

# NASA Coach's Corner

February 2021

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## 10 Keys to Success

1. Prioritize
2. Work Harder than other People
3. Compete to Win
4. Surround yourself with good people
5. Treat Everyone Fairly
6. Have confidence in your abilities
7. Be who you are
8. Enjoy yourself
9. Be inspired by others
10. You're going to fail

## End of Season! *From Coach Hembree*

If you are like me you are struggling to think that it is February already. But it is and that means it is time to start planning for the end of the season. We will be offering end of season opportunities for swimmers of all qualification levels. We will start our championship season the last weekend of February with the Concord last Chance invite. This meet will be meant for those who do not currently have a full list of events at Divisional or the two state meets. Next we have our Divisional championship meet that Indiana Swimming has entrusted us to host, followed by the Indiana Swimming Senior State Championships, the Age Group State Championships and the Speedo Sectional Championships. While these meets will look different than in years past, it is still a chance for our athletes to experience a championship meet. I think it is important to remember that our kids are getting to experience championship meets this year, regardless of the format and changes from the norm.

Speaking of the North East Divisional meet, we will be asking for volunteers to make the meet run smoothly. All NASA families will be required to work regardless of having a swimmer in the meet. It is important to point out that events like this are some of the biggest fundraisers the club does each year. Without fundraisers like this the only other option is to raise club dues. Please take the time to get signed up to work the divisional meet.

I am excited to see our kids compete here at the end of the season. There has been so much improvement from top to bottom from our swimmers that I think we have put ourselves in a great position down the stretch here. The number of athletes that we currently have qualified for the Divisional and states meets is a testament to the hard work put in by our swimmers and coaching staff.

Congratulations to all who have earned their first ever cuts this season! Let's get some more and light up the pool at the end here.

## From Coach Emma

Elementary Blue group had another great month in January! We have been working really hard to keep learning some more advanced techniques, increasing our endurance, and have enjoyed getting to gain more swim meet experience. Lots of goals are being met, through time drops, technique gains, and less disqualifications! It's so great to see things "click" after months of working hard! We are continuing to push ourselves to do hard things as we come closer to the end of the winter season and are excited to see where the next weeks take us! Go NASA!

## From Coach Powell

December and January have been outstanding months for the Elementary Gold Group. The kids have achieved many of the goals set for themselves and have surpassed many of the goals we have set for the group.

The December meet was a great progress report for our group. We had great swims and learned what we can improve on for the January meet. We accomplished several more cuts and shattered some goals.

January was a great month for the group as we took what we learned from December and applied it to everything we did in practice and at the meet. Our focus for January was to **"Get Up and Race"**. We discussed and worked on the fact that in order to accomplish our goals we were going to have to dig deep and it was going to hurt physically and we needed to get through the mental aspect of that. We continued to emphasize **"Never, Give Up!"** Which has proven successful.

The young athletes of Elementary Gold Group are swimming spectacularly and work extremely hard in practice. They complete all that is asked of them and more. I believe we are in for an amazing ending to our season and look forward to helping them accomplish the remainder of their season goals.

## From Coach Andrew

These past few weeks have really been really packed with a lot of interesting things. Watching my swimmers overcome several challenges has really been amazing. Since the beginning of January, we've been adding anywhere from five hundred yards to one thousand yards on average to our workouts each week. It's also interesting to see how quickly they became adjusted to going back to classes in person. And then we add a meet into the mix! I think the kids have handled all of this exceedingly well! Overall I've seen a lot of goals reached this season, a lot of improvements, and I've seen a lot of hard work. We had an amazing weekend at the NASA invitation, with lots of time drops, and several Divisional Cuts! I think if we keep working hard and setting new goals for practice, we will see a lot of success at the Last Chance Meet coming up at the end of February!

## From Coach Dan

This month we have had a lot of focus on building habits that apply directly to our races, particularly the 200s. In understanding and replicating the "feel" for the water at various moments in these races the group has learned to overcome these hurdles and build habits that aid in ironing out those rough spots. These small details such as distance per stroke, streamline, and turn time can really help to continue pushing through the hardest parts of a race. We are attempting to recreate these technical details in our dryland circuit as well. For example: "flutter kicks in direct correlation with our 100 freestyle swim". All of this has led to a very strong awareness for what we are doing and why. What this group has done the best this month is really putting their best effort into each individual set. This has led to 80% best times at our last meet, and very consistent race results.

## Age Group Happenings



## Important Dates

4<sup>th</sup> - NHS Girls Sectional Prelims @ Elkhart

6<sup>th</sup> - NHS Girls Sectional Finals @ Elkhart

12<sup>th</sup> - NHS Girls Swim IHSAA State Prelims

13<sup>th</sup> - NHS Girls Swim IHSAA State Finals

15<sup>th</sup> - No School - President's Day

17<sup>th</sup> - NMS Swim Team Season Begins

18<sup>th</sup> - NHS Boys Sectional Prelims @ Elkhart

20<sup>th</sup> - NHS Boys Sectional Prelims @ Elkhart

25<sup>th</sup>/26<sup>th</sup> - Last Practice for non-championship qualifiers

26<sup>th</sup>-28<sup>th</sup> - Concord Last Chance meet.

26<sup>th</sup> - NHS Boys Swim IHSAA State Prelims

27<sup>th</sup> - NHS Boys Swim IHSAA State Finals

## Swimmer of the Month

### Elementary Blue

Carson LaLime is our swimmer of the month for January! Carson has improved so much over this season and has showed what consistency in hard work and attending practice can do. He set and achieved the goal of being legal in all 4 strokes, has dropped tons of time at our Winterfest meet, and always comes to practice with a smile on his face. Keep up the great work, Carson! We're proud of you!

- Coach Emma



### Elementary Gold

January Elementary Gold Group Swimmer of the Month is Michael. This past month Michael has displayed the values of a NASA swimmer with his **Improvement** and hard work. Michael has a **Toughness** and drive during practice like none other. Michael has shown **Selflessness** by focusing on drills and quietly waiting for what's next. He has shown **Leadership** in his actions and the **Merit** deserving of this award.

- Coach Powell



### Middle School Blue

These past several weeks, Lily has demonstrated all of our club's core values at one point or another! I've watched her improve in stroke tempo and stroke technique. I've watched her grow as a leader in her lane and with her peers. Every practice she shows toughness and merit by working hard and doing everything to the best of her abilities. This is her first year swimming, and she has made so much progress in one season. She already has several divisional cuts and has made significant time drops at every meet. I'm excited to see how far she can go in this sport!

- Coach Andrew



### Middle School Gold

Drew has shown a lot of enthusiasm for both his team and his own improvement this month. He has really worked to improve his attendance and consistency in workouts. Drew has had noticeable improvements in his dryland training which have led to big gains in the water. All this hard work has even had a great impact on his attitude, as I have noticed he has had very positive responses to criticism and technique analysis. As a coach, I feel these trademarks in training are essential to reaching goals, and the consistency of adhering to these principles make up the elements of the bigger, even seemingly unattainable goals that are to come. I can only imagine huge things coming for Drew in the future.

- Coach Dan



### Senior/Elite/National

This month the senior level athletes chose Tavia Bratt as their swimmier of the month. Tavia has come into this season with a much better attitude towards training and swimming in general. This attitude has allowed her to train the best I have ever seen her train as well as compete at a high level. All of this combined has placed her in a position to have an impact for the high school team here at the end of the season. I am excited to see how fast she is going to go!

- Coach Hembree



## Safe Sport Corner

### February Scenario

Your team is sharing outdoor pool space with another team this summer. Swimmers from the other team make a lot of sexual jokes and even some homophobic and sexualized threats to other swimmers in the locker room. Some of your teammates have started to join in, and you're really uncomfortable with it.

- What do you do?
- How do you speak up without becoming a target of the threats?
- What kind of rules are in place about this?
- How should your coach help the situation?
- What kind of Boundaries are involved in this situation?



### January Scenario

Your friend and teammate says that they need to tell you something, but you need to promise to keep it a secret. You say, "ok" and your friend tells you that something bad happened to them during a travel meet a few weeks ago. They tell you that one of the team chaperones was making inappropriate and sexual jokes, and once when they were alone, the chaperone tried to touch and kiss your friend. Your friend said that they "dealt with it" and you shouldn't say anything to anyone.

- What do you do?
  - *Safe Sport says: it's hard to know what "dealt with it" really means, and it's important to make sure that your friend gets the help that they need. Say, "Thank you for trusting me enough to tell me. I know you asked me to keep this a secret, but I need to tell my parents (or coach or other trusted adult)." Even though your friend said that they dealt with the situation, talk with an adult you trust about the situation.*
- But you promised to keep it a secret. What now?
  - *Safe Sport says: Your friend trusted you with this information, and it's important to honor that by not sharing it with other teammates as gossip. HOWEVER, it is important to talk to a trusted adult to get your friend the help and support that they need and make sure that something like this doesn't happen again. Your friend might be upset in the short-term, but speaking up is the right thing to do.*
- What boundaries are involved in this situation?
  - *Safe Sport says: Emotional and behavioral. Emotional boundaries are what you feel comfortable sharing with another person and how close you feel to them. Behavioral boundaries are the actions that you're comfortable with. If your friend was asking you to keep a secret from your parents, that might go against your behavioral boundaries.*
- What are two things you should do if someone is trying to cross your boundaries?
  - *Safe Sport says: First, do your best to remove yourself from the situation. Walk away, change the subject, or get someone else's attention to make the person stop. Second, go tell someone you trust and keep telling until someone steps in to help you.*
- What kinds of secrets are okay to keep?
  - *Safe sport says: Some secrets are okay to keep. These are things like a surprise birthday party where everything is meant to be revealed in a fun and inclusive way. Sometimes our friends and family members tell us things that they don't want us to gossip about, and it is important to respect their privacy and not blab about it. But if it is a secret about someone being harmed, made to feel uncomfortable, or in danger, please tell an adult you trust. These kinds of secrets can be dangerous, and your friend might need help. In these cases, it's absolutely okay to speak up.*

## January Perfect Attendance

### Elementary Blue

Calista Gephart - El. Blue  
Karly Greensides - El. Blue

Cosette Gephart - El. Blue  
Sophia Short - El. Blue

### Middle School Blue

Ava Yeater - MS Blue

### Middle School Gold

Madox Hembree - MS Gold

### National

Hailey Clark - National  
Sydney Nethercutt - National

Luke Dibley - National  
Alaina Yeater - National

### Elite

Carson Clemens - Elite  
Caleb Kauffman - Elite

Jonah Hyden - Elite  
Jacob Sullivan - Elite

### Senior

Tim Blough - Senior

Carigan Tabor

### Six Things Mentally Strong People Do

1. They move on. They don't waste time feeling sorry for themselves.
2. They embrace change. They welcome challenges.
3. They stay happy. They don't waste energy on things they can't control.
4. They are kind, fair and unafraid to speak up.
5. They are willing to take calculated risks.
6. They celebrate other people's success. They don't resent success.

## Parent Corner

### *Try This Pre-Race Ritual to Stay Calm and Confident for Big Swims*

by Dr. Alan Goldberg

**THE PROBLEM:** One key mental understanding you need to grasp if you'd consistently like to swim your best when it counts the most is the fact that ***"races are always won or lost before the start!"*** That is, what you focus on the time leading up to your swims, including your warm-up and time behind the blocks will either make or break your race.

For example, if you allow your pre-race focus to go to the wrong things (anything related to outcome, cuts you need, who you're swimming against or what people may think of you if you perform poorly), then you'll get nervous, physically tighten up, lose your confidence and end up disappointed!.

***Learning to control your pre-race concentration is absolutely KEY to your swimming loose and fast under pressure!***

The heart of staying calm and composed pre-event, in the state that I call "good nervous," (you're excited about the swim and have a few butterflies floating around in your belly), comes from learning to use a set pre-race ritual in order to distract yourself from all of the distractions that could potentially get you too nervous to swim your best. ***In fact, out of control, pre-race nerves are one of the biggest causes of choking in this sport and are almost always driven by your concentration mistakes behind the blocks.***

As I've discussed in other posts, your pre-performance ritual helps provide you with very specific things that you can focus on that will help take your mind off all the things that could potentially sabotage your race. For example, if I am completely focused on my stretching ritual behind the blocks and the feel of each stretch, then that will help me take my focus away from all of the last minute negative thoughts and doubts which are so common to racing under big meet pressure.

What I'd like to suggest you add to your pre-race ritual is a little physical technique you can use behind the blocks when you notice your nervous system starting to rev up into the "red zone." The following technique will help you battle those last-minute nerves, so that you're able to stay confident and in control right before you get up on the blocks.

Here's how it works:

If you notice you're starting to get too anxious when you get behind the blocks, first take a mental note about how nervous you are on a scale of zero to ten. (Zero being that you're totally chill and 10 being that you're freaking out). Shift your concentration to making a fist with either hand. Bring the tension in that hand and up and down your arm to about 90% of your strength and ***be sure that you place all your attention on the feeling of tension up and down your arm.*** Hold the tension for about 5 seconds and then deliberately and slowly allow that tension to diminish as you loosen your hand and arm. As you do this, ***be sure you keep your focus entirely on the feelings of your wrist and arm loosening up.*** Focus on this loosening up for about 5 seconds.

Next, repeat this same process, tightening your wrist and arm for 5 seconds, and then loosening for that same amount of time, focusing closely on the ***FEEL*** of first the tension and then the looseness in your hand and arm. Then check in with yourself to see if your nervousness "score," (0 – 10) has changed in any way. Whether it's come down a bit or stayed the same, if you have time, repeat this same process for one or two more cycles of tightening and loosening, being sure that all of your concentration is on the feel of what you're doing and NOT on any thoughts that may be bopping around between your ears.

Don't worry if you notice these kinds of thoughts. They're perfectly normal. Just be sure that when they do pop up and try to get your attention, you immediately direct all your focus back to the feel of what you're doing.

By deliberately tightening and loosening your fist whenever you're anxious pre-race, you'll find that with enough practice, you'll get quite skilled at calming your nervous system down right before you get up on the blocks! However, keep in mind that to enable this technique to really work for you, you must practice it regularly on your own, long before you get to that meet. Sufficient practice will enable this skill to get into your "muscle memory" and thus be much more effective when it's race time and you're feeling nervous!