



OKOTOKS SUMMER STINGRAYS

Newsletter

Number 2

May 22, 2008

New Swimmers!

We will be looking for you at the pool over the next few days to fill in a competition class form so that you're registered with ASSA.

COACHES' CORNER

Our swim meet is quickly approaching!! Sign up sheets for our meet and the Didsbury meet should be posted by May 21. Deadline for meet entry for our meet is May 30 and for the Didsbury meet the deadline is June 6. Please indicate if you are interested in swimming relays. Relays at this point shall be based on attendance and as we approach Regionals, they will then be based on time. This allows everyone the opportunity to swim together and allows some to get ribbons who may not have the opportunity otherwise.

I would like all Makos and Seniors to be bringing water bottles to the pool, especially with the introduction of dryland training on Mon/Wed/Fri (4:30-5:30 pm). It may not appear that you are sweating in the pool because the water washes it away but you are. It is extremely important to replenish the body with the water that is lost during practices, especially since the practices are becoming progressively more difficult. It is also very important to choose appropriate after school snack food before practice. The best choices are food which is a complex carbohydrate such as bagels, cereal, ryvita, rice cakes, wholegrain crackers or fruits and vegetables. These provide energy at a constant level. Eating junk food within three hours of exercising causes the blood sugar levels to shoot sky high and then to fall to low levels. More importantly avoid fatty foods that stay in the stomach for a long time.

Swimmer of the Week

WOW!! Great work everybody, huge improvements in all groups!! Our swimmers of the week are:

Eaglerays (B)	May 5 – 9	Easton Inglis
	May 12 – 16	Kate Nelson
Eaglerays (A)	May 5 – 9	Ainsley Karasz
	May 12 – 16	Morgan Pierce
Mantarays	May 5 – 9	Teaghan Inglis
	May 12 – 16	Michaela Pyrke
Nurse Sharks	May 5 – 9	Laura MacMillan
	May 12 – 16	Quinan Stang
Makos	May 5 – 9	Anja Nel
	May 12 – 16	Kole Watts
Seniors	May 5 – 9	Emily Hoven
	May 12 – 16	Breanne Grueke

Swimmer of the week is based on attendance and training etiquette. Training etiquette is made up of the swimmers attitude and behaviour during practice. We choose swimmers who pay attention, who try to perform whatever is asked of them to the best of their ability, who are not distracting other swimmers, have positive attitudes, etc.

Yes You Can!

The Importance of "Self-Confidence" in Achieving Your Swimming Goals

Have you said (or thought) any of the following in the past few months??? "I can't do it," "They are much faster than me. I'll come last," "I'm hopeless," "I've never been able to do that, so I know I can't do it now," "It's just too hard. It's impossible."

You are not alone. Many swimmers have these thoughts and say these words from time to time. Most swimmers (and people generally) have times when they get a little negative and lack faith in their abilities.



When swimmers say "I can't" or "it's too hard," what are they really saying?

Swimmer says: "I can't do it." Swimmer means: "I am not prepared to try because people might think less of me."

Swimmer says: "They are faster than me. I'll come last." Swimmer means: "If I can't win there's no point trying."

Swimmer says: "I'm hopeless." Swimmer means: "I have no faith in myself or my ability to succeed. I have no confidence."

Swimmer says: "I've never been able to do that, so I know I can't do it now." Swimmer means: "I've never really prepared for this or learnt how to do it correctly so the chances of me doing it now are not very good" or "I tried once and failed, so I am not going to try again."

Swimmer says: "It's just too hard. It's impossible." Swimmer means: "I'm not prepared to try."

Confidence is believing in yourself to do what has to be done. To do what needs to be done, with faith in your ability to achieve it. To meet new challenges with an expectation that anything is possible. To accept failure as an opportunity to learn from the experience and try again. And try again. And try again if necessary.

Confidence is trying to achieve and if you fail knowing that it was the nature of the task or the circumstances or just plain bad luck, not your lack of character that is to blame. Confidence is learning from that failure and trying again with more energy, more commitment and greater determination than before.

A few tips to develop confidence: accept who you are and learn to like and respect yourself.

Nothing helps build confidence like learning the 3Ps. Practice to the best of your ability. Develop a Positive Attitude to trying new tasks. Persevere, Persevere, Persevere.

Ladder of Achievement

- 100% I Did
- 90% I Will
- 80% I Can
- 70% I Think I Can
- 60% I Might
- 50% I Think I Might
- 40 % What is It?
- 30% I Wish I Could
- 20% I Don't Know How
- 10% I Can't
- 0% I Won't

This is called the Ladder of Achievement. It shows how your attitude towards a goal or task can impact your ability to achieve it.

The ladder of achievement suggests that an attitude of "I can't" has almost no chance of success whilst "I won't" is no chance at all.

Change "I can't" and "I won't" to
I CAN - I WILL - I DID !

Understand what motivates you to do well then you can harness your energy in the right directions.

Failure is a race or a meet or a task — it is not a person. Failure is not the person: it's not you — it's the performance. Learn to separate who you are from what you do.

Learn to talk to yourself positively. When the negative thoughts come, learn to replace them with positive ones. I can't = I can, I won't = I will, I will try = I did. Remember the old saying, "If you think you can or think you can't, you're probably right".

"The greatest achievement is not in never failing but in getting up every time you fall". Keep trying and it will happen.

What you believe, you can, with effort and persistence, achieve. Dream a dream, believe in that dream, work towards achieving it and live the dream.

Anything worth having is worth working to achieve. Talent is important, but there are many talented swimmers who don't make it to the top. TOUGH, TENACIOUS TRAINING makes up for most talent limitations.

Successful people are not afraid to fail. They have the ability to accept their failures and continue on, knowing that failure is a natural consequence of trying. The law of failure is one of the most powerful of all the success laws because you only really fail when you quit trying.

By Wayne Goldsmith

See you at the pool 😊

Coach Sarah



Practice Protocol

We ask that parents watch practice from the viewing area. Swimmers are asked to be on deck 10 minutes before practice is scheduled for stretch and warm up. Please make sure that swimmers come to practice with all their equipment, including flippers, goggles and water bottle.

Dryland training for the older swimmers will start May 21. We'll be working Mon/Wed/Fri from 4:30-5:30 pm. Make sure you wear athletic shoes and appropriate clothes. Be prepared to work hard and have fun, and bring water and a snack.

Parents are encouraged to discuss their child's progress with the coaches either before or after practice. If you have concerns with anything swimming related please speak with the coaches, or feel free to e-mail them.

If you have questions or concerns about coaches, parents, or swimmers, please speak with one of the executive: **Bob Thodas, Keri Potaka, Leah Mitchell, Ashlea Watts, or Brent Osborne.**

Team Equipment

If you have not ordered your team suit, or if you need flippers or goggles, please see **Dawn Stang** as soon as possible. Dawn is our equipment manager and carries a wide range of team gear. You can call Dawn at 995-0774.

Traditional Friday Treats

It has become a tradition for families to take turns to bring a small treat for each swimmer at the finish of a group's Friday practice. Although the coaches would likely prefer carrots and celery sticks, swimmer favourites include popsicles, freezies, cookies, donuts, etc. There will be sign-up sheets posted on our bulletin board for those families who want to participate.

Bottle Drive & Welcome BBQ

The team will be holding a bottle drive on **Saturday, May 24** from 10 am to 1 pm. **Angie Haworth** is organizing, and you can call her at 938-2983, or email her at hotangie@telus.net. We'll be looking for parent volunteers to help out. **Please see Angie's email from May 8**, and watch for sign up sheets to be posted at the pool. People who would like their bottles picked up can call and arrange for pickup either on the day or at another time. We'll have a Welcome Potluck BBQ at the Haworth's 108 Suntree Place immediately after the bottle drive.

Remember, you can also donate your bottles anytime to OSSSC at the bottle depot where we have an account set up.

Officials Clinics – Date Change

It is extremely important to our swimmers that we support them by becoming officials. Every family in the club should have one member who can at least be an official timer. If you have not taken a timing clinic here is a terrific opportunity! There is a date change for the Otters Official clinic from Thursday, May 22nd to Wed. May **from 7:00 – 9:00 pm** at the Bob Snodgrass Rec Centre in **High River**. This is just in time for our meet. They will also be offering Marshal, Clerk of Course, and Chief Finish Judge. If there are other workshops people are interested in please contact **Robyn Ayles**, either at the pool, or at rayles@mtroyal.ca. If you don't have your timing card please consider attending this workshop so that you are certified to time during a meet.

For those who have signed up for and have shown interest to sign up for the clinic in High River during the new date of May 28, THANK YOU! If you haven't signed up, contact our Meet Manager Robyn Ayles to see what areas are needed to be filled. Call her at 938-2250 or by e-mail at RAyles@mtroyal.ca You must then sign up for the clinic by contacting Lorilee in High River, at 652-1271, or via email Lester5@telusplanet.net.



Mock Meet

We will be having a mock meet at the pool at 5:30 pm on Friday, May 30. It will be extremely beneficial for those children who have never participated in a meet before. Please bring your children that day. There will be **NO REGULAR EARLY SWIMMING OR DRYLAND TRAINING (4:30-5:30 PM) ON FRIDAY, MAY 30 DUE TO THE MOCK MEET.**

We will need a minimum number of parents to help out: eight (8) timers, one (1) to work the starter and one (1) to hand out ribbons. This will be great for those who have just taken the course. Please e-mail Bob Thodas, bob.cnb@shaw.ca and let him know if you want to volunteer your time at our mock meet. If we don't get 10 parents Bob will assign them.

Swim Meets Sign-Up Sheets

As the meet invitations come in they will be brought to the pool. The meet invitation is a fairly large package that tells the order of events, the basic rules of the meet, how points will be counted, where to stay etc. etc. We'll boil that information down and give you the pertinent information here in the newsletter. Once we receive the invitation we create the sign up sheet, and post it. Sign up sheets are usually up for a week, but sometimes we don't get the invitation early enough, so they may only be up for a few days. Registration is usually due the week before the meet, so we're usually signing up two weeks ahead. We post the sign up sheets as soon as we get the invitations. Our own swim meet sign up should already be posted. Parents must sign the sheet before we will enter your swimmer in the meet.

There is no additional charge for attending swim meets, as the cost of swim meets is included in your registration fee. Each swimmer is entitled to swim up to four (4) individual events and two (2) relay events at each swim meet. There is a deadline date written on the sign-up sheet, so please be sure to sign up before then. There are no late entries. The coaches will check swimmers' preferences, but will

make their final entries based on what they feel is best for the swimmer. If you are not sure what your child should swim the coaches will select the races for you. Just sign the sheet and leave the race selections blank. The signature of the swimmer's Parent/Guardian is required on the sign-up sheet.

It is VERY IMPORTANT that you sign up only if you are committed to attending the meet. If you sign up and cannot attend the meet, you MUST NOTIFY the Head Coach as soon as possible, as our club pays the host club for every swimmer who has signed up. If we are notified early enough about your cancellation, there may be a chance of getting a refund.

Okotoks Swim Meet

The Okotoks Stingrays will be hosting the first swim meet of the season here in our home pool on **June 7**. We'll be looking for volunteers to make sure our meet runs smoothly. We need help from every family in order to make this meet work. There is a **Volunteer Sign up Sheet** posted at the pool. We also ask each family to supply an item of food, as the host club feeds all officials and coaches at the meet. If you don't know what a job entails check out last week's newsletter, or just ask around. Sooner or later you'll find some one who knows!

Companies Sponsoring Our Swim Meet

We are down so far, substantially, with families contacting businesses for sponsoring our swim meet and yet we have more families this year. Please contact Phil Haworth (Angie's husband) if you need details. Remember, a company can donate a product for our raffle table, or buy an ad in our program. He will also be sending a friendly reminder.

Last year, we raised approximately \$7000.00 in fundraising and that doesn't include our casino money from two years ago. If we don't fundraise, the swim club rates go up by quite a bit.

