

# NASA Coach's Corner

December 2020

## INSIDE THIS ISSUE

1. Time of Giving Thanks
2. Age Group Happenings
3. Upcoming Important Dates
4. Swimmer of the Month
5. Safe Sport Corner
6. Perfect Attendance
7. Parent Corner

**"Do you know what my favorite part of the game is? The opportunity to play"**

- Mike Singletary

## Time of Giving Thanks!

*From Coach Hembree*

As we move through the holiday season I think it is important that we give thanks for what we have as individuals and for opportunities we have been afforded during this unprecedented time. With many luxuries being limited and many things remaining unknown from week to week, I am a firm believer that there is still positives and stuff to be thankful for. Over the past week I have taken some time to reflect on what I am thankful for. I am very thankful for the health of all of those around me, I am thankful for our school system allowing our athletes access to the pools and to allow for the swim seasons to continue, and finally I am thankful for all athletes and families that I get to work with on a daily basis. Take some time with your athlete and discuss what they are thankful for during this time of year.

On a different note I am pleased to announce that NASA was awarded the USA swimming club excellence Bronze medal again this year. This would award ranks NASA as one of the top 200 performing clubs in the US. This would be the 6<sup>th</sup> time in NASA's history earning this award (2009,2013,2017,2018,2020,2021).

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.

Congratulations to all of our athletes and coaches on this honor. Nine Indiana Clubs received Club Excellence awards this year: Carmel Swim Club (Gold Medal), Fishers Area Swimming, Fort Wayne Swim Team (Silver Medal), Irish Aquatics, Zionsville Swim Club, Munster Swim Club, NASA, Summit City Aquatics, Franklin Regional Swim Team (Bronze Medal).

## Age Group Happenings

### From Coach Emma

Elementary Blue group has had a great month! Many of our swimmers have become legal in both butterfly and breaststroke, and have learned how to push themselves to do longer distances and swim faster! We have talked a lot about how we can all do hard things, and now that we have the basics down, it's really important to slow down and focus on some of the smaller things that we need to work on consistently! Repetition is great for this, so feel free to keep asking your swimmer what some of the "smaller details" we're working on are!

We have had more instances than usual this month of forgotten goggles and caps, so please help or remind your swimmer to have their cap, goggles, and also a water bottle ready for practice as we do not always have any to borrow and for safety are trying to keep that to a bare minimum! Thank you for all you do to help our swimmers! Go NASA!

### From Coach Andrew

These last few weeks in Blue group we've been working on a lot of body line and stroke refinement. We've also been working on our EN1 times which refers our average 100 Free time in the 1,000 yard free. Each week we've swam the 1,000 at least once if not twice. The cool thing about doing this, not only does it give me an opportunity to see progress in our stroke and body position refinement, but I get to see the time drops in practice. In return for our athletes, this builds endurance and helps them identify things that still need work. I think we're in a really good place for this time of the season and I'm looking forward to seeing the product of our hard work at the NASA Winter Classic!

### From Coach Powell

November has been a month of hard work and improvement for Elementary Gold Group. The group has increased their yardage to around 3000 yards a practice and has tested them both physically and mentally. Everyone seems to have a goal in mind of how they want to compete this season and what it will take to accomplish that goal.

The November Sprint meet was another good test of our training thus far. The group had many more Life Time Best (LTB) swims, a few more B-cuts, BB-cuts, and Divisional cuts. We also had our first State Cut out of the Elementary Gold group in several years.

These kids have worked hard this season and really put in the work and left all their emotion in the water. With our Goals set high we are looking forward to several more C, B, BB, A, and Divisional Cuts and a possibility of 3 new State Cuts at the NASA Winter Classic meet.

### From Coach Dan

We have been faced with the many challenges that come with the COVID-19 pandemic. My approach as a coach has been to roll with the punches and allow the kids to make each practice count. Needless to say, they are proving themselves as amazing individuals, capable of managing so much that has been thrown their way. I have been blown away by not only the attendance numbers, but the sheer quality and consistency of our training. This group has been practicing harder than I have ever seen, and it seems they are having a blast doing it. I am thrilled with the friendships and cooperation in the group, and love to see their dedication to each other coming to fruition at meets. The middle school gold group has themselves, created individual goals in almost every set or dryland activity we perform, and are exceeding many of them consistently. I couldn't be more proud of them.



## Important Dates

1<sup>st</sup> - NHS Swim @ Penn

3<sup>rd</sup> - NHS Swim @ Plymouth/ Goshen

8<sup>th</sup> - NHS Swim @ Warsaw/ Mishawaka

11<sup>th</sup>-13<sup>th</sup> - NASA Winter Classic

19<sup>th</sup> - NHS vs. Northwood (Senior Day)

21<sup>st</sup>-4<sup>th</sup> - MCS Christmas Break

25<sup>th</sup> - Christmas Day - No Workouts

1<sup>st</sup> - New Year's Day - No Club Workouts

**"The difference between the impossible and the possible lies in a person's determination"**

- Tommy Lasorda

## Swimmer of the Month

### Elementary Blue

Sophia Short is the Elementary Blue group swimmer of the month! Sophia has been consistent with her attendance, stays focused at practice, and has learned how to race, both in fun relays and workouts, and at meets! She has made so much progress this season and is always happy to be swimming! Keep up the great work Sophia!

- Coach Emma



### Elementary Gold

November Elementary Gold Group Swimmer of the Month is Ethan. This past month Ethan has displayed the values of a NASA swimmer with his **Improvement** and hard work. Ethan has been working on his **Toughness** during practice and has moved up a training lane. Ethan has shown **Leadership** and **Selflessness** by focusing in practice and being ready for the next set. He has shown the **Merit** deserving of this award.

- Coach Powell



### Middle School Blue

I've chosen Layla Miller for swimmer of the month. Layla has really made a leap in swimming this season. She has been dropping time at every meet, making tremendous improvements in practice, and is willing to help her teammates with anything. She has demonstrated every one of our core values in one way or another consistently this season.

- Coach Andrew



### Middle School Gold

Marc has been a phenomenal example of hard work and character this month. Every day when he comes to the pool he has had an excitement and purpose for training. Motivating himself and his teammates in every set has really set the tone for a great month of training for the whole group. The quote, "work hard in silence, let success make the noise" comes to mind as when it's time to work he has really applied himself in different variations of the sport. Marc has made the technical aspects of practice a priority by asking questions and applying them consistently, as well as pushing himself to finish while encouraging his teammates to do the same. This month he has already broken the 13-14 Boys Pushup record with 43 pushups in 1 minute and I cannot wait to see how he performs at his next meet

- Coach Dan



### Senior/Elite/National

This month the senior group nominated Sydney Nethercutt as their swimmer of the month. Sydney shows great leadership qualities day in and day out. Her work ethic sets the example for the other swimmers in the group. Her smile is infectious and she is always willing to help a teammate. Sydney can often be found after practice picking up equipment and putting away others athletes stuff. It has been awesome to see her open up a little more this season and take on this leadership role. I can't wait to see how the season plays out.

- Coach Hembree



## Safe Sport Corner

### December Scenario

The other day your teammate told you that they're "so depressed" and "don't think I can do it anymore." They laughed it off and changed the subject, but something about how they said it makes you worried. You've also noticed your teammate acting differently lately.

- What's going on here?
- What do you do?
- What if your teammate tells you that they've been hurting themselves (cutting, for example)?
- What if your teammate denies that anything is wrong?
- How can you help create a safe place on your team?

**"Persistence can change failure into extraordinary achievement"**

- Matt Biondi

### November Scenario

You have a teammate that you don't really like. The two of you bicker and fight back and forth, and even though you start it, you're proud to come out on top every time. You think it's all in good fun and harmless, and it's a better alternative to being nice to your teammate, who you really can't stand. Yesterday, your coach called you into the office and said you need to stop "bullying" your teammate and wanted to cover a behavior plan with you.

### Discussion Questions

- What's going on?
  - *Safe Sport Says: What seemed to you like harmless fighting was interpreted as bullying. Your teammate felt targeted, unsafe, and disrespected, and now your coach is involved.*
- What is bullying?
  - *Safe Sport Says: Bullying is negative behavior that is intentional, targeted, repeated, and includes a real or felt power imbalance. If you are targeting your teammate repeatedly in a negative way, they may feel like you have the power, even if they try and fight back. If you are bullying a teammate, your coach might give you consequences.*
- What do you do?
  - *Safe Sport Says: Stop the behavior, own up to it and apologize, and face the consequences. You don't have to be best friends with your teammate, but you must show respect. That includes specifically apologizing for making them feel unsafe and hurt, and it also includes changing your behavior to be a positive contributor to the team.*
- What if your best friend on the team is being accused of bullying?
  - *Safe Sport Says: Help them by holding them accountable for changing their behavior. If they start to say or do something that is mean, rude, or disrespectful, gently call them out on it and suggest an alternate behavior. You can also compliment the target of the bullying to let everyone on the team know that kind of behavior will not be tolerated.*



## November Perfect Attendance

Carson Lalime - Elementary Blue

Tim Blough - Senior Group

## Parent Corner

### *Plan it and Pack it: Pre- and Post-Workout Foods and Beverages*

by Chris Rosenbloom //PhD, RD

As pools reopen and training begins in earnest, one thing that will likely change is access to food and fluids. Coaches, boosters, and parents will not likely be providing a community cooler for swimmers to grab drinks, and the snack table will be a thing of the past. So, for now, swimmers should plan to pack their own pre- and post-workout foods and beverages.

Here's a guide to help you plan it and pack it:

#### **Plan It: Before Early Morning Practice**

**Pack It:** Hard boiled egg, instant oatmeal or grits, over-night-oats, applesauce fruit cup, 16-ounces water.

These foods provide some protein, ample carbs, and not much fiber to help you through the morning workout without weighing you down in the pool.

#### **Plan It: After Morning Practice**

**Pack It:** Greek yogurt, low-fat chocolate or white milk, cereal, milk, and berries, energy bar made with whole foods (oats, nuts, fruit), melon cubes, 16-ounces sports drink or recovery drink.

Aim for at least 20 grams of high-quality protein for muscle recovery and carb-rich foods to start the replacement of muscle glycogen for the afternoon practice. Melon (any kind) is a high-water fruit containing carbs, vitamins and minerals, like potassium, important for nerve and muscle function.

For the lactose-intolerant swimmer, check out ultra-filtered milk that provides the nutrients of milk without the milk sugar or lactose. For plant-based athletes, soymilk is closest in nutrient composition to dairy milk. Berries or recovery drinks made with tart cherries, blueberries, or black currants contain plant compounds that act as antioxidants and anti-inflammation agents.

#### **Plan It: Before Afternoon Practice**

**Pack It:** String cheese, saltines, creamy peanut butter and jelly sandwich, hummus and pretzel or pita chips, peach or pear fruit cup, 16-ounces water.

Eating about 2 hours before practice allows time for digestion and the process of nutrient absorption to begin. Choose some protein and carbs, and fluids, especially if you didn't pay attention to hydration after the morning workout. If you only have 30 minutes or less before practice, stick with easy to digest carbs, like energy shots, gels, or blocs.

### Plan It: After Practice

**Pack It:** Yogurt and fruit smoothie, banana-strawberry kefir, chocolate milk shake (note: real milkshake, not a “shake” that might not contain much protein).

The goal for nutrition after practice is satisfy hunger and get some protein before eating dinner. At dinner, pick nutrient-rich foods like salmon, tuna, or cod, lean beef or pork, chicken or turkey, or tofu. Add carb-rich grains and veggies, such as baked potato (with the skin), sweet potatoes, brown rice, quinoa, beans, peas, and dark-green leafy veggies.

Athletes may have to take responsibility for packing foods and fluids for a while. Coaches can help remind swimmers to pack it and parents can help swimmers plan it, but the final responsibility rests with the athlete.