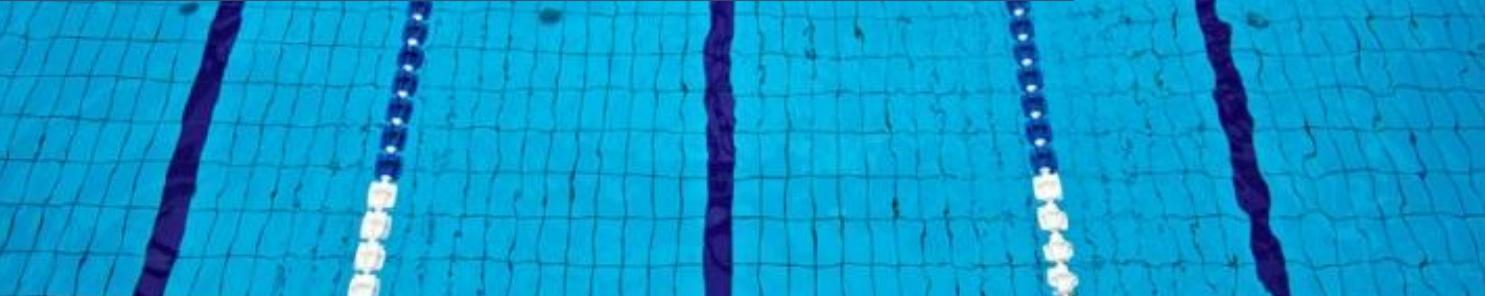


# NASA Coach's Corner

March 2020



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**“Extreme Ownership.  
Leaders must own  
everything in their world.  
There is no one else to  
blame”**

## Extreme Ownership

By Coach Hembree

Below is an excerpt from the book *Extreme Ownership - How U.S. Navy SEALs LEAD and WIN*. This book follows along with two U.S. Navy SEAL Leaders, Jocko Willink and Leif Babin, and the lessons they have learned in regards to leadership in the battlefield and how those lessons can help anyone be successful in all aspects of their lives.

*“Among the legions of leadership books in publication, we found most focus on individual practices and personal character traits. We also observed that many corporate leadership training programs and management consulting firms do the same. But without a team - a group of individuals working to accomplish a mission - there can be no leadership. The only meaningful measure for a leader is whether the team succeeds or fails. For all the definitions, descriptions, and characterizations of leaders, there are only two that matter: effective and ineffective. Effective leaders lead successful teams, accomplish their mission, and win. Ineffective leaders do not. Every leader and every team at some point or time will fail and must confront that failure. No leader is infallible, no matter how experienced they are. Often our mistakes provide the greatest lesson, humble us, and enable us to grow and become better. For leaders, humility to admit and own mistakes and develop a plan to overcome them is essential to success. The best leaders are not driven by ego or personal agendas. They are simply focused on the mission and how best to accomplish it.”*

NASA prides itself on having great leaders and a lot of our success in the club and at the high school level is due to some of the great leaders of the past. Each and every day our athletes are challenged to be leaders (one of our core values) and to grow as leaders. Every athlete on the team is a leader in one way or another. Maybe they are a senior on the high school team accepting the leadership responsibilities of a team captain or maybe they are leading their lane during training. It is important for all athletes to understand that without a team there is no leadership.

Everyone has an important role to play in the success of our program and that role is always changing based on the needs of the moment.

## Age Group Happenings

From Coach Dan

This February we have continued to enjoy the tremendous successes that accompany hard work. This process has been serving us very well as our athletes have been enjoying more difficult practices and implementing more detail to each aspect of their training. The competition is fierce on the team and I love to see the NASA age groupers grow their competitive nature and awareness during practice. I have been hearing things in practice like "try and keep up with me" and "Can you believe how much better our underwaters have gotten". These phrases are contagious and this attitude is huge in supporting your teammates with your effort. So keep it up NASA, believe in your process, and watch the results take care of themselves! We as coaches are so proud of you all!

We just finished our last non-championship prelim/final meet of the season at AVON High school. It was a huge success as we showed up and over 90% of the swims were lifetime bests.

### New Divisional Cuts @ AVON

Cici Bellin- 100 Back, 100 Fly, 50 Free  
Jayla Gist- 50 Free  
Lauren Hallberg- 50 Free, 100 Fly  
Liam Hallberg- 50 Free

### New State Cuts @AVON

Carson Clemens- 200 Fly  
Sawyer Lehman- 200 Breast

Be ready for more at the Concord Last Chance Meet!

From Coach Andrew

Over the past few weeks, we've had a lot of great things going on! At our last meet in Avon we saw Lauren H. get 2 divisional cuts, one of them being in the 100 Fly which was her first time swimming this event! Jayla G. also achieved a divisional cut in the 50 Free! Well done ladies! Looking ahead, we have a pretty packed schedule of practices and meets, but nothing our swimmers cannot handle! I am also really pleased with how well the transition is going with Middle School swim team. Our kids have really been supportive of new swimmers on the school team and so far practices are going very well!

After seeing the results from the Avon meet, the amazing work both groups have been putting in during practice, and the higher mental focus I am looking forward to our Concord meet.

## Important Dates

- 1<sup>st</sup> - Concord Last Chance Meet
- 2<sup>nd</sup> - Last Practice for Non-Championship Qualifiers
- 3<sup>rd</sup> - NMS Team @ Wawasee Middle School
- 5<sup>th</sup> - NMS Team vs. Elkhart
- 6-8<sup>th</sup> - North East Divisional at Helen P. Brown Natatorium
- 10<sup>th</sup> - NMS Team vs. Goshen
- 12<sup>th</sup> - NMS Team @ Concord
- 13<sup>th</sup>-15<sup>th</sup> - Indiana Swimming Senior State
- 16<sup>th</sup> - HS Team Winter Sports Awards
- 17<sup>th</sup> - NMS Team vs. Jimtown
- 17<sup>th</sup> - New Senior Group Swimmer Parent meeting.
- 19<sup>th</sup> - MCS Parent Teacher Conferences
- 20<sup>th</sup>-22<sup>nd</sup> - Indiana Swimming Age Group State
- 24<sup>th</sup> - Board of Directors Meeting
- 25<sup>th</sup> - NMS Big 11 A Championship
- 26<sup>th</sup> - NMS Big 11 B Championship
- 26<sup>th</sup>-29<sup>th</sup> - Speedo Sectionals
- 31<sup>st</sup> - NASA Winter Awards Banquet



## Safe Sport Corner

### February Scenario - Discuss with your Athlete

You've been a part of your team for a few years, and a bunch of new swimmers just joined the team this fall. At first, they seemed really nice, but over the past few weeks, the team has become very clique-y. Some of the new swimmers don't know the rules and are taking snaps in the locker room and telling dirty jokes. A few of your old teammates have joined in. You used to think that your team was a really positive one, but now you're not so sure.

### Proper Response

- Safe Sport says: Speak up! It is important that new members to a team understand what the rules and expectations are. Make sure your coach knows what is going on. As someone who notices this, you can be part of changing your team and making it more positive.

### 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.

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



**“But we can't ever think we are too good to fail or that our enemies are not capable, and eager to exploit our weaknesses. We must never get complacent.”**



### February Swimmers of the Month

#### Developmental Blue

Julia has really stood out to me over these past few weeks. She has made a rapid bounce back and has managed to keep a smile and great attitude thru this all. Already she has made several huge steps in the water and has been getting faster on her 25's! I'm looking forward to all of her future mile stones!



#### Developmental Gold

Ava has been asking questions all month. Great questions! She has been making changes to her stroke such as getting stroke counts and working hard with her coach to get better. Making changes to a stroke can be frustrating, complicated, and feel really weird. If you think about it a lot and keep a swim journal, it can really help you keep track of your feelings from practice to practice. Ava has had great attendance and thinks about why things feel different when she swims different. I'm really proud of how she is thinking about her swims.



#### Middle School Blue

I picked Cora for swimmer of the month because I really appreciate the hard work and dedication she has shown. Cora has also done a really awesome job exercising a few of our club's core values. She has had constant improvement since our first practice of the season, she's developing better leadership skills, she is mentally tough, and she is very disciplined. Keep up the great work!



#### Middle School Gold

Abby has demonstrated thoughtfulness throughout swims in practice, and has implemented race strategies we have discussed in sets. She is aware that these constant improvements in technique and strategy will show up when the time comes to race. Along with this, she has made a commitment to train harder and has a reason for it. I have watched this month as she has worked toward that commitment in the races and with her teammates. A very well rounded effort by Abby Sullivan will lead to some fast times as we near the end of this season.



#### Senior/Elite/National

This month's athlete of the month from the Senior/Elite/National group is Anna Yeater. Anna is always one of the first faces on deck and is ready to help with anything that is going on. She is consistently one of the first ones to be helping set up the weight room or the pool. Anna displayed a lot of toughness at the end of the high school season as she got sick the day before sectional prelims. She fought through it and ended up qualifying for state in her 100 breast where she would end up going a lifetime best and finishing 15<sup>th</sup>. Through her actions, Anna has set herself apart as a leader of the group and the program.

