is one quality I am most impressed with of our Age group program it is that we care about our teammates feelings. That is a wonderful truth I am proud to accept as a coach and I hope you are proud to accept as swimmers. If you remain honest in your actions, and honor your teammates with your effort, we will all continue on our journey of improvement. Keep it up NASA Swimmers!

From Coach Andrew

Going into this new year, I am really excited to see our swimmers perform. Our focus and energy is only getting more fine-tuned at each practice. We're running more intense sets, and we're getting faster times than ever before. Over these past few weeks, we've really been hitting on body position. Everybody has been able to learn a few new techniques to make their body position more effective. With a few of my swimmers, I instantly saw vast improvements in stroke technique and times. We've been working really hard over these past few weeks and I'm looking forward to showcasing that off at our upcoming meets!



Important Dates

1st - New Years Day!!!

9th - HS Girls NLC Prelims at Northridge High School

10th-12th - FAST Mudsock Classic / HS Girls NLC Finals at Northridge High School

21st - NASA Board Meeting

23th - HS Boys NLC Prelims at Concord High School

25th - HS Boys NLC Finals at Concord High School

30th - HS Girls IHSAA Sectional Prelims at Elkhart Aquatic Center

1st - HS Girls IHSAA Sectional Finals at Elkhart Aquatic Center

1st - Parent Deadline to Declare for Concord Last Chance Meet



Safe Sport Corner

December Scenario - Discuss with your Athlete

Your team swims at a public pool, and there are often other people using the locker rooms while your team is there. This is something you expect and is usually not a problem, but there's been an individual who's been making you and your teammates feel a little uncomfortable. The individual sits in the locker room, sometimes with clothes on sometimes not, and tries to talk to the swimmers. Something about the situation doesn't feel right to you.



Proper Response

- Safe sport says instead of focusing on how a person looks, focus on their behavior - what they're doing. If other people are using the locker room to shower and change their clothes, that's okay. However, if their behavior is different from that or making you or your teammates uncomfortable, it is time to speak up to a coach. Be sure to tell your coach or another adult right away.

January Scenario - Discuss with your Athlete

A group of girls on our team have been saying mean things and spreading rumors about a boy on your team. They comment on the way he dresses and make up stories about him that you know are untrue. You thought that the girls would lose interest in picking on your teammate, but this has been going on for several weeks now. You know this isn't right.

- What do you do?
- Is this bullying?
- How do you stand up for your teammate without becoming a target yourself?

"Motivation comes from the word MOTIVE...a drive that has been modified by learning. To coach an athlete successfully, you must know "why they are there" and what are their personal motives."

- Coach Cecil Colwin



December Swimmers of the Month

Developmental Blue

I choose Anna W. from Dev. Blue for Swimmer of the month. One thing I really notice is Anna's awareness in practice. She is always listening, always gives feedback, and she asks for help when she doesn't understand something. Anna is a great swimmer and fun to coach. Keep up the great work!



Developmental Gold

Liz Holds - Best attendance overall this season for Elementary Gold group and is consistently working toward improvement. Not all at once, but this little swimmer is really understanding the process. She talks to me about it all the time! And I love every one of our conversations. Welcome to NASA Liz. You have made a big impact in 2019.



Middle School Blue

I choose Jayden R. from MS Blue for swimmer of the month. Jayden has been improving a tremendous amount since he started. Just recently Jayden achieved his goal of a proper block start, I was glad I was there to share that moment with him. Jayden always has a positive personality, and is a great teammate to his team.



Middle School Gold

Madox Hembree - Best attendance for the year and long term commitment to goals. That's what has earned him this Swimmer of the month. While everyone has their ups and downs, he perseveres through it all and keeps pushing. Hard work works Madox, you have heard it a million times and that's why you are the swimmer of the month.



Senior/Elite/National

Sydney was selected swimmer of the month due to her work ethic, attitude and commitment to constant improvement. Syd comes in to training every day with a smile on her face and that continues during the workout. She consistently is pushing herself to be better and go beyond her comfort zone. She is always willing to be coached and is always trying to fix her technique to try and be a better athlete.



