

NASA Coach's Corner

June 2021

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Rolling along!

From Coach Hembree

It's hard to believe as I type this out that school has come to an end. This school year brought all kinds of challenges for our athletes in the classroom. With things constantly changing from week to week and day to day all year I am proud to say our athletes not only survived but they conquered. Still with all the extra stress it is hard to believe that we are done and are transitioning to summer time. Summer season is extremely important to our athlete's development over the long term. The summer season allows for long periods of training that are not being constantly interrupted by competitions. These long periods allow our staff the time to correct stroke technique, increase the training capacity, and incorporate different training tools and techniques. In the end the work that is completed this summer will have a dramatic effect on our athlete's performances in February and March.

It has been great to see all of our athletes continuing from the winter season. It has been awesome to see how much they have improved and continue to improve. Getting to watch our athletes do Long course meters for the first time in almost two years at the SCA meet was great. Plus we ended the meet with a 91% Life time Best Rate which is pretty amazing. I am excited to see this continued growth as we move into June, and before you know it we will be talking about championship meets for the summer season.

A couple reminders as we continue on. NASA uses the Middlebury Community Schools facilities, we do not own them. Thus, we must follow whatever policies are put in place by the school corporation in reference to masks and spectators. With that said as of June 1st masks will not be required in the pool area. If you are uncomfortable with this please by all means continue to wear a mask. We will also be able to allow parents to attend the Middle School and Elementary practices again (Please remember you are there to watch, not be involved in the workout unless the coach asks you to be).

That brings us to our summer invitational. At this time the meet is full (710 athletes) and allows for little room to add athletes. It has also cause us to have to change the sessions on Saturday and Sunday. We will now have a 13&Over Girls session, 13&Over Boys session, 12&Under session and then a Finals session. Beacon is currently not planning to allow spectators in for this meet as we will need to use the spectator gallery to spread teams out. If this changes we will be sure to pass that along. The meet will be live streamed on the Elkhart Aquatic center's YouTube page but if you would like to watch in person we will have plenty of volunteer spots that should be posted in the next week. Let's keep this ball rolling!

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

Age Group Happenings

From Coach Emma

May was a great month for Elementary Blue group! We had 2 great meets with a lot of personal bests and a lot of "firsts," and many of our group have learned butterfly and breaststroke as well as becoming legal or very close to legal. We've learned that we can do hard things, like swim a 100 IM, or kick a 200 without stopping, had fun with relays, and made a lot of progress on starts and turns. We've talked about the mental side of swimming, consistency, and efficiency, and what those mean in regards to the sport. We've practiced racing and swimming at different speeds, and most importantly had fun at practice and meets! We're looking forward to another great month in June - go NASA!

From Coach Powell

Elementary Gold is off to a great start to the summer season. We have competed in 2 meets in May and had several life time best swims. The kids are really focused on what they want to achieve this summer season. This month we have worked on getting your times every time you finish at the wall and learning your intervals. Our 1000 swim times are getting faster which in turn makes their training intervals faster. The kids have experienced and seen what hard work and dedication can produce. They have bought in and their confidence in themselves continues to grow. Each athlete has their individual goals for this season. A few of our group goals are to continue to learn, improve, and grow both in and out of the pool.

From Coach Dan

The MS Gold group has been working on practice management this month. They have learned to better understand how to navigate more difficult sets, be more aware in their workouts (times, stroke counts, underwater work), and even how to correctly do many more dryland exercises. This has led to better practices, less frustration, and more goal setting. Sometimes all of this training can be difficult and even frustrating. Setting a variety of smaller goals for practice can allow them to find success while struggling in other areas, thus maintaining confidence for the whole workout and after. This has led to huge successes like we experienced in the last meet. The MS Gold group had 0 disqualifications, and 100% best times, and Liz Holds even got a high point award.



Important Dates

31st - Memorial Day - No Practices!

1st - New Practice Schedule begins for HS groups due to HS pool renovations.

6th - Northridge High School Graduation

11-13th - Elkhart United June Invite.

20th - First Day of Summer/Father's Day

22nd - NASA Board of Directors Meeting

25-27th - Akins Pool NASA Summer Invite.

28-4th - IHSAA Moratorium Week

Swimmer of the Month

Elementary Blue

The Elementary Blue group swimmer of the month is Charley! This month Charley has grown a lot in her commitment to listening well and working hard in practice. She has also taken the initiative to help out some of our newer swimmers, answering questions and offering positive feedback. She has focused hard on her technique and the mental aspects of the sport and has improved across the board. Great job Charley! Keep up the great work! - Coach Emma/Shelly



Elementary Gold

May Elementary Gold Group Swimmer of the Month is Sophia. This past month Sophia has displayed the values of a NASA swimmer with her Improvement and hard work. Sophia has shown her Toughness during practice this past month. Sophia doesn't get discouraged about a set during practice. Sophia pushes through when times are difficult or hard. Sophia has shown Leadership and Selflessness by focusing in practice as a leader and being ready for the next set. She has shown the Merit deserving of this award.

- Coach Powell



Middle School Blue

The May swimmer of the month for Middle School Blue Group is Sadie Palmer! Sadie has shown tremendous improvement over the past month, not only in her swimming, but in her attitude as well! She always shows up to practice ready to go with a smile on her face! Great job Sadie keep up the great work!

- Coach Aaliyah



Middle School Gold

Liam has been a model for the NASA core values this month. He has had a positive attitude at every practice and meet available. This month he said to me, "If you don't go to practice before a meet, it's like going to math class without a pencil." This kind of commitment is a phenomenal example of leadership by example. I have seen him positively push his teammates in practice almost every day. When a kid steps up and commits to our values it is one of the most positive experiences I get to have as a coach. This leads to a dramatic amount of improvement.

- Coach Dan



Senior/Elite/National

This month the high school groups selected Tristin Bratt as their swimmer of the month. Tristin has great practice attendance and always shows up with a great attitude ready to train. He is moving into a leadership role this season, as he will be a senior next year, and he is taking ownership in that responsibility. Tristin can routinely be found volunteering for team community service activities and involved in whatever needs done, no questions asked. Tristin is a great athlete and person to have around and really demonstrates by his actions what it means to be a member of this team.



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.

ONE-ON-ONE INTERACTIONS POLICY

Observable and Interruptible

One-on-one interactions between a minor athlete and an Applicable Adult (who is not the minor's legal guardian) must occur at an observable and interruptible distance from another adult unless meeting with a Mental Health Care Professional and/or Health Care Provider (see below) or under emergency circumstances.

Meetings

- I. Meetings between a minor athlete and an Applicable Adult may only occur if another adult is present and where interactions can easily be observed and at an interruptible distance from another adult, except under emergency circumstances.
- II. If a one-on-one meeting takes place, the door to the room must remain unlocked and open. If available, it must occur in a room that has windows, with the windows, blinds, and/or curtains remaining open during the meeting.
- III. Meetings must not be conducted in an Applicable Adult or athlete's hotel room or other overnight lodging location during team travel.

Meetings with mental Health Care Professionals and/or Health Care Providers

If a Mental Health Care Professional and/or Health care Provider meets with a minor athlete in conjunction with participation, including at practice or competition sites, a closed-door meeting may be permitted to protect patient privacy provided that:

- I. The door remains unlocked;
- II. Another adult is present at the facility;
- III. The other adult is advised that a closed-door meeting is occurring; and
- IV. Written legal guardian consent is obtained in advance by the Mental Health care Professional and/or Health Care provider, with a copy provided to the club.

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.

Individual Training Sessions

Individual Training sessions outside of the regular course of training and practice between Applicable Adults and minor athletes are permitted if the training session is observable and interruptible by another adult. Legal guardians must be allowed to observe the training session.

Perfect Attendance

Peigton 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

Want to Swim at the Next Level? Stay Away From This Performance-Disrupting Mental Trap

by Dr. Alan Goldberg//Contributor

If you really want to improve your chances of getting recruited to swim at the next level, whether that be in college or at certain camps or meets, then you must become aware of one of the biggest performance-disrupting mental trap that plagues a lot of swimmers.

Over the years, I tend to get the most panicked calls from high school juniors and their parents. There is always a familiar theme to their anxiety. The swimmer had brilliant freshman and sophomore years, dropping time and looking like they were well on the road to getting recruited to swim at the next level. Then, things suddenly shift in the wrong direction.

Often starting during the long-course season before junior year, their times plateau and they begin to struggle in their races. They become victims of overthinking before and during their races and, as a consequence, their stress level went through the roof whenever they compete. When this happens, their self confidence does a disappearing act and this further contributes to more disappointing swims. Poor swims, in turn, create even more urgency to go faster, which only lead to additional frustrating races.

So what was the problem here?

The common mental trap that these swimmers were regularly falling into is related to a **lack of concentration both before and during their races**. Instead of keeping their concentration in the NOW on what THEY were doing, one stroke at a time, they allow their focus to drift ahead to the FUTURE and their need to put up a fast time to meet a goal or impress a next-level coach. It's these two concentration mistakes (focusing too much on *outcome* and on what you think *others*, like college coaches or other competitors, are thinking about you) that can be MAIN causes of emerging swimmers struggling to perform.

Keep in mind that having a goal to want to swim at the next level and perhaps even get yourself a college scholarship is a fine goal to have! That kind of an outcome goal will motivate you to work even harder in practice, which is exactly what is necessary in order to successfully turn your dreams into a reality. However, you must remember that your goals are motivational tools for practice only! The sole purpose they serve is to get you to work hard today and right now in training, even if you don't feel like it! You never, ever want to take your goals with you into a meet, because when you do, you'll create too much stress and tension to stay loose and swim to your potential!

So if you really want to impress others (and even yourself) in your next swim, then you need to discipline yourself to do three key things:

- 1) Whenever you race, keep your focus of concentration on what YOU are doing and no one else.
- 2) Stay focused in the NOW on the FEEL of your race and away from the future and your thoughts about the outcome and implications of the swim.
- 3) Whenever you notice that your focus has drifted away from what you look like to the onlooking coaches, OR if you have jumped ahead to the future and the need to put up certain fast times, then you must quickly and gently return your focus to the proper place: ***Staying in the NOW and “staying in your own lane.”***

