

# NASA Coach's Corner

January 2022

## Exciting Times Ahead

*From Coach Hembree*

January is an exciting time around the pool. We are coming out of some great Christmas break training and heading towards end of season meets. It is exciting to see all the work that our swimmers have put in over the last few months start to pay off as the season winds down. It is the time of the year that our athletes really buckle down, focusing on those last minute cuts to get into the championship meets in March. We have so many athletes who have achieved their first ever Divisional, Age Group State or Senior State cuts this year, and we have many more who are so close to obtaining their first ever cuts. With so many athletes close to cuts, the next two months looks to be exciting and full of firsts for many of our athletes.

January begins the championship season for high school athletes. During the month they will be competing in the Northern lake Conference Swimming and Diving Championships. These meets will give way to February and taper time as we enter the Sectional tournament where many of our athletes will qualify for the high school state meet. If you see these athletes around be sure to wish them luck on the end of their high school season.

I would like to congratulate the following athletes for achieving Indiana swimming Top 10 time last year.

Hailey Clark - 17-18 1650 Freestyle (7<sup>th</sup>, SCY), 17-18 1000 Freestyle (6<sup>th</sup>, SCY), 17-18 1500 Freestyle (5<sup>th</sup>, LCM), 17-18 800 Freestyle (5<sup>th</sup>, LCM)

Luke Dibley - 17-18 500 Freestyle (8<sup>th</sup>, SCY), 17-18 1000 Freestyle (8<sup>th</sup>, SCY), 400 IM (7<sup>th</sup>, SCY), 17-18 200 Butterfly (6<sup>th</sup>, LCM), 17-18 400 IM (8<sup>th</sup>, LCM)

Liz Holds - 10&Under 200 Freestyle (6<sup>th</sup>, SCY), 10&Under 100 Freestyle (2<sup>nd</sup>, SCY), 10&Under 200 Freestyle (3<sup>rd</sup>, LCM), 10&Under 100 Freestyle (6<sup>th</sup>, LCM)

Sawyer Lehman - 13-14 100 Breaststroke (9<sup>th</sup>, SCY)

Sydney Nethercutt - 15-16 200 Freestyle (8<sup>th</sup>, SCY), 15-16 500 Freestyle (9<sup>th</sup>, SCY), 15-16 200 Butterfly (1<sup>st</sup>, SCY), 200 Backstroke (7<sup>th</sup>, SCY), 15-16 400 Freestyle (9<sup>th</sup>, LCM), 15-16 100 Butterfly (4<sup>th</sup>, LCM), 15-16 200 Butterfly (1<sup>st</sup>, LCM), 15-16 400 IM (10<sup>th</sup>, LCM)

Alaina Yeater - 15-16 400 IM (10<sup>th</sup>, SCY), 15-16 200 Butterfly (8<sup>th</sup>, SCY)

Anna Yeater - 17-18 200 Breaststroke (6<sup>th</sup>, SCY), 17-18 200 Breaststroke (8<sup>th</sup>, LCM)

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**"I believe in belief. If you are going to achieve anything, the very first step is to form a strong belief that you can do it, then remind yourself of that constantly"**

- Coach Richard Quick

**From Coach Dan**

This month has been a challenging month for our group. We had 36 practices this month, largely thanks to Christmas training. Practice yardage increased by an average of 10% and our expectations for practice drastically rose. Considering all of these obstacles, our practices have become even better. The kids have risen to the occasion, completing sets that would have overwhelmed them earlier in the season with intensity and skill that honestly, has been fun to watch. Every day it seems we come in with a better attitude and understanding of what it will take to reach our goals. If you see a swimmer in MS Gold, ask them what their goals are. Ask them how they are working to achieve them. As a coach I am surprised by how detailed and prompt their answers come.

**From Coach Aaliyah**

December MS Blue worked on a lot of color scheme heart rates, aerobic free, underwater and power off of walls. We have seen a lot of improvements in our training and a lot more consistency. In January we will be doing a lot of pace work, starts, race strategies, and focusing on getting those end of season cuts!

**From Coach Emma**

Elementary Silver group had a fun and busy December! We had a great time at the Christmas party, set lots of personal best times at our Winter Classic meet, and worked really hard in practice over Christmas break! I'm excited for two meets in January and getting back into the swing of things now that the holidays are over. We're going to keep working hard and finish the last couple of months of our season strong - don't forget those water bottles! Go NASA!

**From Coach Shelly**

December was a great month for Bronze group, we had a great meet at the beginning of the month and finished out with some awesome practices. We can't thank the board enough for the new fins, they have been a great tool in helping our group really work on our kicking. They have brought so much excitement to practice for the kids, so once again thank you to all involved in getting them. As we move into next month we will continue to work on stroke progression, underwater work (streamline and off the wall), turns, and starts. We will be preparing these kids for their very best meets yet!

**Important Dates**

1<sup>st</sup> - New Year's Day - No Age Group Practices

4<sup>th</sup> - NHS vs. Wawasee @ Wawasee Middle School

6<sup>th</sup> - NHS vs. Concord @ NHS (Senior Night)

7<sup>th</sup>-9<sup>th</sup> - IA Tim Welsch Invite @ Elkhart Aquatic Center

8<sup>th</sup> - NHS vs FW Carroll/ Homestead @ Homestead Middle School

13<sup>th</sup> - NHS Girl's NLC Prelims @ NHS

15<sup>th</sup> - NHS Girls NLC Finals @ NHS

17<sup>th</sup> - MLK Day - No School

21<sup>st</sup>-23<sup>rd</sup> - Concord IMXtreme Invite @ Concord

27<sup>th</sup> - NHS Boy's NLC Prelims @ Concord

28<sup>th</sup>-30<sup>th</sup> - Circle City Classic @ IUPUI

29<sup>th</sup> - NHS Boys NLC Finals @ Concord

December swimmer of the month Jaxon Rosenberg, has been improving in his swimming ability and even though he started later in the season he is proving he is very committed. He comes to practice and pays attention, he always asks good questions if he doesn't understand what he is supposed to be doing. Jaxon showed at his first meet that he is not a quitter, he just keeps going! As a coach I am excited to see what the rest of his swim season looks like and watch him cut time!

- Coach Shelly



Sarah is the Elementary Silver group swimmer of the month! She has had a great month, with big time drops at our NASA Winter Classic meet, leading her lane during practice, and wonderful attendance. She has also focused on improving mentally - pushing herself in practice and meets - and always asks great questions! Good job Sarah, keep it up!

- Coach Emma



December's swimmer of the month for MS Blue is Jacob Yoder! Jacob is very coachable and always has a great attitude. He has seen lots of improvements in his strokes especially freestyle and backstroke. He has also become the fastest kicker in Blue group! He always finds a way to push himself in practice and is always excited to race. Congrats Jacob, keep it up!

- Coach Aaliyah



Cora is this month's Swimmer of the month for her perseverance in pursuing her goals. Her commitment this month has been extraordinary (which typically leads to extraordinary results). In practice, we have focused on race strategies that require consistent training. She has stayed true to these commitments every day. Sometimes it leads to slower times at first, but over the course of a month, she has been putting up faster times in every swim set we have done. She even had a week that she went on vacation and stayed committed to these goals, completing practices and dryland while on vacation. Over Christmas break, she came to every practice and made huge strides on recovering between very intense practices. Focusing on sleep, stretching, and nutrition contributed to several very strong practices over break. Cora has been working on her goals for several months now, but this month went well beyond.

- Coach Dan



Tristin was once again selected by his teammates as the senior level swimmer of the month. He continues to set himself apart through his leadership and selfless attitude. Tristin has once again this year set himself apart as the go to guy in a close meet. He leads by example while constantly demonstrating the programs core values - Selflessness, merit, constant improvement, leadership and toughness. I can't wait to see what the end of the season has in store for Tristin this year.

- Coach Hembree



## December Perfect Attendance

Hudson Hembree - El. Gold  
Reid Haney - Elite  
Trey Johnson - Elite  
Carigan Tabor - Elite  
Alaina Yeater - National

Deacon Smith - Senior  
Madox Hembree - Elite  
Braden Marshall - Elite  
Tristin Bratt - National



## Safe Sport Corner

### LOCKER ROOM MONITORING POLICY

The following guidelines are designed to maintain personal privacy as well as to reduce the risk of misconduct in locker rooms and changing areas.

#### FACILITIES

The following is a description of our practice and competition facilities to allow athletes and their families to plan their use:

We practice at Northridge High School and Northridge Middle School.

These locations have changing areas that are shared with the general public. As such, there is a possibility for people who are not associated with NASA in the changing area around the time of practice.

#### REQUIREMENT TO USE LOCKER ROOM OR CHANGING AREA

The designated locker room or changing area must be used when an athlete or Adult Participant changes, in whole or in part, into or out of a swimsuit when wearing just one suit (e.g., deck changing is prohibited).

#### OBSERVABLE AND INTERRUPTIBLE

All In-Program contact between Adult Participants and Minor Athletes in a locker room, changing area or similar space must be observable and interruptible, except:

- a. In emergency circumstances;
- b. A Dual relationship exists; and/or
- c. The clos-In-Age exception applies.

#### PRIVATE OR SEMI-PRIVATE SPACE FOR MINOR ATHLETES

The Organization must provide a private or semi-private place for Minor Athletes that need to change clothes or undress at events or Facilities Under Partial or Full Jurisdiction of the Organization.

#### USE OF RECORDING DEVICES

Use of any device's (including a cell phone's) recording capabilities, including voice recording, still cameras and video cameras in the locker room, changing areas, or similar spaces y a Minor Athlete or an Adult Participant is prohibited.

#### UNDRESS

Adult Participants must not change clothes or behave in a manner that intentionally or recklessly exposes his or her breasts, buttocks, groin or genitals to a Minor Athlete under any circumstance. An adult Participant must not request a minor Athlete to expose the Minor athlete's breasts, buttocks, groin or genitals to the Adult Participant under any circumstance. **Nothing in this section shall be construed to apply to areas of the body exposed while wearing swimwear which conforms to the current concept of the appropriate for the individual's competition category.**

**SHOWERS**

- a. Adult Participants must not shower with Minor Athletes unless:
  - i. The Adult Participant meets the close-in-Age Exception; and/or
  - ii. The shower is part of a pre- or post-activity rinse while wearing swimwear.
- b. Parents/legal guardians may request in writing that their Minor Athlete(s) not change or shower with Adult Participants during In-Program Contact. The Organization must honor such a request.

**MONITORING**

The Organization must regularly and randomly monitor the use of the locker rooms and changing areas to ensure compliance with this Policy. Locker rooms and changing areas may be monitored by use of the following methods:

- a. Conducting a sweep of the locker room or changing area before athletes arrive;
- b. Posting staff directly outside the locker room or changing area during periods of use;
- c. Leaving the doors open when adequate privacy is still possible; and/or
- d. Making occasional sweeps of the locker rooms or changing areas with women checking female locker rooms and men checking male locker rooms

Every effort must be made to recognize when a Minor Athlete goes to the locker room or changing area during practice and competition, and, if the Minor Athlete does not return in a timely fashion, to check on the Minor Athlete's whereabouts.

The Organization prohibits parents/legal guardians from entering locker rooms and changing areas. If a parent/legal guardian needs to enter the locker room or changing area, it must be a parent/legal guardian of the same competition category and the parent/legal guardian should notify a coach or administrator in advance.

If a Minor Athlete needs assistance with his or her uniform or gear (for example, a child under the age of eight), or an Minor Athlete's disability warrants assistance, then parents/legal guardians **MUST** use the private changing room located in the observation room at Northridge High school or the Office bathrooms at Northridge Middle School. Parents/guardians must let the coach know beforehand that he or she will be helping the Minor Athlete.

The Organization has staggered practices, with different groups arriving and departing throughout the day. It is therefore not practical to constantly monitor locker rooms and changing areas over this extended course of time. While the Organization does not post coaching staff inside or at the doors of the locker rooms and changing areas, we do make occasional sweeps of these areas. All sweeps of the Locker Rooms are conducted in accordance with the above Locker Room Policies

## Nutrition Corner

### *I Have Been Stuck on the Same Time for Over a Year, What Am I Doing Wrong?*

by Dr. Alan Goldberg // Contributor

This is one of the more common complaints that I hear from swimmers. They work hard, go to all of their team's practices, even swimming faster in practice, but when it comes to meets and their best events they just can't seem to break through this invisible barrier.

These kinds of performance slumps in swimming always follow a predictable path, and one that insures your racing difficulties will continue unless you can understand how they operate. They often get their start with one or two really disappointing swims in a meet or race that is important to the swimmer. Coming up short in a big meet like this tends to stay with you emotionally! You can't seem to stop thinking about it and beating yourself up for it.

As a result, these bad swims are still getting air time in your head long after the meet has passed. ***When you hang onto past failures or disappointments in this way, it begins to breed doubt in your mind and starts to erode your self-confidence.*** As the next important meet approaches, there's a part of you that starts to place even more importance on your times and the outcomes of your races.

This over-focus on your times, "***mentally hanging out in the future***" will always make you nervous, tighten up your muscles and cause your breathing to become faster and shallower. Of course, tight muscles will shorten your stroke, making it less efficient and faster, shallower breathing will make you feel like you have no training base and the end result of these two physiological changes is enough to totally sabotage your swims.

In addition, when you go into any meet thinking about your times, in other words going into your races with expectations such as, "I need to finally get this time?" or "I have to!" or "What if 'IT' happens again and I don't?" Then, you will end up putting even more pressure on yourself by creating a "trying too hard" headset. This will lead to you forcing or muscling the swim, causing you to go way slower than your ability. When this happens, the whole pattern gets reinforced and you'll place even more pressure on yourself for the next meet or swim!

***Swimming fast when it counts is all about staying physically loose and mentally composed.*** You can NEVER do this when you're pressuring yourself with an outcome-based focus. You can only do this when your focus both before and during the race is on what you're doing and specifically on the feel of your movements warming up, behind the blocks and then in the water while you're racing. ***When you focus on the feel of your swim, you'll stay loose and confident and swim to your potential.***

If you really want to bust though that pesky time barrier and finally get that breakthrough swim that you know you're capable of, you have to train yourself to stop mentally time traveling. Slumps are always maintained by ***thinking in the past about bad swims and then immediately jumping ahead to the future*** and pressuring yourself to make sure that "it" doesn't happen again.

***To finally bust that slump and get those times that you desperately want, you must discipline yourself to stay mentally focused in the NOW on the feel of your races, one stroke at a time!***

This means that the days leading up to a meet and the hours and minutes before you race, you must stay aware of the instant that your focus of concentration leaves the now and either jumps ahead to the future or goes back to the past, and then you must quickly return your focus to the now! Keep in mind that it doesn't really matter if you "time travel" a lot as long as each and every time you do lose your focus, you quickly "reset" it back to the NOW!