

February 2013

SVSC

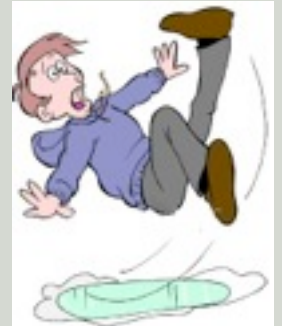


SENECA VALLEY SWIM CLUB



PLEASE HAVE KIDDOS DRY OFF ON POOL SIDE

Parents and SVSC Swimmers, we need to please have swimmers take their swim bags to the bleachers on pool deck. This is where they need to keep their stuff, and dry off after practice. When they come to the viewing area to dry off they are getting floor and bleachers wet. It is a safety issue. Kids can access restroom/changing rooms from pool deck. Thanks so much!



WONDER WHAT IT TAKES TO BE AN OFFICIAL?

A "Step by Step" for the membership has been put together on "How to become a Stroke & Turns Official".

Having "active" officials is an important part of the sustainability of our club. It avoids fines as well as keeping our club "attached" and able to swim under SVSC. Adding one or two officials each year will help us maintain our good standing w/ USA Swimming and AMS—our local swimming committee.

So what kind of time and effort does it take to become an official for my child's USA/AMS Swim Meets?

Step #1: Print off the attached AMS Training Card.

Step #2: Report to your first swim meet that your child is swimming in wearing a white shirt (preferably w/ a collar) and navy shorts/pants and comfortable shoes.(preferably white)

Step #3: You will shadow an official/referee for "six" sessions to become a "stroke & turn official". What is a session? If your child is swimming on Saturday morning of a weekend long swim meet that "morning" is considered one session. Find the head official who will place you with someone to shadow for that session.

Step #4: Get your training card signed after the completion of each session.

Step#5: Take the test to become an "official" Official :) This test is on the USA Swimming Website and is approximately 60 questions. It is an open book test. You can print off the test, gather your answers then get back online to complete it.

Step#6: You need to register as a Non-Athlete w/ USA Swimming and that form can be found on the AMS website. Our club will pay the \$65 fee.

Step#7: You need to do a background check...also through USA Swimming. It is the \$39 one. Our club will reimburse you for that.

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CALENDAR

Upcoming Events

- February 4--General Membership Meeting
- February 16-17--SVSC/WHAT Relay
- Carnival/Last Chance Distance Meet
- February 19th--Team Photo
- February 23--Mini Champs @ Penn Hills



SHUTTERFLY

We have a Shutterfly widget on our website. It is a great way to share your photos and see other pictures others members have shared. Shutterfly is FREE. Go to Shutterfly.com and create an account. Once you have done that, email Tammy Blazer at tamara.wilsonblazer@gmail.com to be added to the share account.

CranberryPatch

Check us out on CranberryPatch.com. Put in Seneca Valley Swim Club in the search and you will find articles pertaining to swim club.

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Step#8: Once an official, work with the other officials in SVSC to meet the necessary requirements each season. Each official is required 8 sessions each year to stay active.

***You can take the test and get your background check before you have completed your shadowing sessions to be ahead of the game....(recommended)

***When you become an official you have the option of ordering one of the "official" shirts in the above attachment.

***Also in the attachments are the Guidelines Referees and Starters along w/ the General Guidelines.

***ALL of this information can be found on the AMS website under the Officials Tab under forms: www.amswim.org or www.USAswimming.org

#1 BENEFIT - you have pool deck front row seats for your child's events!

#2 BENEFIT - you will help keep our club in good standing so we don't have to swim "Unattached".

#3 BENEFIT - you become a more knowledgeable swim parent about the rules and regulations of USA Swimming.

#4 BENEFIT - you earn volunteer credits

Hoping this "Step-by-Step" makes your decision easier in becoming an official.

Tammy Wilson Blazer, Michelle Antol, Jeff Gaguzis, and Paula Grumski would be more than happy to answer any questions. Thanks in advance for your time!



CHIK-FIL-A REWARD PROGRAM

The Chik-fil-A Rewards Program is a program where you save ALL your receipts anytime from Cranberry Township Chik-fil-A. There is a box on top of the mailboxes to place your receipts. Chik-fil-A will donate 20% of receipts back to us in Chik-fil-A Dollars. We will then be able to use these dollars to purchase food for a party! So remember,



EAT MORE CHIKIN!

February Birthdays

Emma Kreber-10	2/3
Julia Fleissner-15	2/13
Alexis Antol-11	2/18
Audric Pastor-11	2/18
Tori Fowler-10	2/21
Trevor Elliot-10	2/22
Vinesh Pendurthi-9	2/22
Connor Quiggle-13	2/24

SHOP THROUGH OUR WEBSITE

Go to our website and shop through Amazon.com and SwimOutlet.com

Amazon

The Amazon link is on our website! This is a great way for our club to earn money while you do your online shopping! Just go to our website and you will see the amazon logo on the left side of the page. Just click on it, and begin shopping. Tell all your family and friends! Any questions, please see a board member.



SwimOutlet

The SwimOutlet.com link allows you to get all your swim needs for your swimmer. SwimOutlet.com is the most popular website for swimmers. You can find all kinds of great gifts for your swimmers. Great website to get your swimmers that special gift.



HOW MUCH TO BE INVOLVED

by John Leonard from the American Swimming Coaches Association

In all of age group sports, the biggest question for every parent is..."How much to be involved."

In every sport from tennis to golf, to gymnastics and swimming, there are horror stories of absolutely awful parental interference, with tragic consequences for the career of the young age group athlete. Yet every one of us loves our children like nothing else in the world. So, how does this happen?

I think it's because as parents, we're all looking for a singular rule that will make our role as parents "successful". And it does not exist. In fact, exactly the opposite is the truth...the rules change all the time, as the child matures, and only experience can tell the parent that.

Here's a classic example. Jill is 8 and very enthusiastic about her new swim team....most of the time....but on a given Friday, her friend is having a sleepover party and Jill wants to go and skip practice. Perfect role of her mom? "Jill, get in the car, you made a commitment to swim team and you will keep that commitment. I'll take you to Sally's for the party right after practice."

Mom reminds Jill of her commitment..no if's, and's or but's. And enforces it, without depriving the child of the fun party. Perfect.

Now Jill is sixteen...another friend is having another Friday evening party and once again, Jill is debating where she "should be". She discusses it with her Mom. This time, Mom simply raises an eyebrow and says "your choice, you know what you should do." Again, perfect.

But totally different.

And that, I believe, is the point. When our children are young, we are really and truly "herding them through the process" and making decisions for them, as we should be....And the goal, is to gradually and systematically, based on successful demonstration of competence, to hand over to them, the decision making power.

Athletes who have been in a sport for years, invariably have the same comments..."my parents let it be "my sport", not theirs," "they were interested in what I did, but it was mine," "they didn't interfere at all in my teens, it was up to me to get out of bed to go get them to take me to morning practice. If I chose to sleep in, oh well, my loss."

The hard part is judging that "letting go process" and deciding when it's "right" to let go of what. Like most things in life, it's never completely straight-forward..instead, it's two steps forward, one step back, etc. In the case of most children though, by the early to middle teens years, it should be parents just sitting back and enjoying watching their teenagers make decisions and experience the consequences.

I have a friend named Lynn Offerdahl. Lynn is a former collegiate All-American diver and her husband John, a former All-Pro linebacker for the Miami Dolphins. Lynn has two children who swim and two who play football. Lynn says "Every time you do something for your children that they can do for themselves, you make them weaker. Every time you chose to "let them do it," you are choosing to make them stronger. I want strong kids."

It doesn't get any wiser or better than that.

WHY SWIMMERS ARE SMARTER THAN YOU

Written by: Andrew Katz

Middle school may have been a heck of a lot easier if you had spent a little more time in the pool. New research out of Australia says that children who are taught to swim at an early age hit certain physical and developmental milestones faster than kids who learn later in life.

Over the span of three years, researchers surveyed the parents of more than 7,000 children age 5 and under and found that the age kids learned to swim correlated with when they began accomplishing certain skills.

In pre-school, early swimmers had better visual-motor skills (like cutting paper and drawing lines and shapes), but also fared better as they got older (i.e. understanding directions, math, and writing and reading skills).

Turns out, some of what you learn in the classroom (or in your day-to-day experiences) is similar to what you learn in a pool, says lead study author Robyn Jorgensen, Ph.D., a professor and senior fellow at the Griffith Institute for Educational Research. There's a strong synergy between language and action with swimming that's essential for many cognitive and motor skills, she adds. Kids learn at an early age to hear language and make connections with their bodies (for example, counting to 10 while kicking).

And it doesn't take long to see the effects, either: When researchers observed swimming lessons, they found that the kids' eyes blinked in preparation for the ready cue -- "one, two, three, go!" -- a clear sign that young kids can understand language and react accordingly even if they can't communicate everything clearly.

Your move: Sign your kids up for lessons -- and keep 'em going. In Jorgensen's study, the earlier the child started and the longer they remained in the swimming lessons, the greater the gains, she says.

And it wouldn't hurt to jump in the pool yourself: Besides the added benefit of challenging yourself through switching up your workout, water is about 1,000 times denser than air, so a swim workout can be tougher on you. You'll burn almost the same amount of calories each minute as you would biking -- but you can kiss dodging traffic or worrying about your joints goodbye.