

# NASA Coach's Corner

October 2024

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**"It's never too late to become who you want to be. I hope you live a life that you're proud of, and if you find that you're not, I hope you have the strength to start over"**

- F. Scott Fitzgerald

## Exciting Times Ahead

*From Coach Cripe*

The start of a new season always brings new energy to the team! Whether that is from the new athletes and families into the program, athletes aging up to new groups, or the re-evaluation of goals and aspirations!!

This past year has brought a ton of success to our program and I know that this winter will bring the same. I have enjoyed watching the development of our athletes over the course of the past year. With our first meet of the season approaching at the end of this week, I cannot wait to watch some fast swimming! I also cannot wait to see all of our athletes together on the same pool deck, learning from one another and competing to do their best!

With the changing of the season, the colder morning drives to practice, and the darker skies after evening practice, I always go back to my memories of the previous year. I think about the lows and the highs. I think about the memories made that I will have forever. I have challenged our high schoolers to do this at some point this fall, especially our seniors. I have asked the questions, "What do you enjoy more so far this season than last winter season?" and "What can you be thankful for this season that you couldn't last season?" This is not to say that last winter season was bad, but more importantly I am trying to connect the dots with the idea in which hard work and dedication can cultivate into better opportunities and moments in our lives. One of the responses that I received was, "I can drive myself to practice this year." This response was not one that I had expected to hear, but the way in which this athlete said this showed me how excited they were of their new freedom.

In the grand scheme of things does driving to practice help athlete performance in the water? Probably not, but what this response showed me was that this athlete was thankful and grateful that they had the ability to be self-sufficient in how they got to and left practice. Up until this point, I had never thought to myself and felt thankful for my car while I have been driving into practice. This has changed. I am now thankful for my car due to one of our athletes. This is the power of reflection and constant thankfulness!

I hope that over the course of the next month this fall brings you and your family much thankfulness and blessings!

### From Coach G and Coach Caleb

We are now starting our 4th week of swimming and preparing for our first meet of the season! Our goal over the last couple of weeks has been intentionally focusing on good techniques by drill progression for each stroke. Also, as a gold group team we have come together and completed a Team Contract to hold each other accountable in building a strong team. This last weekend, the kids enjoyed partnering up with the middle school, silver, and bronze groups to get to know others on the team and work on starts together. The next coming weeks will bring goal setting, our first test set and increased yardage to build up endurance.

### From Coach Shelley

September flew by, we worked hard on freestyle and backstroke while having fun and learning some diving as well. It is so fun working with all these great kids, watching them grow in swimming and learning their personalities. This next month comes our first meet, we will continue to work freestyle and backstroke, while adding in butterfly and breaststroke. As I have told parents make sure you record the first meet or take special notes because the first and last meets look very different. I also want to let you know, it is more than ok that kids get disqualified and make mistakes this first meet, they are learning my goal is we stay positive and encourage!

### From Coach Gabby

September has flown by and we are already into October! We are looking forward to our upcoming home meet where swimmers get the opportunity to work on the skills we have been doing during practice and to get another meet under their belts. To start the season off we have been working hard on perfecting our technique when it comes to side breathing in freestyle, pushing off in streamline, backstroke finishes and both freestyle and backstroke turns! We have had some friendly streamline and kicking competitions to get everyone motivated and pushing themselves to work hard. As the season continues we will work more on breaststroke and butterfly technique while still checking in on the above items. I'm looking forward to the upcoming season and all the great things these swimmers will accomplish!

### From Coach Braden

I first want to introduce myself as the lead middle school group coach. Last season I assisted Coach Gabby (Ziebold) with Gold group and had a lot of fun with that group. This season, I along with Coach Caleb, Coach Brandi, and Coach Gabby (Ziebold) will be working with the middle school group. As Coach Powell takes on greater leadership roles within his career, we hope to have him whenever available, though that time will likely be brief due to his responsibilities! My goal is to continue many of the great things Coach Powell has initiated with the middle school group, and continue developing the group. Several of my focus areas are helping our swimmers learn to maintain focus on their efforts, continue to develop their technique, as well as challenge them to think about what they do, why and how they do it, and if they want to make changes (set goals, etc.) how they translate those goals into actions and results. Also, when we as a coaching team see a disconnect between goals, abilities, or focus, we will guide and challenge the swimmers to work through those situations.

September presented some big challenges for Middle School Group early on, due to the extended closure of the high school pool. The swimmers worked hard through a lot of dryland work that kicked off their conditioning, paired with a focus on great swimming technique, and have learned a few more things about dryland and four-count exercises! For those that don't know, a four count exercise basically means you only count half of the exercises you do, so a four count jumping jack of 20 repetitions, is actually 40 jumping jacks. Lots of fun! I am also focused on developing stronger core strength with 5 minute core focus at the start of a majority of practices. We are adding more dynamic stretching to the pre-water time in practice, and along with that, trying to have the swimmers have some input during those times so they learn what stretches they need, or how to stretch different muscles in new ways, so that they begin to actively think about and implement stretches that they will be able to reference when thinking about how they individually can best prepare for great swimming.

I believe the challenge before us, is how do we unlock the potential that each and every student athlete posses. This is what we are trying to do when developing workouts, conducting drills, or focused efforts on particular technical skills such as starts, turns, streamlines, etc.



### Important Dates

October 11<sup>th</sup>-13<sup>th</sup> NASA Fall Invite @Northridge Aquatic Center

October 21<sup>st</sup> NASA Board Meeting @NHS Pool Hospitality Room - 6:30p

October 25<sup>th</sup>-28<sup>th</sup> MCS Fall Break

October 29<sup>th</sup> High School Girls Season Begins

November 1<sup>st</sup>-3<sup>rd</sup> Skypoint Invite @Elkhart Aquatics Center

November 11<sup>th</sup> NASA Board Meeting @NHS Pool Hospitality Room - 6:30p

## Elementary Bronze

Our Swimmer of the Month is Sawyer Jones. Sawyer comes into each practice with a fun and positive attitude, he works hard and is always ready to go. He is really excelling at freestyle and backstroke, and continues to work hard on the little things like streamline and push off drills. Sawyer is a good example to the other kid in his group, he listens when the coaches are talking and puts effort into learning everything. I am really excited to watch him grow as a swimmer and get to know him better.

## Elementary Silver

This month's swimmer of the month is Dayne McGuire. Dayne he has shown a willingness to learn and an excitement towards swimming this past month. He comes to practice everyday excited and ready to learn, asking questions on how he can improve on whatever we are working on. He has a great attitude and always has a smile on his face. He has worked especially hard on always pushing off in streamline and working to improve his backstroke flipturn. We cannot wait to see where this season will take Dane as great things are to come when you work hard and have a positive attitude!

## Elementary Gold

September Gold Group Swimmer of the Month is Hadley Keim! Hadley has consistently come to practice with a positive attitude and has stepped up into a leadership role this year, including leading the group with our ankle flexibility stretches. She actively pays attention during the instruction of the sets and puts into practice each focus that we are working on, and this will pay off to her benefit! She does not give up, even when it gets hard, and does it with a smile. Coach Caleb and I are very proud to have her as a member of the Gold Group team and can't wait to see what this year has in store for her!

## Middle School

Hudson Hembree is the Middle School Group Swimmer of the Month! Hudson has shown great coachability early in the season and has been improving his stroke technique with deliberate focus. Hudson helps lead other swimmers by explaining different elements of practices as well as leading stretching, and bringing his personality to practice in a fun way. Hudson's coachability and positive attitude are leading to faster times and we are excited to see the early results of his hard work at our upcoming swim meets!

## High School

The High School Athlete of the Month for September is Caleb Krueter. Caleb is a freshman on the team this year and has shown right away that he is willing to work hard and keep up with the older boys. Caleb has brought a positive aurora to each workout and has been engaged and focused while he is here. Caleb is off to a great start of his freshman year and is already making huge strides in and out of the water!



## Safe Sport Corner

### TEAM TRAVEL/CODE OF CONDUCT POLICY

**Purpose:** In-Program travel, athletes are often away from their families and support networks, and the setting - new changing areas, locker rooms, workout facilities, automobiles and hotel rooms - is less structured and less familiar. The purpose of the Team Travel Policy is to establish standards of behavior and manage expectations for NASA and its members, thereby providing a sense of structure and familiarity while in an otherwise less familiar setting.

Team Travel is defined as overnight travel to a swim meet other team activity that is planned and supervised by NASA or the LSC.

#### USA Swimming/US Center for Safe Sport Required Policies.

NASA and LSC travel policies must include these policies. These items are Code of Conduct stipulations in the USA Swimming Rulebook and the US Center for Safe Sport's Policy on In-Program Travel and Lodging.

##### a) Transportation

- a. During In-Program Travel, observable and interruptible environments must be maintained.
- b. An Adult Participant must not transport a Minor Athlete one-on-one during In-Program Travel and must always transport at least two minor Athletes or another Adult Participant, except:
  - i. In emergency circumstances;
  - ii. When a Dual Relationship exists;
  - iii. When the Close-In-Age Exception applies; and/or
  - iv. The Minor Athlete's parent/legal guardian has provided, at least annually, written consent for the Adult Participant to transport the Minor Athlete one-on-one, which can be withdrawn at any time.
- c. Adult Participants, including team managers and chaperones, who travel with the Organization must be USA Swimming non-Athlete members of USA Swimming.
- d. All Organization travel policies and permission slips must be agreed to by all Minor Athletes, Parents/Legal Guardians, Adult Participants traveling with the Organization.

##### **Recommended**

Adult Participants who are parents/legal guardians of Minor Athletes must pick up their Minor Athlete first and drop off their Minor Athlete last in any shared or carpool travel arrangement.

##### b) Lodging

- a. An Adult Participant must not share hotel room, sleeping arrangement or overnight lodging location with an Athlete.
- b. During in-Program travel, all In-Program contact in a hotel room, sleeping arrangement or overnight lodging location between an Adult Participant and a Minor Athlete must be observable and interruptible.

- c. During In-Program travel, when doing room check, two-deep leaderships (two Adult Participants should be present) and observable and interruptible environments must be maintained.
- d. The following exceptions apply to Lodging a, b and c;
  - i. When a Dual Relationship exists, the Adult Participant is not coach, and the Minor Athlete's parent/legal guardian has provided advance, written consent for the lodging arrangement; and/or
  - ii. When the Close-In-Age Exception applies and the Minor Athlete's parent/legal guardian has provided advance, written consent for the lodging arrangement.
- e. Minor Athletes should be paired to share a hotel room, sleeping arrangement or overnight lodging location with other Minor Athletes of the same competition category and of similar age.
- f. During in In-Program travel if the Adult Participant and Minor Athlete are in a one-on-one situation, the Adult Participant should attempt to establish a "buddy" club to associate with during the In-Program travel.
- g. To ensure the propriety of the Minor Athletes and to protect the Adult Participant, there should be no Minor Athletes of opposite competition category in the opposite competition categories hotel room.
- h. Curfew shall be established by the Organization or LSC Staff each day of the In-Program Travel.



**c) Written Consent**

- a. A Minor Athlete's parent/legal guardian must provide written consent, at least annually, for all In-Program Travel and lodging during In-Program Travel, which can be withdrawn at any time.
  - i. A copy of the Organization's Code of conduct must be signed by the Minor Athlete and their parent/legal guardian.
  - ii. Organization or LSC officials should obtain a signed liability release and/or indemnification form for each Minor Athlete.
  - iii. Organization or LSC Officials should carry a signed medical consent authorization to treat form for each Minor Athlete.

**d) Meetings**

- a. Meetings during IN-Program Travel must be conducted consistent with the One-on-One Interactions section of the policy (e.g., any such meeting must be observable and interruptible).
- b. All Minor Athletes and Adult Participants traveling with the Organization will attend all Organization functions, including meetings, practices, meals, competition sessions, etc. unless otherwise excused or instructed by the Adult Participants.
- c. The directions and decisions of the Adult Participants on any In-Program travel are final.

## Nutrition Corner

### 5 Fun Facts About Swimmers and Sleep

by Swim Swam

Competitive swimmers understand how important it is to work hard in practice, crush it in the gym, and to eat well. You spend an endless amount of time drilling your technique, working your core strength, and developing the conditioning and strength to become a faster swimmer. And yet, for way too many of us, we pass on one of the easiest ways to supercharge our performance in and out of the water. Getting lots of sleep is the easiest and dare I say it—most enjoyable—thing you can do to become a faster swimmer. Quality time between the sheets is the ultimate performance booster: it helps you to recover faster, improves your mood profile (we all get a little cranky when short-rested), and yes, will help you swim faster over the long run.

Here are some fun facts about swimmers and sleep:

#### 1. We don't get enough of it (duh).

Swimmers have a gong-show schedule. During high school it looked like I was going on holidays each morning as I shuffled out the door for morning practice. With an overflowing bag for my swim gear, a bag for school books, and a bag full of food for the day, it looked like I was getting ready to conquer Everest.

By the time I got home I was generally exhausted, but still had to push through and get homework done before doing it all over again the following day. The days were never long enough for everything I needed to do. As a result, when I needed more time to catch up with friends, finish homework, or whatever, it meant that sleep was the first thing to go.

When researchers followed a group of elite Australian swimmers during preparation for the Beijing Olympics, they found that the athletes averaged only 7.1 hours of sleep on rest days, and a paltry 5.4 hours when there was a morning workout the next day.

#### 2. The harder you train, the more sleep you need.

The amount of sleep our body requires scales with how hard you are exerting yourself while you are awake. The harder the training, the more sleep you need to recover and bounce back.

Some nights your body will need ten hours, others you will feel great after seven. Shooting for an exact number of hours of sleep per night isn't realistic as your sleep demands will be different depending on how training is going. The amount of sleep your body requires after a 1,500m loosen up swim is going to be different than the recovery needed after doing 20x400s best average.

Knowing this, plan naps and earlier bed times during particularly aggressive phases of training (Hell Week, or your holiday training camp, for instance).

Olympic champion Nathan Adrian focuses on getting 10-12 hours of sleep when training at altitude at the Olympic Training Center. It's 8-10 hours at night, with a solid nap between workouts to help recover from the daily thrashings in the water.

#### 3. The more intense your workouts, the harder it will be to sleep.

The inability to get good sleep after a high-intensity thrashing at the pool is one of the odd experiences of being a high-performance swimmer.

Those super intense workouts stress the body in a big way. As you limp out of the aquatic center there is a lot going on inside of you: cortisol (the stress hormone) and norepinephrine (adrenaline) are spiking. It takes a while for your body to return to normal, with norepinephrine taking up to 48 hours to level out after all-out exercise.

This is another great reason to make sure you tack on a generous amount of active recovery to the end of those speed and power workouts.

#### 4. More sleep makes you mentally tougher.

Think back to the last time you were running on low sleep. What was your mood like? Probably not awesome, right? Sleep deprivation makes us grumpy. No big surprise there. Restless nights of sleep also makes training feel harder than it would when regularly rested. Study after study has shown that perceived effort—how hard you feel you are working—spikes from sleep deprivation.

#### 5. And yes, more sleep means faster swimming.

Being rested is a great feeling. We feel fresh, energized, and ready to rock and roll. This translates into faster swimming. When a group of varsity swimmers were told to increase their nightly diet of sleep by an hour they experienced significant drops in times in the water in just six weeks. The study, done with swimmers at Stanford, found that reaction time off the blocks improved, turn time improved, and most impressively of all, the swimmers shaved an average of half a second on their time to 15m.

That's an absurd amount of improvement for something as simple as getting a little more shut-eye each night.