

NASA Coach's Corner

July 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

Olympic Spirit

From Coach Hembree

Wow! July sure got here in a hurry. Hard to believe that the coaching staff is working on end of season meet plans already. The month of July and first couple weeks of August will see NASA athletes competing in championship meets from Elkhart to Fargo, North Dakota.

June brought some exciting times for the sport of swimming with the Olympic trials being swam in Omaha and the selection of the USA swimmers who will be representing their country at the Olympics at the end of this month. The trials and their new format for 2021 allowed many athletes from Indiana to take center stage and compete for spots on the Olympic team. Hopefully you and your athlete got to watch and experience the trials.

As the season starts to wind down and finish up for many of our swimmers I would encourage you to be tuned into the Olympics. Take time to take in the best that USA swimming has to offer and allow the Olympic Games to create some excitement in what your swimmer does on a daily basis. Those swimmers who qualified to represent the US started their swimming careers in a local club just like what your swimmers are doing now. Through hard work, dedication, and commitment these Olympians have reached the ultimate goal for someone in our sport, to be able to put on that swim cap with the US Flag and their name.

A couple reminders as we finish out the season. When your swimmer completes their end of season meet (IA, SRS, AGS, DIV or National Level meet), they will need to make sure they have cleaned out anything they have in the locker room and turn in a lock if they have one. We will be having our end of season banquet August 22nd at Bonneyville. More information will be posted on the NASA website. We would love to see you all there as every swimmer will be recognized for their outstanding season.

Finally some updates on the High School Pool Renovation. Things are moving along very well at this point with very little problems. As of writing this the pool is completely drained, the new LED lights are almost fully installed, the new air handlers have been placed on top of the building and the new scoreboards have been hung up. The project is moving along nicely and hopefully we will be back in sooner than later.

Age Group Happenings

From Coach Emma

As we approach the end of the summer season, we are thrilled with the progress Elementary Blue has made! We've learned a lot of new things together, from swimming butterfly, to how to do flip turns and strong finishes, to team cheers. In these last few weeks we will be talking about how to set goals, both as a group and individually, for the remainder of the season, as well as having a lot of fun! We are excited to finish the season strong!

From Coach Powell

June has been full of new things for Elementary Gold. We have worked in more drills and focused on Distance per Stroke, Breathing Count, and getting times on every set. This has been a good learning experience for the kids and the coach. It has been very exciting watching them develop into thinking swimmers. It has fun for them to finish a set and yell out their times and stroke counts.

From Coach Aaliyah

In Blue group this month we've been working a lot on efficient swimming in all of our strokes as well as positive mindsets. The amount of improvement in this group has been insane! We're so excited for our end of season meets and how well we'll do at the end!

From Coach Dan

This month we have worked on IM technique and stroke quality. The swimmers have focused on managing nerves during practice and at meets to focus on the quality of their effort. In dryland, I have seen great improvement on leg flexibility and aerobic technique. We have set some very clear goals for our events at meets and have been breaking them to develop a race strategy. This month we have discussed nutrition and recovery as practices have started to take their toll on everyone's body and mind. Many of the MS Gold swimmers have really taken this to heart by bringing a recovery drink or chocolate milk to practice to refuel immediately afterwards. We are continuing to improve these things and will continue this next month as well. I am really confident the quality of their training is going to do wonders for them as we finish this season and build towards the next.

Fall/Winter Start Dates

Registration open for returning members on 8/1

Those registered by 8/20 receive \$25 credit

Middle School & High School Groups - Begin 8/23pm

Returning Members Meeting 9/1 at 7:00pm (Zoom)

Returning Elementary Groups - Begin 9/7 & 9/8

New Member Parents meeting 9/7 at 6:30p in the Auditorium

Those interested in scheduling tryouts (9/8-10) should Contact Dan.

New Members Start 9/13

Registration Closes 9/24



Important Dates

4th - Independence Day!

9-11th - IA Summer Spectacular

15-18th - Senior State Championships

23-25th - Age Group State Championships

28-31st - Futures Championships

30-1st - Divisional Championships

3-7th - Speedo Summer Championships (JRs)

10-14th - NSCA Summer JR Championships

22nd - Summer Banquet (Bonneyville)

Swimmer of the Month

Elementary Blue

Abriella Dilworth is Swimmer of the Month for Elementary Blue group! This month she has really found her competitive side, and loves to race! Abriella is continuing to work hard towards being legal in all 4 strokes and making great progress on breaststroke especially. She is an encouraging teammate, and a great listener. We are so excited to see what she does next - keep up the great work, Abriella!- Coach Emma/Shelly



Elementary Gold

June Elementary Gold Group Swimmer of the Month is Ruby. This past month Ruby has displayed the values of a NASA swimmer with her **Improvement** and hard work. Ruby has shown her **Toughness** during practice this past month. Ruby doesn't get discouraged about a set during practice. Ruby works hard in practice and has great technique during drill sets. Ruby has had continued Improvement since she moved to EL Gold. Ruby is deserving of this award. Congratulations Ruby!

- Coach Powell



Middle School Blue

The Middle School Blue swimmer of the month for June is Abby Clabaugh. Abby shows up to practice everyday ready for a challenge. She is always looking for ways to push herself and improve, and she's been improving rapidly! She keeps her teammates laughing with her amazing sense of humor! Keep up the great work Abby!

- Coach Aaliyah



Middle School Gold

The Middle School Gold swimmer of the month for June is Ceci Bellin. Ceci has had a great attitude and has been dropping time consistently both in workouts and in swim meets. She had a few missed practices, but she communicated those to her coach and even did some replacement exercises while she was away. Recently, at the Akins Pools Meet, Ceci stayed almost 2 hours after her session to help count for some mile swimmers in the Senior and Elite Groups. She also thanked her timers after each race and I was very happy to have one of the timers come and tell me how nice that was to hear. I am very thankful to have such a respectful individual to represent the MS Gold group this month.

- Coach Dan



Senior/Elite/National

The National/Elite/Senior Groups have chosen Luke Dibley as their swimmer of the month for the month of June. Luke continues to show great leadership skills while also taking time to step back and allow the next group of leaders to start taking some ownership. He also shows up to training with a great attitude and a great work ethic. I am excited to see what the end of the season has in store for Luke.

- Coach Hembree



Safe Sport Corner

During the summer season we will be sharing NASA's Safe Sport / Minor Athlete Abuse Prevention Policies (MAAPP) as part of our Safe Sport Corner. These policies exist to protect all of the stakeholders involved in the club. It is important that all stakeholders understand these policies. Please take the time to learn or review these each month.

ANTI-BULLYING POLICY

Bullying of any kind is unacceptable at Northridge and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. NASA is committed to providing a safe, caring and friendly environment for all of our members. If bullying does occur, incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, team manager, or board member.

Objectives of NASA's Anti-Bullying Policy:

1. To make it clear that NASA will not tolerate bullying in any form.
2. To define bullying and educate all coaches, swimmers, parents and board members of the types of behavior that constitute bullying.
3. To inform all coaches, swimmers and parents that there is a policy and protocol, should any bullying issues arise.
4. To make clear the responsibility of all NASA members to report bullying.
5. To spread the word that NASA takes bullying seriously and that all swimmers and parents can be assured that they will be supported when bullying is reported.

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.

WHAT IS BULLYING?

The USA Swimming Code of Conduct defines bullying in 304.3.7. Bullying is the severe or repeated use by one or more USA Swimming members ("Members") of oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other member that to a reasonably objective person has the effect of:

- i. causing physical or emotional harm to the other Member or damage to the other Member's property;
- ii. placing the other Member in reasonable fear of harm to himself/herself or of damage to his/her property;
- iii. creating a hostile environment for the other Member at any USA Swimming activity;
- iv. infringing on the rights of the other Member at any USA Swimming activity; or
- v. materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member club or LSC).

REPORTING PROCEDURE

An athlete who feels that he or she has been bullied should do one or more of the following things:

- Talk to his or her parents;
- Talk to a NASA coach, Board member or other designated individual;

- Write a letter or email a NASA coach, Board member or other designated individual;
- Make a report to the US Center for Safe Sport staff.

There is no express time limit for initiating a complaint under this procedure, but every effort should be made to bring the complaint to the attention of the appropriate club leadership as soon as possible to stop the bullying behavior as soon as possible and to make sure that memories are fresh and behavior can be accurately recalled.

HOW WE HANDLE BULLYING

If bullying is occurring during team-related activities, we **STOP BULLYING ON THE SPOT** using the following steps:

1. Intervene immediately. It is ok to get another adult to help.
2. Separate the children involved.
3. Make sure everyone is safe.
4. Meet any immediate medical or mental health needs.
5. Stay calm. Reassure the children involved, including bystanders.
6. Model respectful behavior when you intervene.

If bullying is occurring at Northridge or it is reported to be occurring at Northridge, we address the bullying by **FINDING OUT WHAT HAPPENED** and **SUPPORTING THE CHILDREN INVOLVED** using the following approach:

FINDING OUT WHAT HAPPENED

1. First, we get the facts.
 - a. Keep all the involved children separate.
 - b. Get the story from several sources, both adults and children, and gather all available information regarding the circumstances under which the incident occurred.
 - c. Listen without blaming.
 - d. Don't call the act "bullying" while you are trying to understand what happened.
2. Then, we determine if it's bullying. There are many behaviors that look like bullying but require different approaches. It is important to determine whether the situation is bullying or something else.
 - a. Review the USA Swimming definition of bullying;
 - b. To determine if the behavior is bullying or something else, consider the following questions:
 - What is the history between the children involved?
 - Have there been past conflicts?
 - Is there a power imbalance? Remember that a power imbalance is not limited to physical strength and can include things like the "popularity" of the kids involved.
 - Has this happened before? Is the child worried it will happen again?
 - c. Remember that it may not matter "who started it." Some children who are bullied may be seen as annoying or provoking, but this does not excuse the bullying behavior.
 - d. Once you have determined if the situation is bullying, support all of the children involved.

SUPPORTING THE CHILDREN INVOLVED

1. Support the children who are being bullied

- a. Listen and focus on the child. Learn what's been going on and show you want to help. Assure the child that bullying is not their fault.
- b. Work together to resolve the situation and protect the bullied child. The child, parents, and fellow team members and coaches may all have valuable input. It may help to:
 - Ask the child being bullied what can be done to make him or her feel safe. Remember that changes to routine should be minimized. He or she is not at fault and should not be singled out. For example, consider rearranging lane assignments for everyone. If bigger moves are necessary, such as switching practice groups, the child who is bullied should not be forced to change.
 - Develop a game plan. Maintain open communication between NASA and the parents. Discuss the steps that will be taken and how bullying will be addressed going forward.
- c. Be persistent. Bullying may not end overnight. Commit to making it stop and consistently support the bullied child.

2. Address bullying behavior

- a. Make sure the child who engaged in the bullying behavior understands why his or her behavior is unacceptable. Young people who bully must learn their behavior is wrong and harms others.
- b. Show children that bullying is taken seriously. Calmly tell the child that bullying will not be tolerated. Model respectful behavior when addressing the problem.
- c. Work with the child to understand some of the reasons he or she bullied. For example:
 - Sometimes children bully to fit in or to make fun of someone who is different from them. In other words, there may be some insecurity involved.
 - Other times children act out because something else — issues at home, abuse, stress — is going on in their lives. They also may have been bullied.These children may be in need of additional support.
- d. Involve the child who bullied in making amends or repairing the situation. The goal is to help them see how their actions affect others. For example, the child can:
 - Write a letter apologizing to the athlete who was bullied.
 - Do a good deed for the person who was bullied, for NASA, or for others in your community.
 - Clean up, repair, or pay for any property they damaged.
- e. Avoid strategies that don't work or have negative consequences:
 - Zero tolerance or "three strikes, you're out" are generally unsuccessful strategies. Swimmers may be less likely to report and address bullying if suspension or getting kicked off the team is the consequence.
 - Similarly, conflict resolution and peer mediation often don't work for bullying. Bullying is not a conflict between people of equal power who share equal blame. Facing those who have bullied may further upset kids who have been bullied.
- f. Follow-up. After the bullying issue is resolved, continue finding ways to help the child who bullied to understand how what they do affects other people. For example, praise acts of kindness or talk about what it means to be a good teammate.

3. Support bystanders who witness bullying. Every day, children witness bullying. They want to help, but don't know how. Fortunately, there are a few simple, safe ways that athletes can help stop bullying when they see it happening:

- Be a friend to the person being bullied.
- Tell a trusted adult – your parent, coach or a NASA board member.
- Help the child being bullied get away from the situation. Create a distraction, focus the attention on something else or offer a way for the target to get out of the situation. "Let's go, practice is about to start."

Perfect Attendance

Peighton Hembree - EL. Blue

Hayden LaLime - El. Blue

Liam Hallberg - MS Gold

Reid Haney - Elite

Tristin Bratt - National

Sarah Holds - El. Blue

Sydney Schramm - El. Blue

Drew Gleim - Senior

Madox Hembree - Elite

Luke Dibley - National

Carson LaLime - El. Blue

Christopher Dibley - MS Gold

Evan Haney - Elite

Braden Marshall - Elite

Anna Yeater - National

Parent Corner

Should I be Worried About my Athlete Doping?

From truesport.org

There's no question that the pressure in youth sports has become increasingly high over the years. The [money and time](#) dedicated to exclusive camps, extended travel, and elite club teams have reached epic proportions in the quest for stardom, scholarships, and status. Even in youth sports, there are also many [examples](#) of success or self-worth being sought through darker means, including the use of performance-enhancing drugs (PEDs) like human growth hormone (hGH) and testosterone.

When it comes to *how* success is achieved, there's also no question that young athletes are [very much influenced](#) by those around them. In addition to parents, athletes are often influenced by coaches, trainers, medical support personnel, professional sports idols, and their peers.

Young athletes exposed to the win-at-all-costs attitudes of others are susceptible to adopting the behaviors that go along with that climate, and in some cases, may even be directed to abuse substances. These substances can enhance performance and violate the rules of sport, but more importantly, they can lead to devastating physical and mental effects.

As parents, it's important to evaluate the influencers in your athlete's life and be aware of substance abuse warning signs. Here are three red flag phrases that might indicate your athlete is in a risky situation or facing pressure to dope.

1. "Everyone does it."

The phrase "everyone does it" has been used to justify doping for decades at all levels of sport, from high schools to the Tour de France. This reasoning can result from exposure to PED abuse by peers, as well as the many examples of professional athletes who've found success through shortcuts.

Unfortunately, the life-threatening impact of this mentality is evidenced by the story of Taylor Hooten, one of the most well-known examples of a student athlete whose quest for success through steroid use led to the worst possible outcomes, including physical effects like back acne and rapid muscle growth, as well as mental effects like depression and aggression, and finally, suicide.

Taylor sourced the steroids from a local gym, and even in 2003, before widespread internet use made substances even more accessible, Taylor's close friend Billy Ajello told the [New York Times](#) that steroid use was "extremely widespread" at the boys' high school before Taylor's death.

In addition to the "everyone does it" mentality among peers, Ajello believed that students construed mixed messages from coaches. "Coaches don't come out and say, 'Take steroids,'" Ajello told the New York Times. "Freshman, sophomore, junior year, they tell you you're too small. A kid thinks high school sports are everything: 'I have to take it to the next level to get bigger and stronger to play.'"

He also noted, "I think the coaches know and almost kind of turn their heads. I think if they knew for sure, certain coaches would pull a kid aside and say, 'What are you doing?' I think other coaches would turn their heads, and even if they knew wouldn't say anything to a kid."

As the [TrueSport Report](#) further confirms through national research and data, "High school and college coaches who turn the other way on bad or delinquent behavior (e.g., drinking, violence off and on the field) are sending a strong signal that such behavior is acceptable."

2. "It's for their health or benefit."

In some cases, the pressure to dope may be more forceful and come directly from a person of influence in an athlete's life. If an authority figure – whether it be a coach, medical professional, or parent – encourages an athlete to dope, it's extremely unlikely that the athlete will be able to resist or even realize that they are doing anything wrong because their sense of security and [understanding of right and wrong](#) is frequently dependent upon the adults around them.

These trusted authority figures may also attempt to justify the behavior by insisting that a pill or treatment is necessary to protect the athlete's health, is required for inclusion in a training group, or is the only way to achieve success. An authority figure may also insist that an athlete hide their use from friends, family, and other adults because they wouldn't understand, which can alienate the athlete from positive influencers while further uniting the athlete with a negative influencer.

There are many examples of authority figures directly facilitating doping behaviors by young athletes, but one of the most egregious may be the case of Corey Gahan, whose own father, a trainer, and an alleged medical provider arranged for him to receive increasingly risky injections to improve his in-line skating performance. It started with b-12 vitamin injections when he was 12 and quickly escalated to testosterone and [hGH](#) injections.

"Both his father and his trainer, Corey says, assured him that the shots were for the best," according to a [Sports Illustrated article](#). "The prick of the needle was accompanied by a pinch of guilt; it felt, as Corey puts it, 'like I was doing something wrong.' But he believed in his dad, a charismatic and fiercely ambitious former high school wrestler. He also trusted his trainer, a bodybuilder who acted like a big brother. Besides, what did Corey know about the substances being injected into his body? 'Testosterone cypionate, it's just a word,' he says. 'It doesn't have a meaning. At least not when you're 13.'"

By 16, Corey was breaking records at top competitions and testing positive for testosterone and another steroid. While his reinstatement from a two-year ban hinged on acceptance of counseling and a medical evaluation, Corey's father, trainer, and the false doctor were under investigation and went on to receive jail time for their crimes.

"This case shows the extent to which drugs have infiltrated youth sports," said U.S. Anti-Doping Agency CEO Travis T. Tygart to Sports Illustrated at the time. "It was hard to punish this kid. Yes, he cheated and unfairly beat other competitors, but he was under his father's influence. The kid was a victim."

3. "Don't worry, it's safe."

Sometimes, there is also risk from trusting an influential person even when that person respects the athlete's health and wellbeing, as well as the rules of sport. This is especially true in today's climate of rampant supplement use and radical health trends to support and enhance performance. But with [supplements regulated pre-market](#) and [wellness clinics](#) offering treatments banned in sport, there are many opportunities for exposure to prohibited and potentially dangerous substances, even when assurances are provided that a product or treatment is safe.

Unfortunately, a recent case involving a young and up-and-coming weightlifter illustrates this risk. Abby Raymond was just 14 years old when a family friend and fitness influencer offered her a protein powder and a pre-workout supplement from his newly formed company. The family friend assured Abby that his company's products were plant-based, vegan, and made from all-natural ingredients. Excited about the sponsorship opportunity but recognizing the risk that supplements pose, Abby's father pointed out that she was subject to anti-doping rules, so the products would have to be completely free of prohibited substances. This concern was met with further assurances by the family friend and company owner that the supplements were safe. After just weeks of using the supplements, Abby had an anti-doping test and soon learned that she had tested positive for [ostarine](#), a prohibited anabolic agent that's not approved for human use or consumption anywhere in the world. Later testing confirmed that the supplements were contaminated, to the family friend's surprise, but Abby still received a period of ineligibility from sport and devastating damage to her reputation.

Remember, young athletes are vulnerable to the influence of trusted authority figures and their peers, so it's important to stay alert for signs of a win-at-all-costs environment, including the red flag phrases and situations above. To learn how to support clean and healthy decisions, visit our [Clean Sport Lesson](#).

