



All Team News

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ALPHABET OF PARENTING

Dear Ann Landers: My husband and I have three children, ages 23,17 and 15, who are decent and successful. Many relatives and friends have commented on what great kids we have. With so many young parents without extended families, perhaps our alphabet of child-raising ideas can help. Please share it with your readers if you feel it is worth printing.

-Jo Frisbie von Tiehl in Pasadena, CA

Dear Jo: With pleasure. Thanks for a unique contribution.

A is for accountability. Hold your children accountable for their behavior.
B is for boundaries. Set specific limits and make clear the repercussions if they're exceeded.
C is for consistency. Hold to the same principles and practices.
D is for discipline. Never discipline in anger.
E is for example. Set a good one.
F is for forgiveness. Teach the importance of it.
G is for giving. Teach the joy of it.
H is for sense of humor. Promote laughter with your children.
I is for imagination. Be creative, and play with your children.
J is for justice. Be fair.
K is for knowing your children's friends and their parents as well as their teachers.
L is for listening. Listen to your children. It will teach them how to listen to others.
M is for morals. Be sure your own standard of conduct is sound.
N is for no. Use it and mean it.
O is for outdoors. Provide as much outdoor activity as possible.
P is for pressure. Reduce the pressure on your children, but insist they maintain high standards.
Q is for questions. Pay close attention to theirs.
R is for respect. Show it, teach it and earn it.
S is for source of strength. Share your own faith or beliefs with your children.
T is for togetherness. Have special, designated times to be together-but know when to let go.
U is for uniqueness. Let the child be who he or she is.
V is for voice. Tone of voice can convey more than words spoken.
W is for words. Keep your word.
X is for examine. Examine constantly, and be aware.
Y is for you. Take care of yourself. A happy parent helps a child to be happy.
Z is for zowie! Who would have thought they would grow up so quickly?

Coffee and Caffeine

By Keith B. Wheeler, Ph.D.

And Angeline M. Cameron

Q: Will a cup of caffeinated coffee enhance athletic performance? Does caffeine have any undesirable side affects? Why do so many people drink coffee?

A: No, consuming one cup of caffeinated coffee will not enhance athletic performance. Some studies have suggested that caffeine will enhance performance under certain circumstances (ie, short-term high-intensity or long-term moderate-intensity exercise). However, most studies have demonstrated no effect of caffeine on endurance and performance. In the studies that suggest an effect, the caffeine consumption usually exceeded 400 mg before exercise. To get this level of caffeine, you would have to consume approximately 4 cups (5 oz) of caffeinated coffee, 12 cups (5 oz) of tea, or 3 quarts of cola.

Consuming caffeine can have some undesirable side effects, including increased heart rate, digestive secretions, breathing rate, and urine output. Caffeine also affects the central nervous system by increasing restlessness. Other side effects include headaches, irritability, insomnia, diarrhea, hyperactivity, and depression. Keep in mind also that caffeine is recognized as a stimulant by the International Olympic Committee, and if present in excessive amounts is considered a banned substance.

Most people drink coffee because they like the taste, and it is a socially acceptable ritual.

Important Notes on Billing

By Coach Ben

- **Fundraising has been removed from our Team Unify Billing System; fundraising is being tracked by Ann Baker in a separate system.**
- **Auto pay is now available. If you need to be sent the email with instructions, please email Coach Ben and ask.**
- **Most errors have now been corrected. If you have any questions regarding your account, just send Coach Ben an email.**
- **There was some confusion on the auto-pay as to when funds would be deducted. Funds will be deducted on the first of each month and whatever is due on your account will be charged.**

Senior Group Article

Seniors All-Time Top 10 Breakthroughs

By Coach Ben

Kelsey Fallstrom 200 IM 2:16.68 now 10th best in SSC history! Kelsey's time was done in HS swimming with Lake Stevens at the Mukilteo Invitational. Congratulations Kelsey.

Bethany Gehrke at the Sockeye Sprints hits 6th fastest all-time in the 50 Breast and 1:06.7 in the 100 IM was 8th best; awesome swims!

Alexa Weyer dropped her 50 Breast under 33 seconds for the first time to strengthen her position as 3rd best ever in SSC.

Bryan Harvey is now second best in the 100 IM, with :57 from the Sockeye Sprints.

Bramon Yotty jumped onto the list with a 1:00 in the 100 IM, good for 7th in SSC history. (Sockeye Sprints)

Alex Santiago used a greatly improved backstroke to hit 1:02 in the 100 IM, which moves him to 8th overall. (Sockeye Sprints)

Brandon Ringstad was great in all four strokes in the 100 IM and is positioned 9th best all-time. (Sockeye Sprints)

Jede Tanggol worked off a very strong butterfly and backstroke leg to go 1:05 and work up to 7th best in the 100 IM.

Attention: HS Swimmers. If you have times from HS meets that move you up on the top ten list, please email your results to Coach Ben, so you can be formally recognized. Thanks!

Senior Group Article

CRITISISM THAT'S CONSTRUCTIVE?

By Coach Ben

It is really difficult to hear about the things we do wrong. Hearing about weaknesses is humbling and if we are sensitive it can even feel hurtful. I think it's much easier to accept critical feedback from a coach if you remember the coach is on your side and trying to help you achieve your goals. Swimming is a sport that requires a great amount of skill. Improvement in skill will accelerate development and help you lower your times. Often times there are things we cannot feel in our strokes, but a trained eye on deck

can identify. The more of this information we get the better.

Sometimes it's not skill related feedback, but feedback on our effort or habits that can sting. Remember in these moments that your coach has the highest level of belief in you and your capabilities. It's the job of the coach to on occasion push you beyond your current level. By accepting that challenge we bring ourselves to new levels athletically. Also, if by your goals you have chosen a path that requires excellence, it can only be good thing to know when you have accidentally gone off that chosen path. Think of your coach as a guide. The coach has been on the path you are traveling on and they know where the dangers are and what turns to make to get you to your destination quickly and safely.

The faster we get the more difficult it is to improve. This is why great athletes thrive on receiving constructive criticism from their coaches and why many are very self-critical. Great athletes have a strong desire to know their weaknesses and to make those areas stronger. At times an error or weakness found is a hidden treasure and something to celebrate because the result of addressing the issue is FASTER SWIMMING!

So if your emotions begin to boil up when you are getting told what you could have done better, count to 10 and remember it is coming to you from a good place and with the best intentions. Try not to immediately react and sleep on the words from your coach. If by the next day you feel you are being treated unfairly, come and talk with your coach about your feelings.

Thunderbolt Invitational

By Coach Ben

The T-Bolt Invite has been an annual travel meet for our Senior swimmers and it has been either a challenging meet or a pleasure depending on the year. This year's crew is to be commended in terms of behavior...and the swimming was just fine *for now*. On this trip we had the opportunity to deal with/work with:

- 1) Punctuality and timelines
- 2) Senior swimmer level maturity: knowing your plan, knowing your events, being emotionally ready, doing a proper warm-up and warm-down, communication with Coach, racing, being flexible
- 3) Bonding with teammates and working closely with others in a tight space (van/pool/hotel).
- 4) Personal accountability (keeping track of personal items, bag packing, watching your money, etc.)

I think everyone improved as a complete athlete because of attending this trip. Congratulations to Maddie Baker, Sarah Bettag, Kelsey Fallstrom, Andrew Mak, Bryan Harvey, Bramon Yotty and Alex Santiago.

AG3 Group Article

Picking Up Your AG3 Athletes After Practice

By Coach Bruce

Since we are moving in the fall time of the year and it is dark by the end of the AG3 practice, I wanted to recommend the following approach to picking up your athletes. I want to encourage you to have them wait for you inside the building where it is lighted. It is even better if they can wait in the pool area where there are other people and then have you call them when you are out in front and ready to pick them up. My primary concern is their individual safety.

When it is dark, I have an increased level of concern when our young swimmers are waiting outside by themselves for parents to arrive in an area that is not well lighted. As I have always done, I will not leave a swimmer at the pool by themselves if there are no other adults around while they wait for you to arrive. Please remember to be there by 7:45 pm to pick them up, so it does not require me to wait for you to arrive. Call if you have any questions.

Bruce Richards
AG3 Coach
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Birthdays: October

Blomquist, Connor, Dalzell, Andrew, Caelie Desmond, Emily Ferreira, Kaitlyn Flors, Pinya Kambishanond, Riley Morgan, Alana Pazevic, Haley Prather, Melissa Randolph, Garren Riechel, Brandon Ringstad, Kristin Ringstad, Destinee Strange, Morgan Taverner, Sarah Walters,

News For

SWIM PARENTS

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The Ten Commandments For Parents Of Athletic Children

Reprinted from The Young Athlete by Bill Burgess

- 1- Make sure your child knows that win or lose, scared or heroic, you love him, appreciate his efforts, and are not disappointed in him. This will allow him to do his best without a fear of failure. Be the person in his life he can look to for constant positive enforcement.
- 2- Try your best to be completely honest about your child's athletic ability, his competitive attitude, his sportsmanship, and his actual skill level.
- 3- Be helpful but don't coach him on the way to the pool or on the way to the pool or on the way back or at breakfast, and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks and often critical instruction.
- 4- Teach him to enjoy the thrill of competition, to be "out there trying", to be working to improve his swimming skills and attitudes. Help him to develop the feel for competing, for trying hard, for having fun.
- 5- Try not to re-live your athletic life through your child in a way that creates pressure; you lost as well as won. You were frightened, you backed off at times, you were not always heroic. Don't pressure your child because of your pride. Athletic children need their parents so you must not withdraw. Just remember there is a thinking, feeling, sensitive free spirit out there in that uniform who needs a lot of understanding, especially when his word turns bad. If he is comfortable with you win or lose; he's on his way to maximum achievement and enjoyment.
- 6- Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment...with your athlete.
- 7- Don't compare the skill, courage, or attitudes of your child with other members of the team, at least within his hearing.
- 8- Get to know the coach so that you can be assured that his philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under his leadership.
- 9- Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before over-reacting.
- 10- Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort.

The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your child say, "My parents really helped and I was lucky in this respect