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# FAST Times

Developing champion swimmers since 1992...  
One swimmer at a time...  
One stroke at a time!

○ Apr - Jul 2011

## Swim Meet info



Our 2011/2012 meet schedule will be posted shortly.

For new families joining us this Fall... Welcome!

To all families, please remember that meet entry fees are included with program dues.

TYR is undergoing some organizational changes this season, gearing more towards Triathletes, so we will likely have some hiccups along the way. We will, however, remain a TYR team at least through this season.

Team apparel and prices will be posted to our web page shortly.

## Long Course recap

Another Long Course has come and gone. We headed into Age Group Champs with 15 swimmers qualified for individual events, and 18 relays total.

FAST moved up one place from last year and finished 8th overall, making this our third year in a row finishing in the top 10.

We were well represented in summer league competition, representing 14 different teams in three leagues.

Michael Stevens and Jennifer Clune

repeated as All Star champions in 13 - 14 50 Meter Back and Breast respectively.

Jennifer, Michael, and Abbey Holmes went on to represent Potomac Valley at the Eastern Zone LC Championships.

There were 8 new Team records set, and one established. Jennifer Clune (13 - 14 / SR 100 and 200 Breast), Lee Friedman (17 - 18 50, 800 Free, 200 Breast), Jay Venit (11 - 12 100 Breast).

Welcome aboard to our Swim Team advertisers

Seibel's Restaurant Since 1939 Route's 29 & 198 Burtonsville, MD 20866 301-384-5661	Christopher's Barber Studio 6010 Meadowridge Rd Elkridge, MD 21075 410-799-8444	Beneficial HR Services <a href="mailto:beneficialhr@cox.net">beneficialhr@cox.net</a> (480) 985-2850. Phoenix based	Ledo's of Laurel 14609 Baltimore Ave Laurel, Maryland 20707 301-498-5336
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## One to grow on...

Effort and attitude will beat talent and lazy every time. So don't fall into the trap of thinking talent alone will get very far. It never does.

### CONGRATULATIONS

Nice job to the following swimmers who competed at this summer's.

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#### 14 & U LC Champs @ Fairland

Nick Stauder  
Michael Stevens  
Jay Venit  
Abbey Holmes  
Ryan Webb  
Coleman Witte  
Alex Bowman  
Pete Moyer  
Hunter Freeman  
Jennifer Clune  
Cortney Worden  
EJ Freeman  
Tomiwa Sobande  
Christian Dixon  
Rachel Borczuch

#### Senior Champs @ MD

Michael Stevens  
Abbey Holmes  
Jennifer Clune  
Kellianne Venit

#### LC Eastern Zones @ Penn State

Michael Stevens  
Jennifer Clune  
Abbey Holmes  
Lee Friedman

## Moving from Summer League to Year Round swimming

*"I Have A Nine Year Old Who Has Been Swimming In A Summer League For The Past Three Years. As He Begins Swimming With A Year Round Program,*

Each summer many parents get involved in their child's primary activity, such as summer league swimming. Summer leagues are very popular in the Washington, DC area. There are roughly 300 teams that are divided into several leagues. When the season ends in July, local USA Swimming teams will conduct try-outs and give presentations for families interested in joining a year round swimming program.

The summer league program is such a short season with each swimmer striving to improve from the past summer. Their main goal is to improve their performances and have a successful season each summer. Also, most parents want children to participate in a healthy activity with intangible benefits offered by a team sport and goal setting.

There are many similarities between summer league and year round club swimming. The most notable are the friendships established, fitness level, discipline, and the strokes. The key differences tend to be the level of competition, the structure of the sport and how it's organized, and the duration. Summer league is about 6 to 8 weeks, whereas club swimming is truly a year round sport, beginning in September and running through the end of July or early August.

It is very important to present a well-rounded program for

each age group swimmer. They must enjoy themselves certainly, we all learn more effectively in a pleasant environment. Stroke development is of utmost importance to the young swimmer. They should not be allowed to focus on any one stroke. Long distance training is not necessary in the developing years. Poor technique is harder to correct later in the sport and is a big factor in athlete injury. Young swimmers must learn proper starts, turns and stroke mechanics so that he or she will develop in many other areas as they progress and get older. As they mature they likely begin to narrow down their focus and concentrate on a few events. At the college level they may again narrow their focus into as few as 2 or 3 events.

Our approach here at FAST is to encourage all swimmers to compete in all strokes and distances over the course of the season. We pride ourselves on injury prevention and giving our swimmers the tools and longevity to compete in college if they so choose. Because of our development approach, FAST has sent numerous swimmers on to compete at a wide range of schools, from Division I to III, from small to large colleges, and some on athletic scholarship. Many of our swimmers have left us being strong in one stroke or distance and have made a smooth transition to other strokes and distances as needed by their college teams. Most of our FAST graduates swim all four years in college.

Parents should encourage their children to be involved in a number of activities. When a youngster devotes too many hours to training each week,

he or she will be unable to experience other sports and activities. We believe we should give each child the opportunity to be well rounded. Often times, a swimmer will drop out of the sport and not have another activity to fall back on. Swimmers should be taught and trained in a progressive manner. Each step should include continued stroke development. Other important areas of competitive swimming should be introduced as the swimmer progresses. Things like understanding race pace and strategy. Knowing what the stroke count is each lap. How to remain focused after an adverse week of training. Learning how to monitor training and make adjustments as necessary during a workout session. These are a few of the skills introduced as swimmers progress through the sport.

Parents, throughout the competitive swimming experience, hold a vital role in the success of their swimmer. They must continually reinforce the swimmer and support the program and coaching philosophies that they have chosen.

Communication between the parent and coaching staff is important so that a child does not experience conflict and become confused. There will no doubt be differences in opinion. The critical thing to remember is the art of conflict resolution. Express concern in a calm, level headed manner in private with the coach. Allow them to offer their position. Then come to an agreement. The most important lesson gained from this experience is that the swimmer has seen how conflicts are handled and resolved.

# \$WIMMING IS AN INVESTMENT

With time at a premium in the two-career family, many parents are now asking "Is the sacrifice and expense of joining an age group program worth it?" Here are some thoughts on why it's worth everything you may put into the sport, from Coach Cindy Anderson, head age group coach of the Reno Aquatic Club in Reno, Nevada.

"Age group swimming is much more than just swimming back and forth, day in and day out - the occasional swim meet and winning ribbons. Of course the swimmer gains from the physical activity of swimming, by becoming more fit, and there is involvement in an after-school activity at a time when working parents can't be with their kids. But age group swimming is an investment in the health, fitness, and overall growth and development of the youngster.

From the physical standpoint, swimming helps improve cardiovascular fitness, strength, flexibility, and neuromuscular coordination. In addition, swimming is a lifelong fitness activity that is relatively easy to pursue, low in injury risk, and helps reduce stress. It can be enjoyed recreationally long after it has ceased competitively.

Beyond the physical benefits, swimming in both practice and meets contributes greatly to the psychological and emotional development of the young athlete. As an activity, swimming requires the development of specific and complex motor patterns. Swimming well requires not only hard physical work, but also intelligent application of learned skills and the ability to THINK while performing. From concentration on performing stroke skills correctly to executing race strategies, the athlete learns early to concentrate and perform under pressure. In addition nutrition education is an ongoing and essential part of the athlete's overall development and success.

Age group swimming also requires consistent dedication, discipline and long-term commitment to goals, learning the habit of persistent application of lifestyle adaptations for goal achievement. Young swimmers also learn to accept success and failure with equal grace. In life as in swimming, one often fails several times on the way to a success, and it is an essential and difficult life-lesson to learn. The ups and downs of competition and training expose the young athlete to the realities of success and failure and force them to deal with the living experience.

Age group swimming, both directly and indirectly, teaches the athlete to develop the following: goal-setting strategies, time management skills, relaxation and imagery techniques, positive attitudes, and generally enhances the athletes overall self-image. Competitive swimming is both social and fun, and by virtue of the athletic nature of the activity, reinforces positive social values and beliefs. Athletes are taught to value their hard work in training and steer clear of drug and alcohol abuses.

To be an athlete is a very special and wonderful thing. To be a competitive swimmer is special, wonderful, and difficult; but the benefits of the persistent dedication and application of efforts, along with the benefits of facing and dealing with the emotional and psychological experiences associated with the demands of training and competing for success, are well worth whatever personal and/or financial investments are required.

Think of how many water sports and activities cannot be enjoyed without the ability to swim.

Age group swimming is much more than it first appears.

How many jobs have the ability to swim as a prerequisite? Lifeguards, Swim instructor, Water front counselors, Swim coach, Scuba instructor, etc

Swimming **IS** truly an Investment

Following are topics, questions, concerns, ideas that have come up over the course of the season. For those old enough to remember Dragnet..."The following cases are real. The names have been changed to protect the innocent..."

### Morning practice

Yes, it requires some planning. If you live near another swimmer, consider coordinating days where you alternate driving and pick up. Consider this... If a swimmer attends a morning practice every other week, they would add another 14 workouts over the short course season. That's 2 - 3 more weeks of training. The coaches have heard all the reasons / constraints / rationale for not going to morning practice. All we ask is that families understand that most swimmers at other clubs attend mornings regularly. These are also the same swimmers that we see winning events at big meets, qualifying for Junior Nationals, breaking PVS records, achieving National rankings, etc.

### Balance

Many parents often speak of wanting a balanced, well rounded child. The question to ask is what does being balanced entail? The concept of a balanced and well rounded child usually comes into play when coaches address the topic of attendance and making more workouts. The scenario that often unfolds is that there is resistance to adding another workout per week due to 10 other things also going on at the same time. Jack of all trades, master of none comes to mind.

Balance, as we see it, would involve assessing the time demands of each activity, both now and over the next 12 months PRIOR to signing up. You might be surprised at how many activities initially only require one day per week for 1 to 2 hours, then mushroom into two to three days per week for

2+ hours. Our intent is NOT that children only swim, but rather that all parameters are thoroughly considered.

### Nutrition

We will get back to providing resources on nutrition for families. We used to do this several years ago but somehow got away from it. The only real caution is to avoid getting too technical and trying to keep tabs on the nutritional content of every gram that your child consumes. It takes the fun out of swimming when everything consumed is linked directly to performance. A bag of Fritos or some McDonald's fries or a bag of M & M's never killed anyone, nor did it result in a bad swim. Moderation is always the key. It's always interesting to hear parents complain about what (and how much) their child eats at home. The bigger question is always, "Who does the grocery shopping?" If you don't have junk food at home it never becomes a problem.

On a different note, but nutrition related, is the question of meat or no meat. Over the years we've had several vegetarians. While this is not the coaches' choice for athletes and more importantly, children who are still growing, it's NOT our place to say Yes or No. What is of the utmost importance, however, is that parents take the time to educate themselves and their children of the pros and cons of being a vegetarian. For example, while it's possible to substitute for protein, are you getting the same nutrients that animal protein contains? Does being a vegetarian mean no dairy products

at all, or are milk and cheese acceptable?

These are critical areas to address as protein plays a vital role in growth, muscle building, and muscle repair after a strenuous workout. Mental sharpness can also be adversely affected, along with ability to concentrate. All of which are important aspects of training, competing, and recovery.

### Olympian? Not my kid

While we all know that only 26 men and 26 women make the US Olympic team every four years, EVERY swimmer, however, should be allowed and encouraged to have Olympic sized dreams. If you chart the history of Olympian, Elite, and World class athletes you will usually find that they started playing sports because it looked like fun. Our role as adults should be to keep it fun, keep the dream alive, and keep everything in perspective. By no means an easy task, but a necessary one. The rewards of chasing the dream are the discipline, work ethic, and appreciation for the effort required in pursuit of that dream.

### Progressions

As most of you know, we're big on progressions for our swimmers so they can develop at a steady rate and be in the sport through college and beyond. Continued improvement depends primarily on five things;

- 1) Attendance
- 2) Duration of practice
- 3) Muscle growth
- 4) Intensity of practice
- 5) Nutrition

If all the above things remain at the status quo level, there

will be little or no improvement. None of this is theory either. We have swimmers on the team and others in past years who did the same thing for several years and had marginal improvement. Our more successful swimmers have all added / improved upon some aspect of the above 5 areas each season and have continued to develop. Growth can only go so far.

### Consistency

More important than the number of weekly practices is how consistent the swimmer is. Erratic attendance patterns are an invitation to little or no development. This is also an invitation to injury. And from a financial side you're not getting your moneys worth if you're not at practice. :-)

### Illness

At some point during the year most swimmers will be under the weather. Frequent illness, though, is often a sign of a swimmer being rundown, not eating right and trying to do too much. You decide. Some children are "notorious" for getting sick close to swim meets. Our observation (over the past 15+ years and dozens of swimmers) tends to show that when this happens the swimmer is very often stressing out. Sometimes it's purely the swimmer, sometimes it's parents placing too much on the swimmer and repeatedly touting the significance of the upcoming meet. Everyone needs to keep in mind that meet prep begins the first day of the season, not the week of the meet.

## Understanding the Sociological Development of Your Child

Taken from the Parents section of the USA Swimming web page.

Parents should be aware of how the social relationships associate with sport participation.

### **Children (7-9 years old) face the challenge of learning how to get along with peers and how to deal with authority figures apart from their parents.**

It is important for children to learn how to stand up for themselves among their peers while at the same time understand that their peers are different than they are. They must learn how to compromise for the sake of getting along, and how to cooperate and compete with their equals.

7-10 year olds are expressive, spontaneous, and egocentric. Adults should give them room to express themselves while at the same time establishing clear-cut norms about honesty and playing by the rules. Because these children are in the process of learning acceptable means of achieving goals, parents and coaches should take care to make clearly explained distinctions between what is acceptable and what is not.

### **Pre-adolescents (10-13) face the challenge of developing "best friend" relationships and gaining acceptance from peers.**

Pre-adolescents are figuring out how they are similar to and different from others. They go through a stage during which close relations with same-sex "best friends" are very important. They are very loyal to friends and greatly influenced by what friends think. Unfortunately, young adolescents can also be very exclusive in their peer groups such that those who are different are shunned or mocked. Being accepted and having someone to trust and confide in is of utmost importance. Pre-adolescents must have the opportunity to interact socially with same-sex peers on a regular basis.

At the same time, try to create an environment of inclusions and acceptance of differences.

### **Adolescents (14-17 years) face the challenge of exploring who they are and how they fit into the world in which they live.**

These young people try to answer the question "who am I?" They go through processes of identity testing and identity formation, often to a point that can be frustrating for the adults who know them! Adolescence is a time during which young people "try on" a variety of different identities in an attempt to discover and clarify values while exploring all the possibilities of who they might become as adults. What may seem like rebellion or acting out during this developmental stage, often may be athletes struggling to find identities that fit with their emerging sense of how they are connected to the world. As a parent, be tolerant and accepting of the various identities the athlete "tries on" by allowing them to explore and test new and different identities as long as they do not put themselves in danger and as long as their actions are not in too much conflict with your family values.

### **Older adolescents (16-19 years old) deal with the challenge of seeking independence and autonomy.**

Older adolescents move closer to being independent, autonomous beings: connected to but separate from others, in control of one's life but aware of limitations and boundaries. While complete independence and autonomy are not possible (nor is the individual ready for it), it is important that the athlete be allowed to make strides. If some autonomy is not allowed and encouraged, any organized sport or activity becomes a developmental dead end rather than a developmental opportunity. Feelings of independence and autonomy are derived, in part, from the sense that one has control over his or her life. Athletes who are allowed a voice in their athletic development are also more accountable.

## OFFICIATING

Our Officiating base continues to develop and grow. Karen Rosenblatt is now certified as a Hy - Tek operator. Always nice to see several of our parents filling key positions at swim meets. Check the PVS web page for upcoming clinic dates.

Let's get even more parents involved in the officiating process. Our goal in this area is to have a 15 - 20 % officials base.

Contact Randy Bowman for more info.

On a related note, the only parents allowed on the deck at meets are officials. FAST parents have done a good job

## WEB LINKS

### [FAST](http://swim-fast.org)

[swim-fast.org](http://swim-fast.org)

### [Potomac Valley Swimming](http://Potomac Valley Swimming)

[Pvswim.org](http://Pvswim.org)

### [USA Swimming](http://USA Swimming)

[usswim.org](http://usswim.org)

### [Swimming World](http://Swimming World)

[Swiminfo.com](http://Swiminfo.com)

### [American Swim Coaches Assoc.](http://American Swim Coaches Assoc.)

[swimmingcoach.org](http://swimmingcoach.org)

### [The Educated Sports Parent](http://The Educated Sports Parent)

[educatedsportsparent.com](http://educatedsportsparent.com)

## Fall start dates

## Parent Meetings

White group Session 1	September 19	September 6	Developmental	6:30 pm
Blue I	September 19	September 7	White	6:30 pm
Red I	September 19	September 12	Blue I	6:30 pm
Blue II / Red II	September 7			
Development I	September 26	Please have one parent in attendance. Meeting will last about 1 hr 15 mins.		
Development II	September 28			
Development III	September 26			

Competitive swimming is a sport of time and patience. At FAST, we're in it for long term development, not short term glory.

In a nutshell, swimming is a 5 hour crock pot event, not a 2 minute microwave deal!



## Birthdays

### April

Lee Friedman  
Abbey Holmes  
Owen Roy  
Suzi Shelton-Der  
Michael Stevens  
Nick Yaculak

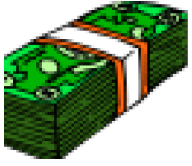
### May

Hannah Betke  
Alexis Borzuch  
David Clifford  
Avery khandagle  
Zichao Liang  
Tomisin Sobande  
McCale Tesluk  
Martin Tran  
Sigthor Waguespack  
Anne Wenzel  
Mary Wenzel  
Coleman Witte  
Sara Yates

### June

Edwin Amenabar  
Everett Butler  
Sara Diaz  
Quan Le  
Kyle Nguyen  
Vivian Nguyen  
Hannah Pierson  
Nina Sadoski  
Jay Venit  
Shannon Wade  
Spencer Yaculak

## FINANCIALLY SPEAKING



Our Fall / Winter 2011 / 2012 dues are posted on our web page. Please take a few minutes to review the various options.

Beginning this year meet fees are included with program dues. This should simplify things for everyone.

When registering, payment is due with all 3 registration forms. If not paying in full credit card information must be submitted. In lieu of C.C. Info post dated checks can be submitted.

## COACHES' INSIGHT

### CHOICES AND DISCIPLINE

Though competitive swimming is its own stand alone sport, the ability to swim is the foundation for ALL aquatic sports and activities. Synchro, diving, water polo, scuba, snorkeling, water skiing. And think about the employment implications. Lifeguard, swim instructor, pool manager. And having the ability to swim and some aquatic background puts one in a position to coach or teach all the above aquatic pursuits.

The choices that are made will determine how much success, or how little, is possible. Sleep in or go to 5 am workout? Take it easy during a tough set or push through the soreness and aching muscles? Go to Friday afternoon (4 to 6) practice or skip it because the school dance is at 8:00 pm and I have to get ready?

These are all questions that many swimmers ponder every week.

Ultimately the more successful swimmers tend to make the decision to go to practice and work hard. When social events arise they arrange their schedules so they can do both without compromising training.

Discipline can be defined (one of the many definitions) as doing what you don't want to do when you have to. Doing the right thing when it's easier to do the convenient thing. Doing the right thing when the coach isn't watching, particularly when you KNOW you can get away with something.

It's amazing how easy it is to get on the road to success, yet so many athletes try every OTHER path but the right one.

Step one is to decide what level of swimmer one aspires to become. Step two is to talk to your coach and make

a plan. Step three is where most falter and stumble. Step three is simply following that plan, day after day, and week after week.

Have a goal, make a plan, then follows that plan diligently. This will dramatically increase the chances of success.

Yet an insane amount of time is spent defending poor choices that always lead to sub par performance.

Unlike your Tivo machine, the PAUSE button does not exist. You can't start and stop then start again when it fits your schedule. You also cannot record practice and then do it later.

Be disciplined and make good choices.

## FAIRLAND AQUATICS SWIM TEAM

DEVELOPING CHAMPION SWIMMERS SINCE 1992

ONE SWIMMER AT A TIME...

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