

NASA Coach's Corner

November 2021

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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

It's the Time of Year to Compete and Give Thanks

From Coach Hembree

I don't know about you, but I enjoy this time of the year as the weather turns colder and we head towards winter. Maybe it is the fact that our High School teams will be in full swing with competitions beginning or the club team heading into the heart of the season. Either way the winter is for swimming.

As we continue to move through the season please make sure that you are declaring your athlete for meets prior to the deadline. This would include whether you are signing them up or marking that they can't be there. It is also important to put information in the notes section if your swimmer cannot attend a specific day or session for some reason. If you are declining a meet or a session please make sure that information is communicated to the group coach. All this will help make the entry process for meets go as smooth as possible. I would also like to point out how important it is for your swimmer to compete at meets. Your swimmer spends a fair amount of time in the pool practicing their skills and there is no better way for them to demonstrate their improvement, to the coach and themselves, than to compete. Swim meets also help swimmers understand swimming on a larger scale as they get to experience other teams and swimmers. Finally swim meets are an important part of building a team culture with athletes cheering each other on, supporting one another and swimming on relays together. All of this helps to build team comradery and makes the experience more enjoyable for the swimmer.

Don't forget as we move through this month to give thanks for all that we have been given. No matter your situation there is plenty to be thankful for this year. As we hit the holidays this month and next month please make sure you are checking the practice calendar regularly as the schedule will be adjusted. And take time to enjoy the holidays surrounded by family and friends.

From Coach Dan

This month the MS Gold group has worked very hard. We have begun to push physical boundaries and realize new capabilities in/out of the pool. This began with honesty, being truthful to teammates and more importantly ourselves. When you can be better, admit it. When you fail, understand why. And when you succeed, celebrate your success. Hold your teammates accountable to these truths. Then we realized we could "honor our teammates with our efforts". The group has achieved a 93.3% attendance rate this month amongst balancing many other activities. Almost every day, they are communicating what lanes they want to train in and why they want to train with certain individuals. The last pillar we have discussed this month is "Work hard in silence, let success make the noise". These kids have definitely been making some noise.

From Coach Aaliyah

This month MS Blue worked a lot on accountability and toughness. Being able to do the hard stuff every time and making sure our teammates do too. We worked a lot on turns, underwaters, technique, and endurance the past month. Blue group has been working very hard and they can see that it's really starting to show!

From Coach Powell

This month NASA Gold group has been training for success. Not only in meets, but in practice and everyday life. We know that a strong mental attitude is very important in life. We want to combat or bad days and hard days in practice with a great attitude that will transfer to our meets, days at school, and everyday life as a whole. October was a month filled with hard practice and a choice for the kids. "Am I going to give up?" or "Am I going to tough it out and keep going?" I wish I could say every choice was to tough it out, but we are still in the building phase. I will say that every time someone would struggle with that decision they had a Teammate right there to encourage them to "Never, Give Up.

From Coach Emma

Elementary Silver group has had a great month this October! We've been focusing on technique and all 4 strokes - for some of us, that has meant becoming legal and learning how to swim them, and for others improving body positioning, kick, and performance. We have also worked on swimming longer distances, flip turns, open turns, and starts. Our first meet went great, and I'm excited to see how we do at our November meets! We've taken time to talk about how 2 day meets go, and some common things that we might get disqualified on, and how to correct them. Our mentality and attitudes have been great, and we continue to reinforce that "we can do hard things!"

From Coach Shelly

October has flew by for EL Bronze, we had our first meet, which the kids did fantastic at. We worked really hard to be able to do our very best at our first meet. During practice we have pushed ourselves to learn more about all four strokes, diving off the blocks and a little on flip turns. We continue to learn about swimming in lanes and etiquette in our lanes, being good leaders, and especially good team mates. I am excited to see this very talented EL Bronze group excel this season and watch them grow as swimmers

**Important Dates**

6th-7th - NASA Sprint Meet at NHS

8th - First day for NHS Boys

10th - Swim-A-Thon at NHS

12th-14th - Concord Skypoint Invitational at Elkhart Aquatic Center

23rd - NHS Intrasquad

24th-26th - Thanksgiving Break - No School

27th - NHS vs. Chesterton

30th - NHS vs. Penn

October Elementary Bronze Group Swimmer of the Month is Camille. This month Camille has put a lot of effort into learning the four strokes. She does a fantastic job of listening and following instructions. One of the most admirable things is she never backs down from a challenge and she had a big one swimming all four strokes in her first meet. She was given the opportunity to pick one or the other and she said she could do both. She continues to come to practice and put forth her very best. Looking forward to seeing her succeed in her swimming season!

Paityn Nelson is the Elementary Silver swimmer of the month! Paityn is new to our group and competitive swimming, and has worked very hard over the last several weeks. She has worked diligently to learn breaststroke and butterfly and be legal in all 4 strokes, comes to practice ready and excited to swim, and is a great and encouraging teammate. Keep up the great work, Paityn!

- Coach Emma

October Elementary Gold Group Swimmer of the Month is Erika Arpin. This past month Erika has come into practice with a different attitude. She has embraced the responsibility that she is a Leader in the group. Erika knows every day she comes to practice it will be hard, but she also has come to realize that every day she comes to practice and gives an all-out effort will make her better. Erika encourages her Teammates to Never, Give Up even when she herself may look worn-out. Next time you see Erika Arpin please give her a congratulations for being the Gold Group Swimmer of the Month.

- Coach Powell

Sam Canfield. This past month, Sam has really made a difference in his work ethic! He shows up every day ready to swim and accept challenges. He has made crazy improvements from the beginning of the season to now. I am very excited to see how far he'll go. Congrats Sam!

- Coach Aaliyah

Ava has seen huge improvement this past month in both meet and practice results. I believe this stems from the wonderful work ethic she has displayed thus far in the season. She focuses on technique and thoughtful swimming during most every set. Is very consistent in pushing forward in her goals while maintaining expectations of past successes. Ava has done a great job of connecting great practices together without allowing herself to take "off days". Lately she has worked through some very difficult sets and intervals by simply not being afraid of pain, but rather, embracing it early on. She is often heard saying things in practice like, "Keep it up guys, (x) more" or "We've got this, almost there". These small phrases in our sport are the very things we need to say, not only to others but to ourselves, to keep our focus on the process. This focus on one step/rep at a time leads to big improvements that often come unexpected. I am very proud of Ava as this month she has really embodied the concept of "honoring her teammates with her effort."

- Coach Dan

The senior level swimmer of the month for October is Braden Marshall. Braden has been leading by example with his work ethic and attitude. Braden sets the example for his younger teammates on a daily basis. I am excited to see Braden take charge this season and get after it.

- Coach Hembree



October Perfect Attendance

Jeremiah Bekhterev - MS Gold
Audrina Eads - MS Gold
Liam Hallberg - MS Gold
Madox Hembree - Elite

Christopher Dibley - MS
Gold Cora Gephart - MS Gold
Drew Gleim - Elite
Braden Marshall - Elite



Safe Sport Corner

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.

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:

- a. Be a friend to the person being bullied.
- b. Tell a trusted adult - your parent, coach or a NASA board member.
- c. 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.”
- d. Set a good example by not bullying others.

e. Don’t give the bully an audience. Bullies are encouraged by the attention they get from bystanders. If you do nothing else, just walk away.

The Best Nutrition Advice Often Begins with “it Depends”

by Chris Rosenbloom PhD, RDN

When you ask a dietitian a simple question you want a simple answer, but you are more likely to hear, “it depends.” There is a good reason for that answer because dietitians look at a person’s eating pattern, workout intensity, and duration for the entire day week, or competitive season, not just a snapshot of the day.

Recently, a young swimmer emailed me to say that he works hard at his land-based and pool training but not so much on his nutrition. He asked three simple questions, but as you will see the answer is, “it depends.”

Question 1: What is a good pre-work out meal in the morning?

Answer: It depends on how much time there is between eating and your work out. Swimmers are encouraged to eat something in the morning after an overnight fast because their liver glycogen (carbohydrate stores) can be nearly depleted. Breakfast can also prevent hunger, which can be distracting, and can provide carbs for working muscles especially if stores were not replenished from the last workout. If there is only an hour before workout, aim for 0.45 grams of carbohydrate per pound of body weight. For a 150-pound swimmer that is about 65 grams of carbohydrate, the amount found in a 6-ounce carton of fruited yogurt and a slice of toast.

If you can’t eat breakfast before practice, eat 30 grams of easily digested carbs such as a small banana, 16-ounces of sports drink, or small energy bar to help improve performance for a long pool workout. However, not all energy bars are the same; study the ingredients and avoid those that are high in protein, fiber, or sugar right before a workout. Or, go for the energy bar “bites” or $\frac{1}{2}$ a bar to get energy without ingredients to slow you down.

Question 2: What are some good snack options to eat throughout the day?

Answer: It depends on if you are eating regular meals, as in breakfast, lunch, and dinner, or you are a grazer, eating many small snacks throughout the day. Swimmers should time their snacks to complement their activity or recover from training. And, while there is room in your diet for “junk” foods, try to make your snacks count by giving you needed nutrition. Good snack choices include fruit (fresh, frozen, dried, canned, or in a pouch), peanut butter and fruit spread sandwiches, trail mix with nuts and dried fruit, an energy bar that delivers more quality carbs and fiber than sugar. Snacks can also be a good way to boost hydration; think of milk, hot chocolate, or soup to deliver both nutrition and extra water.

Question 3: What are some post-practice strategies for recovery?

Answer: It depends on your training or competition cycle; if you will be having a hard practice the next day, start recovery as soon as possible after getting out of the pool. Right after a glycogen draining workout your muscles are most receptive to taking up the carbs and protein from food. We call that the “window of opportunity,” so a carb-protein snack is a good choice. Low fat chocolate milk, string cheese and crackers, pretzels and hummus, chickpea snacks, or cereal and milk are all fine recovery meals.

If, after a hard workout, you are going to take a day or two off, then don’t worry about recovery foods, just eat your usual meal.

Of course, your smartest nutrition strategy is to work with a registered dietitian who specializes in sports nutrition to personalize a plan.

Chris Rosenbloom, PhD, is a registered dietitian nutritionist who has provided nutrition information to coaches and athletes for over 30 years. She welcomes questions from swimmers, parents, and coaches at chrisrosenbloom@gmail.com