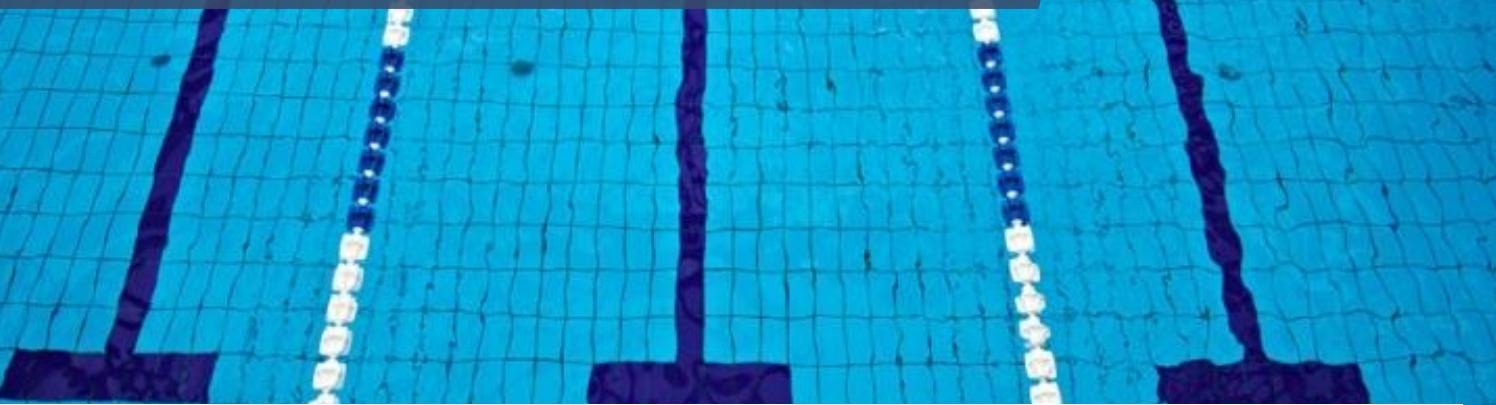


# NASA Coach's Corner

October 2019



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**"Four prerequisites for Elite Age Group Club Development – Highly Committed Athletes, Coaching expertise, the training environment, and parental contribution and support."**

**- Coach Dennis Pursley from "Climb to the Top"**

## NASA Core Values

*From Coach Hembree*

Well we are off and rolling. I don't know about you but I am finding it hard to believe that it is October already. It still feels like we just started school in some ways. It is really exciting to see all the new faces around the pool eager to get going and to learn what it means to swim for NASA/Northridge.

This summer I got to spend some time in California as part of the coaching staff for the Indiana Swimming Olympic Development Camp. During that trip I got to spend time with Jack Roach and Aaron Piersol. Jack has been a pillar of USA swimming's coaching staff for years and was named head coach of USA Swimming's National Junior team in 2008. In the lead-up to the Rio Olympics, he moved into a role as USA Swimming's Consultant of Athlete coach Relations. Piersol the former Olympian and backstroke star and world record holder for team USA.

Both of these gentlemen spent hours speaking to athletes from around Indiana, including four of our own, about the importance of relationships with those around them. Jack spoke about the two things he feels shapes everyone's lives: People and Events. I have challenged the coaching staff to keep this in mind as they are working our athletes.

Out of these discussions have come the five NASA core Values that I am sure you have seen hanging at the pool by now. These values are what guides our coaches and athletes on a daily basis. These core values are nothing new from what we have always taught our athletes, but we wanted to make sure that they were in a format that everyone could understand. Here is an explanation for each value to help you reinforce them with your athletes. **Selflessness** - Putting others and the organization in front of individual needs. **Merit** - What are you doing RIGHT NOW? **Toughness** - How do you handle when things don't go your way? Do you learn and move on or do you dwell and let it affect you in the future? **Leadership** - Do your actions and words represent the organization and the person you want to be? **Constant Improvement** - Are you always looking for ways to be a better athlete, teammate and/or person?

## Age Group Happenings

From Coach Dan

Hello Everyone,

What a great month this has been. The first month or two of every season usually feels crazy. Somehow with all the hustle, struggles, and hard work, this first month has passed with a great amount of calm. Maybe that's all just hindsight... In the moment the stress of the journey is real. The journey is hard and requires a great amount of mental and physical toughness from everyone. That toughness is one of many other things that will earn us constant improvement as a club and as individuals as we strive to reach our goals. As I watch our kids at practice, I as a coach can say, I am seeing more parents talking in the stands, more kids attending practice, your kids getting stronger in the pool, your team cheering louder than ever, and it makes me proud of what we have here at NASA.

Some of the kids on the team who have been through this before have really stepped up to demonstrate great leadership this month. It has set an example so fast that I am seeing kids that are new to the team start to demonstrate leadership in their own way as well. I witnessed the kids give a standing ovation for a new teammate as he demonstrated leadership during a dryland a few days ago, IT IS CONTAGIOUS.

Evan Haney researched the word Merit, and found it to mean a “level of quality or standard of greatness”. Every day on our journey at NASA we are focused on setting our standard as high as we can for that moment, for ourselves and for those around us. And in the Elementary groups we talked about Selflessness, not selfishness, which is a word everyone knew. But selflessness, putting others and the teams needs before yourself. Get a friends equipment for them, or congratulate them on achieving their goals.

Our five core values at NASA are Selflessness, Merit, Toughness, Leadership, and Constant Improvement. We are an amazing team with a lot to give and a lot to learn. We are just starting our season. We are just starting our journey. It may seem rough sometimes, but we are doing it together. In the end, when we look back, it will be worth it.

From Coach Andrew

Some really great things are occurring in our groups, one of them being just how much we have grown in numbers! Over the last few practices we have been working continuously on a better streamline position, kicking, and dives. Everyone on the Middle School group is now dive certified! In our Dev. Blue group every swimmer is able to push off in a tight streamline and take a few strokes of both backstroke and freestyle! Next thing we are going to tackle is breaststroke and butterfly. I am absolutely thrilled by how much progress we have made in this short amount of time. Both groups bring a tremendous amount of energy to practice every day, and if we keep that up great things are going to continue to happen!



## Important Dates

1<sup>st</sup> - Declaration Deadline for NASA Sprint and Concord Meets.

5<sup>th</sup> - Team Trip to ISL Meet in Indy.

7<sup>th</sup> - 11<sup>th</sup> Open House Week

8<sup>th</sup> - Safe Sport Training - 6:45p, NHS Pool Upstairs Classroom.

10<sup>th</sup> - Presentation by Jay Chambers - USA Swimming. NMS Auditorium 6:45p

14<sup>th</sup> - High School Team Parent meeting. NHS Pool Upstairs Classroom. 6:45p.

16<sup>th</sup> - NASA Team Pictures at NHS Pool.

25<sup>th</sup> - 28<sup>th</sup> MCS Fall Break

29<sup>th</sup> - First Day of High School Girls Season.

31<sup>st</sup> - NASA Annual Halloween Party.

## Safe Sport Corner

NASA along with USA swimming has long since worked to create a safe environment for all its members. NASA has always been at the forefront of the Safe Sport program developing many of the policies in our handbook before they were required. The key aspects of all of this is for our membership to stay vigilant and report any suspicious activity that might be a violation of our team Safe Sport/MAAPP Policies. As the club continues to try and stay at the forefront of Safe Sport we are pursuing our designation as a Safe Sport Recognized club. This recognition from USA swimming shows that we as a club are demonstrating a commitment to creating an abuse-free, safe, healthy, and positive environment for all our members through the development and the implementation of Minor Athlete Abuse Prevention (MAAPP), Anti-Bullying, Safe Sport Best Practices, and Athlete Protection Training.

What does this mean for the membership? Currently there are less than 3% of USA registered clubs that have earned this designation. That is less than 100 clubs out of just over 3,000. Wouldn't it be awesome for our small club from Middlebury to hold this distinction? The last component we are missing is the parent participation requirement. We need for our parents to participate in a Safe Sport training session. There are a couple different ways this can be done. First you can go onto USA Swimming's website and go to Safe Sport for Parents, you will see an options at the bottom for accessing the training. The other option would be to attend a club hosted training like the one we will be holding on October 8<sup>th</sup>.

Finally we will be including a scenario for you to discuss with your athlete from time to time as part of the Safe Sport section of the Coach Corner. We ask that you take the time to discuss this scenario with your swimmer and the talking points provided. We will then post in the following month how the club would go about handling that scenario.

The NASA Coaching Staff and Board of Directors thanks you for your continued support in making a NASA a safe place for all of our members.

### October Scenario - Read this to your Swimmer

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.

### Discussion Questions

- What do you do?
- At what point was the line crossed?
- Is it okay for adults you trust to ask questions about your life?
- What if it's a teammate asking you those questions?



**"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



## Swimmer of the Month

Each month (beginning with October) the coaching staff will be selecting a swimmer of the month from each training group. Swimmers will be selected based on their demonstration of the five NASA core values either during training time or at competitions. Each month the swimmers of the month will be recognized in the coach's corner with their picture and a short write up explaining why that athlete was selected by their group coach for this award. Swimmers will also have the opportunity to select either a NASA silicone cap that says "Swimmer of the Month" or a \$5 gift card.



## USA Swimming Visit

On Thursday, October 10<sup>th</sup> Jay Chambers from USA swimming's Sport Development group will be here to present to our membership. Jay has 41 years of coaching experience at the club, high school, and NCAA Division I levels. Most of his 41 years of experience were in Indiana. There he coached at the Indianapolis Athletic Club, Tippecanoe Swim Team, Harrison HS, Zionsville HS, Carmel Swim Club & Carmel HS, Washington Township Swim Club, and Fishers Area Swimming Tigers HS, where he coached National Champions and Record holders. Jay will be presenting on parental involvement and what the best clubs in the country are doing better than everyone else. The presentation will take place in the NMS auditorium beginning at 6:45p. The NASA coaching staff highly encourages families to attend.



## Team Pictures

Team pictures will be on Wednesday October 16<sup>th</sup> at the High School pool. More information and order forms will be distributed soon.

## Halloween Party

We once again this year will be having the NASA Halloween Party. The party will take place at Coach Dan's house and we will begin with the food at 4pm. The kids will begin their trick-or-treating around 5 (Subject to change based on Trick-or-Treating times). There will be awards for the most creative costume, the funniest costume, and the best all-around costume. More information will be provided in the near future.

