

Milford Area Swim Team



OCTOBER NEWSLETTER, 2008

LIVING THE OLYMPIC DREAM

They say that every four years the sports that are represented at the Olympics see a temporary growth spurt of about 10%. The excitement of each sports' heroes create a great deal of enthusiasm and amateur athletic teams benefit from all of the media attention.

However, every once in a while there are sports that have someone who is so incredible that the sport that these individuals compete in create far greater growth than anyone could possibly predict. This was evident in gymnastics when a young American lady by the name of Mary Lou Retton took the world by storm and won several Gold Medals. And to a degree this happened when a mustachioed man by the name of Mark Spitz swam for the American team and won 7 Gold Medals at one Olympics and had won a few other Gold Medals at an earlier Olympics.

But never in Olympics history for America has the excitement and growth been achieved as it was this year as American Michael Phelps set the bar so high that his feat will most likely never, ever be equaled or surpassed. His accomplishments this Olympics in 2008 was so grueling and so demanding physically and mentally that even the greatest athletes of the other Olympic sports came to watch in awe of USA Swimming's greatest Superstar.

Professional basketball stars came to sit with the rest of the swim team and could not wipe the grins off of their faces, even clamoring for Michael's autograph. Volleyball sensations had asked for match rescheduling to come see Michael swim a few of his races and the leaders of several countries that are at odds with America admitted to coming to see him compete (some hoping their swimmers would be the ones to knock him off).

All in all, when everything was said and done, our aquatic hero had won 8 Gold Medals, two of them by the narrowest of margins (.01 seconds) and one of

those closest races was with the mighty efforts of his relay teammates, who swam swims that were far beyond what they had ever done previously. And all because of the hype and camaraderie of the greatest American men's team in history.

What results did our sport see? An estimated 25% growth of the great sport of swimming nationwide (about a 20% growth around the world) and it almost doubled the size of our Milford Area Swim Team from the year before.

We need to be thankful for heroes whether it be in sports, education, in our communities, religion, war, politics or wherever your heart has been touched by, and your lives have benefited. They all make us proud and gives us something to strive for or pass on to our future. THANK YOU ALL!

NEW MAST BOARD IN PLACE

The M.A.S.T. swimming team has it's Board of Directors in place and we are already benefiting by their efforts.

The Board members are as follows:
Coach Gary Tameris—President
Lori Lucas—Treasurer
Steven Gerwe—Secretary
Don Semler—member
David Striet—member
Sam Hughes—member
Melissa Palmquist—member
Matt Woellert—member
Fred Brown—member
Coach Craig Leonard—member

A few of the newest advancements that this Board has offered are a scholarship program available to the MAST membership, fundraising to help families deal with program costs, advertisement and some social gathering opportunities to help everyone get to know each other in comfortable settings. Much of these are detailed on our website, and some will be presented to you very soon. So keep your eyes open and participate as much as you can.

OCTOBER HAPPENINGS

10/10 & 10/11—MILFORD HIGH SCHOOL MEN'S & WOMEN'S WATER POLO TOURNAMENT. The High School Water Polo season is winding down and some of MAST's former swimmers are competing at home for the very last times in their careers. Also, some of MAST's current top swimmers that are underclassmen will be competing. MAST swimmers are welcome to come and see the fast paced and physically challenging sport of water polo at it's finest.

10/15—The MAST "FUND-A-THON". The first of the MAST fundraisers will take place on Wednesday, October 15th. Each group will swim their laps (as many as they can) during their practice times. This is a great way to alleviate some of the financial stress of the cost of swimming. We still would like donations of snacks and time from anyone who can help us out.

These young men and women will need support of parents helping count laps for the younger groups and the snacks at the end as a reward and as a treat.

The group that collects the most money by October 31st will win a pizza party in early November. And the swimmer who collects the most money by October 31st will win a GRAND PRIZE to be announced. If we collect enough money through this fundraiser we would like to offer 1st, 2nd and 3rd place prizes for the boys and the girls who finish behind the grand prize winner. Those prizes are also to be announced.

25% of the fundraised money each family brings in will be directly credited to their MAST account! That can mean a substantial reduction in program costs.

10/24, 25, 26—Swim meet in Worthington, Ohio. We still have a need of swimmer sign-ups. I have to know by no later than October 8th if you sign up at the pool or October 10th if signing up via email to me at: MASTCoachC@cinci.rr.com. If you sign up after those dates you will NOT be entered.

Please be aware that all swimmer who are 10 and younger will only have to swim on Saturday October 25th as that is the only day they will offer events for the swimmers 10 and under. Swimmers 11 and up have events offered Friday, Saturday and Sunday. Swimmers do not have to swim every day at the meet. You may pick any one, two or all three days if you can work it out.

OCTOBER HAPPENINGS (cont.)

10/24, 25 and 26—The Ohio High School Water Polo State Championships will take place at Mason High School in Mason, Ohio. For more information please contact Coach Gary Tameris at: MAST@spsp.net.

Everyone knows that athletes are going to perform better if they have the enthusiasm of fans cheering for them. If you are not going to the swim meet, this would be a great opportunity to help Milford win ANOTHER State Title in water polo.

How To Parent A Swimmer

I wanted to write a little article for the parents of our swimmers, not to ever tell a parent how they should teach their swimmers how to act or behave or to study or to learn life's many lessons as I have no children of my own and do not profess to knowing anything about raising a child. But I do know a great deal about how children react to the many criticisms and pressures they get while being the athlete they dream of being.

As a coach of swimming for some 32 plus years with programs from the very elite to programs that were small community programs I have seen many philosophies of some great coaches and some not so great coaches.

Some coaches want the swimmers to be absolutely dedicated to the sport and have no other distractions or activities that might pull the swimmer away from swimming regardless of the swimmers abilities. Other coaches want nothing to do with the swimmers decisions outside of their practices and swimming meets. And each coach, in their own way, have some positives and negatives. As a parent, you need to find the person and the program that you will feel the most comfortable with guiding you and your swimmer into their lives as swimmers and as people. This is because we coaches spend a great deal of time with you and your child, and like it or not we will have some influence over decisions that will be made.

So, here are some issues that I, personally, have seen that hopefully will help all of you along the way.

How To Parent A Swimmer (cont.)

Swimmers are their own people. As much as some parents might think of their children as little versions of themselves, they are as unique as snowflakes and need to be allowed to grow into their own lives.

Swimmers are young and need to have their own life experiences in order to learn and to grow. You can guide them and give them your own views and your own knowledge that you have gained through your own experiences, but they will still make their own decisions and choices no matter how correct or how incorrect those choices may be. A choice with a bad consequence is not always a bad choice if the child learns from their choices.

I have worked with a lot of coaches who insist that the parent not coach their children. Some of those coaches have gotten into angry confrontations with parents about this issue. These coaches only want the parents to parent, their friends to be friends and their coaches to be their coach, period. But what parent doesn't want the best for their children? And if the parent thinks that they can sway their child to success, why wouldn't they offer "advice" to their little athlete?

Through my own experiences I want the parent as active and as involved with their own swimmers as is humanly possible. But there is a right way and a wrong way to go about this. I ask that a parent come to as many practices as they can get to knowing that with life's busy schedules that "ALWAYS" isn't a very realistic goal.

Listen to how their coach will explain the concepts of technique, effort, racing and strategy. Don't be afraid to ask questions of the coach so you get a better understanding of what is involved in swimming and to get a better understanding of the changes in the sport that may have come about since you, as a former swimmer, have come about.

I want my swimmers parents to be their child's biggest supporters. I want you to reinforce the exact same concepts during swim meets that we will be speaking to the swimmers about. I want you as parents being a sympathetic ear when a race is not up to expectations, or the greatest cheerleader when the swimmer achieves success. That is what they want, too.

How To Parent A Swimmer (cont.)

If a child is pushed too hard, they will pull away and lose interest. NO, this is not burnout (*I despise the word burnout when talking about young children as it is too often a misused term that is too quickly thrown out by parents whose children have merely changed their minds*), it is fear of disappointing other people such as family, peers and friends.

Just remember parents, children can have very fragile egos no matter how tough they may appear to you day in and day out. Success comes to young athletes at far different times in their growth and development than their friends and competitors. Results of success can be influenced by far too many factors in one's environment to make comparisons and parallels with others, and this may have very detrimental effects regardless of your best intentions.

Now go on mom and dad, be a cheerleader, be a psychologist, be a doctor and most of all be a loving parent. And from that we will have happy, healthy, wonderful children who grow up to be leaders of their own one day.

Introducing Your Child's Coach

Each month we will be bring you an article from your child's coach so that you can get to know that coach a little better, and to get an understanding of what that coach has decided to pursue in the water as necessary training techniques, basics, meet preparations and seasonal phases.

On the following page you will see a variety of coaching introductions and fundamentals to help you get to know and understand each of us, the coaching staff.

Please take a moment to get to know your coaches and their perspectives on where they are as far as training or introducing themselves as coaches and what they have chosen to write about for this first newsletter.

It is a great staff and they are all very comfortable with, and very good at, coaching swimming to your children.

Coach Andy Storch has 3 children in the Milford system. Oldest is Gwen who swims & plays water polo for the High School and excels in the Backstroke and I.M events as a swimmer. Carolyn is in the Black 6 group, is a very diverse swimmer who is becoming an excellent I.M.er as she has a very good backstroke and breaststroke, a very fast freestyle and recently has shown that butterfly may be her strongest of all. His youngest swimmer is Tony whom many of you know as he is a very outgoing young man who excels in the breaststroke events and short freestyle events and wants to play water polo at any time soon.

Andy loves to work on balance with the kids in his group. And at their ages, this is exactly what they need to be working on so that they will experience success. The following drills are a couple of examples of what Andy was teaching earlier on this season so far.

Drill Name: Head Lead Back Kick

Drill Objective Good body position and balance on the back

Key Indicators of Success

- 1) hands remain relaxed at sides of body
- 2) nose remains pointed straight up at ceiling with chin slightly tucked
- 3) head remains steady with body rotating around long axis during kick
- 4) belly button pushed to the surface of the water (body is neutral in the water)

Diagram: correct form

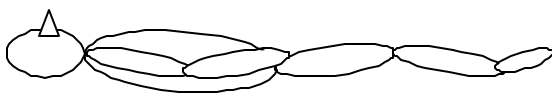
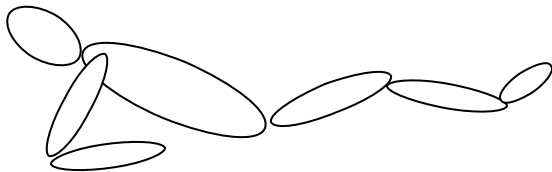


Diagram: incorrect form



Drill Name: Streamline Back Kick

Drill Objective

Good body position and balance on the back

Key Indicators of Success

- 1) hands stacked fingers pointed
- 2) arms straight, ears clamped with upper arms
- 3) strong kick

Diagram: correct form

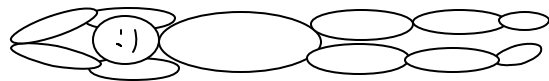
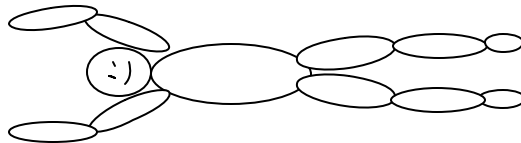


Diagram: incorrect form



Andy has a lot more drills that he will share as we move through the season. If you have any questions regarding these drills, Andy would be happy to explain the drills and answer any questions you may have.

Coach Corey Dauw

I've been coaching winters with MAST since 2005. I graduated from Milford High School in 2001. All four years at Milford, I played water polo and swam.

In Red 4 swimmers from the summer team and Black 5 we will be developing our swimming skills in order to compete at our very best. Swimmers will be asked to show and learn proper technique while improving their physical fitness. We also hope to learn self discipline, listening skills and personal accountability. I look forward to everyone in Red 4 and Black 5 reaching his or her swimming potential.

Introducing Your Child's Coach

Coach Rick Matulis

My name is Rick Matulis and I am starting my ninth season as an age group coach for MAST. During my time with the team, I have coached almost all of the groups and I am now coaching Black 6 along with Coach Craig.

My family is very involved in swimming, with my sons Dan and Dave swimming in the high school group, and my daughter Lindsey swimming in Black 6. I am proud of the fact that many of the young swimmers that I coached when I started have gone on to be very successful high school swimmers.

I grew up in Connecticut and learned to swim at a local YMCA. Although I participated in the YMCA swimming program for many years, I never swam competitively until I entered High School, choosing to play other sports instead. I picked up swimming very quickly and ended up making the state championship finals in the 100 breaststroke my junior and senior years. My senior year I was elected captain of the team and was awarded the team's most outstanding swimmer. Many of the lessons that I learned about training back then have helped me form the coaching philosophy that I have today.

The following points are what I emphasize with all of the groups that I coach: Make every lap count at practice – My high school team did not have our own pool, so we had to take whatever time we could get at other pools in the area. Frequently our practices were limited to 1 to 1 ½ hours, so we had to make the most of it. In order to compete with the big teams, we emphasized good stroke technique on every lap, and worked as hard as we could in each workout set. Remember that every time you do a drill in practice is an opportunity to improve your stroke. Doing the little things the right way is an easy way to drop time in a meet.

Practice racing frequently – I believe that it is hard to drop time unless you practice fast. This not only trains your muscles to move fast, but it gives you the opportunity to practice starts and work the turns at full speed. Practicing races also helps swimmers experiment with new techniques and learn what works best for them under racing conditions.

Be mentally prepared for each race – I encourage swimmers to focus on their races for at least the last 5 minutes before they step up to the blocks. Think about all of the things that you want to accomplish during the race, maybe a new way of doing turns or a stroke technique that you worked on in practice during the week. For experienced swimmers, think about how fast you want to go out for the first 50 yards, and what breathing patterns you want to do. If you are mentally prepared to race you will get the most out of your body

Coach Nichole Babinec

Hello and Welcome to Red 4! I am excited about coaching this winter and can't wait to see all of our hard work pay off at the meets. This is my second season with Milford Swim Team and my first coaching the Red 4 group. I have been a swim instructor in the community for over 7 years. I work full time as the aquatics director at Lakota Family YMCA in West Chester and am married to my husband Jason. We have an 8-year-old son Tyler who swims for Milford in the Red 4 group **and we just found out that we are expecting our second child in late May (just in time for summer)!!**

We started off full speed ahead this season. During the first few weeks we have focused a lot on stroke technique, turns and starts. In the weeks to come we will continue to polish up on our technique and we will also work more on endurance. Sometimes you will see me in the water and other times I will be coaching from the pool deck. Coach Corey will also be helping me with the group since we have such a large team. He will be working with kids that were in Red 4 last season, as their practices require different drills and sets.

I look forward to a great season. Please be sure that your swimmer arrives to practices on time and is prepared (goggles and cap for girls or boys with longer hair). Thank you for letting me coach your children in this wonderful sport! If you have any questions about your child's progress please don't hesitate to ask.

