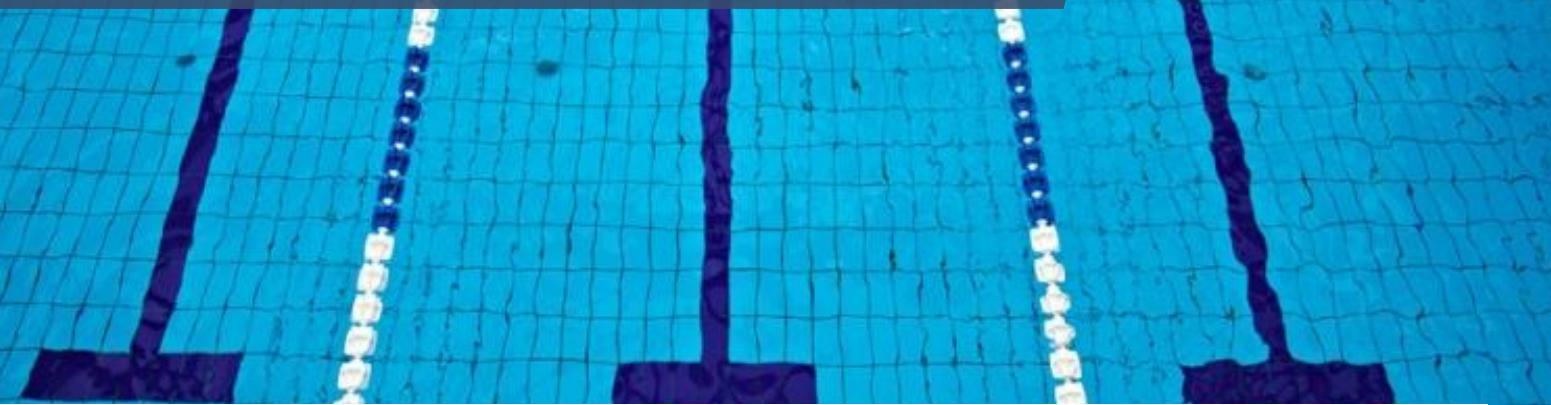


# NASA Coach's Corner

November 2019



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**"the unseen factors in great success are two...the existing power/weight ratio of the swimmer and Streamlining the body above all else. Not just off the wall, but in every possible instance of the stroke**

**- Coach Cecil Colwin  
from "On Swimming"**

## NASA Achieves Club Recognition Level II

*From Coach Hembree*

USA Swimming's Club Recognition program offers clubs a working blueprint for developing strong, stable, financially sound and athletically productive organizations. Designed by USA Swimming's National Club Development Committee, this voluntary program presents four levels of achievement across four component areas deemed critical to long-term club success (Level IV is the highest level). The program encourages clubs to establish organizational goals and to benchmark their progress towards these goals.

The ultimate objective of the program is to strengthen the club system in USA Swimming by guiding clubs through a development process that ultimately positions the program and its coaches to better serve athletes.

All of these factors are grouped into the following four major component areas:

1. Business & Organizational Success
2. Parent & Volunteer Development
3. Coach Development & Education
4. Athlete Development & Performance

This past month the NASA board of directors completed the application process for our Level II status. After USA Swimming's review process we were awarded the Club Recognition Level II status. This is a great testament to the leadership, volunteers and procedures we have in place in our organization.

## Age Group Happenings

From Coach Dan

How do I swim fast? What is the secret to swimming fast? This is a question that every coach has been asked many times throughout their career. Therefore there are a tremendous amount of correct answers.

I think it is important to understand that fast is an ever-changing number and therefore how we swim fast will always be changing. I like to say if you do everything an Olympic Gold medalist did, exactly the way they did it, for the next ten years you might be as fast as them, but then in ten years when you are there, the times would no longer be fast enough to win a gold medal. This is good to understand because change is fun. What can we do differently to make that Olympian faster?

So part of the secret to swimming fast is having fun while making those changes. Doing things that have never been done before. Asking questions that have never been asked. While this seems like a difficult concept, and many swimmers will sit and think forever about great questions to ask, it is much simpler than that, this task is not impossible. The best questions are thought up in the moment, and asked in the pool. You will most likely have an idea for something that may help you while you are swimming for countless hours, staring at a black line, it is then your opportunity to seize the moment to sit down in your wet suit after practice and take some notes in your journal so you do not forget in the car ride home.

The work. This is the other part of the secret to swimming fast, the undeniable part that does not differ over the decades from Olympian to Olympian. Being great at anything is a grind. You have an idea that you believe in, and no-one has done it before, not like you. You have time, more time than most anyone else, you are still in Age Group or High School Swimming. You have the opportunity to take your thoughts and ideas, your questions and answers, and shape them around the swimmer you see yourself to be. Now you must apply it to practice, not for a day, but for your career, commit it to habit. Believe in your constant improvement so deeply that you do not allow your thoughts to falter. Very few people can handle this dedication, but if you can, you will be great!

The only question after that is why not me? Why can't I be that faster Olympian?

From Coach Andrew

In my groups we've made some great improvements! We've increased our daily yardage in both groups, we've gained proficiency in our strokes, and we are beginning to take on harder sets. Not only have we made great improvements in the water, but also in our character development. In our M.S Blue group, we've been able to have a few group discussions about our club core values and how they directly apply to us. The really neat thing about our club, is the diversity we have. Each member brings different ideals to the environment and that makes for a really unique training experience for everyone. One big core value that I've seen grow a lot since I've started is leadership, especially in our middle school groups. They have really stepped up to the plate when it comes to helping our younger members, especially on Saturday morning practices! Keep up the great work guys!



## Important Dates

2<sup>nd</sup>-3<sup>rd</sup> - NASA Sprint Meet at Northridge High School

4<sup>th</sup> - Last Day for Families to Declare for the NASA Winter Classic

6<sup>th</sup> - Swim-A-Thon, All groups at the High School

8<sup>th</sup>-10<sup>th</sup> - Concord Prelim/Final Meet at the Elkhart Aquatic Center

11<sup>th</sup> - First Day of High School Boys Season

26<sup>th</sup> - NHS Intrasquad Meet at the High School

28<sup>th</sup> - Thanksgiving!

30<sup>th</sup> - NHS vs. Chesterton at the High School

## Safe Sport Corner

The NASA Board of Directors would like to thank all our families who attended in person or completed the online Safe Sport for Parents training. Your participation has brought the club closer to obtaining the USA swimming Safe Sport Certified Club designation. To date only seven clubs in Indiana and less than 300 in the country have earned this certification.

### October Scenario - Recap.

You're chatting with an official during some down time at a meet about your swims and teams. The official starts asking personal questions like "how did you sleep last night?" "What did you sleep in?" "Did you send photos to your boyfriend/girlfriend?" You're starting to feel uncomfortable.

### Proper Response

These types of questions cross the boundary for what is appropriate. If this were to happen, the athlete involved would need to alert the coaching staff or a parent who would then alert the coaching staff as soon as possible. The coach would then bring this to the attention of meet management. From there the coach and parent will need to make sure the club safe sport director (Coach Hembree) has been notified of the situation and he will follow up with meet management, the coaching staff, the parent and the athlete.

### November Scenario - Discuss with your Athlete

You go into the locker room after practice and, while changing, are distracted by a group of swimmers behind you laughing and clapping loudly. You ignore it for a bit, but then they call your name to come and join them. You realize they are posing for pictures in front of the mirror, taking a picture and posting them as part of their streaks on Snapchat. You are told, "No worries - the pictures disappear!"

- What do you do?
- Why do you think that taking pictures in the locker room is against the rules?
- Do you have to your coach?
- Does it make a difference if the pictures disappear (such as on Snapchat) or if they're posted to something more permanent (Such as Instagram)?
- What if you were the one taking the photos?



**"A Swimmer trained well for the 200 free has a lot of utility for the collegiate program...they can step up to the 500, they can step down and contribute on a relay. They are really valuable people."**

**- Coach Gus Stager**  
University of Michigan and  
Head Olympic Coach



## October Swimmers of the Month

### Developmental Blue

Micah has shown to me great improvement! He also shows great sportsmanship with his fellow teammates and helps out where he can. Micah who started off with barely making it across the pool, is now able to swim a 50 without stopping! He shows up with a smile, and every practice is making improvements.



### Developmental Gold

This October the swimmer of the month is Cici Bellin. She has come in everyday with a smile and told me what she is excited to work on. During practice she has been focused on listening, helping others, and working hard to improve. Also, at the end of almost every practice this month she has asked and helped pick up equipment for her teammates and put away lane lines. These are some pretty big steps for someone so young, with a work ethic like that you can accomplish anything you want. Keep it up Cici!



### Middle School Blue

I selected Gael because he has demonstrated all 5 core values at one point or another. Gael comes to practice every day with good merit, he is prepared and looks for ways to improve his swimming. I also admire his toughness, I cannot recall ever hearing Gael complain about a set. I see great leadership from Gael, he always is offering ways to help



### Middle School Gold

This October has been one of the best months of training I have seen in the history of this group. Attendance was phenomenal and teamwork only intensified the levels of effort and focus in training. Audrey is the youngest in the MS Gold group and pushes herself through these challenges everyday as if to prove to everyone that it can be done by anyone if only they have the willpower to buy in. This months, SOM award was highly contested and finally awarded because I believe Audrey did an exceptional job participating in practices. By that I mean, I appreciate the thoughtful questions she asked, and responses she gave in the many discussions we had during practice. Great month, Audrey!



### Senior/Elite/National

Americis was selected as the senior group's swimmer of the month for November. She has demonstrated constant improvement on a daily basis as she is very receptive to coaching and is constantly trying to improve her stroke. She has also demonstrated toughness in not only overcoming challenges in the pool but out of the pool as well. Overall I think that Americis is one of the most improved athletes in the senior group whether we are talking about work ethic or her attitude. I am excited to see what she will be able to accomplish this year and how she will continue to contribute to the team.



## **Swim-A-Thon**

Again this year all NASA athletes will be participating in our annual Swim-A-Thon fundraiser the Wednesday evening following the NASA Sprint meet(11/6). The USA Swimming Swim-A-Thon is a fundraiser where athletes go out and seek donations whether that be a flat rate or per lap donation. 5% of all monies donated for the Swim-A-Thon go back to the USA Swimming Foundation who then uses the funds to support Diversity select camps, the Women's Leadership Conference series, and to give grants to Make a Splash partners to bring swim lessons to children across the country. NASA uses the proceeds to help offset the cost of new equipment at both facilities, to pay for coaches and to keep our club dues some of the lowest in Indiana Swimming. Athletes should have already received their information/donation packets. If they did not please see your group coach. Athletes can receive donations in one of three ways. First they can receive a flat donation, second they can receive a per lap donation where the donor agrees to pay X amount per lap completed, last donors and donate online by clicking on the Swim-A-Thon tracking bar at the top the NASA website. There will be prizes for the athletes who receive the most donations as well as for the groups who bring the most. Please see the information that Bryan Ritchie sent out and placed in the envelopes for more information.

We will also be hosting a parent social in the upstairs classroom/spectator area of the pool. Come and enjoy some food and mingling with other parents. Food and Brinks will be provided by the NASA board of directors as a thank you for all the hard work of our many volunteers.

