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# NEWSLETTER

“Others can stop you temporarily - you are the only one who can do it permanently.” Zig Ziglar

DECEMBER 2007



## UPCOMING SCHEDULE AS OF DECEMBER 2007

December 8th	LA Gold QUAD meet	Monroe, LA
January 19th, 2008	COAST Winter Invitational	Alexandria, LA
January 25-27th, 2008	Crawfish Winter Invite	Baton Rouge, LA
February 1-3rd, 2008	Nike Greater Southwest	Dallas, TX
<b>February 23rd, 2008</b>	<b>COSST Last Chance</b>	<b>Centenary College</b>
February 27th-March 1st	Spring Sectionals	College Station, TX
<b>March 8, 2008</b>	<b>COSST 10-under</b>	<b>Centenary College</b>
March 13-16th, 2008	Short Course State	Baton Rouge, LA
April 18-20th, 2008	LA Gold Rush	Monroe, LA
May 10th, 2008	COAST 8-under	Alexandria, LA
<b>June 6-8th, 2008</b>	<b>Damon McCoy</b>	<b>Southside</b>
July 17-20th, 2008	Long Course State	Sulphur, LA

## HOLIDAY PRACTICE CHANGES

*all times TBA*

### *VARSIITY*

**12/22, 12/24** am

**12/26-12/28**am,pm

**12/29, 12/31** am

**1/2-1/4** am,pm

### *PRE-VARSITY*

**12/17-12/21**pm

**12/27-12/28**am

**1/2-1/4** am

### *JUNIOR VARSITY*

**\* no practice 12/22-1/1\***

**1/2-1/3** am

Can you believe 2007 is just about over? We can't, especially when we reflect on the great things COSST swimmers have done the past year. Even with success, there is always room for improvement and we have plenty of meets ahead to measure that. The Ark-La-Tex Winter classic and COSST "B" meet had some impressive times as did the COR meet in Dallas. Looking ahead we have the Quad meet in Monroe, the COAST Winter Invitational in Alexandria and the Crawfish Winter Invitational in Baton Rouge. Make hotel reservations now, don't wait, as they will be very hard to come by the closer as the meet dates approach.

A big thank you goes to Betsy Ebarb for agreeing to be the Meet Director for the "B" meet. She did a wonderful job coordinating all the concessions, hospitably, officials, timers, ext. Without her, the meet would not have run as smoothly as it did. Thank you also to all the parents that volunteered to help whether it was simply dropping off gatorade or timing, we really appreciate all the help. Our next home meet will be February 23rd and we will need all that help all over again.

Our next club event will be the Mudbugs Game on December 14th and paintball on January 3rd. Please make plans to join in the fun!

*Make every stroke count,*

The Coaches

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# Moving Up to a New Coach

*a guide for letting parents know what to expect*

Group placement and advancement are major concerns of the swimming family. Usually these concerns arise from a combined motive of: (1) wanting what's best for the child and (2) logistical conveniences such as practice time and location. From a coach's perspective, the placement and advancement of swimmers is also of great importance, but for somewhat different reasons. . .

The Goal of the coach and the swim program is to provide the swimmer with the best possible opportunity to develop his or her fullest swimming potential. Also, given the diverse age and ability levels on most teams, athletes must be grouped to facilitate maximum benefit from the practice environment.

As stated, the goal of any grouping of swimmers is to provide the best possible practice environment. To achieve this goal, the coaching staff tries to arrange a homogeneous practice group. Every swimmer and group is evaluated and during the evaluation period, each swimmer's advancement is reviewed. Swimmer achievement is based on the following:

1. Ability, technique, and performance.
  - >All swimmer rankings are based on best times for each age group via a computer rankings program. The coach and swimmers can review rankings in relation to peers.
2. Age and maturity of a swimmer.
  - >Physical and emotional maturity are subjectively considered by the coaching staff.
3. Size of the group and the coach/swimmer ratio.
4. Coach's discretion.

Following this procedure, the head age group coach will send a letter to the swimmer and parents notifying them of a "group move up." This letter contains information relating to the swimmer's new group assignment, coach, practice time, location, and the exact date the change is to be effective. The letters are mailed out in advance of the proposed move up date. This allows the swimmers and parents sufficient time to adjust schedules and carpools to the new practice.

This lengthy and involved process is detailed here to impress the swim parent with the importance of team grouping from the perspective of the swim coach. The group structure of a team and the swimmers who make up these groups are very important to the overall success of the program, and is of obvious importance to the individual swimmers and their families. The success of any swim program relies on the individual successes of its athletes. The ability to provide a quality practice environment is essential for team and individual success.

The decision to assign swimmers to specific practice groups is far from arbitrary. Although the coach tried to be sensitive to the logistical concerns of the swim family, these concerns must be secondary to the overriding goal of providing a quality practice environment for swimmers of all ages and abilities.

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**CRAWFISH WINTER INVITATIONAL, BATON ROUGE**

January 25-27, 2008

Hampton Inn  
4646 Constitution Avenue  
Baton Rouge, LA 70808  
225-926-9990  
\$99.00

reservations must be made before 1/1/06

**NIKE GREATER SOUTHWEST, DALLAS**

February 1-3rd, 2008

Springhill Suites  
15255 Quorum Drive  
Addison, TX 75001  
972-774-1010  
\$69 per night, book after 11/4

**SHORT COURSE STATE CHAMPIONSHIPS, BATON ROUGE**

March 13-16th, 2008

Best Western Richmond Suites  
5668 Hilton Avenue  
Baton Rouge, LA 70808  
\$99, \$119

**IAC LA GOLD RUSH, MONROE**

April 18-20th, 2008

Courtyard Marriott  
4915 Pecanland Mall  
Monroe, LA 71203  
\$89

**LONG COURSE STATE CHAMPIONSHIPS, SULPHUR**

July 17-20th, 2008

LaQuinta Sulphur  
2600 Ruth Street  
Sulphur, LA 70663  
337-527-8303  
\$99

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**CONGRATULATIONS**

**TOP SWIMMERS!**

On November 3-4, 2007. COSST competed at the ArkLaTex Winter Invitational in Texarkana, TX. COSST easily won the event and several swimmers swam fast. The following swimmers earned more than 10 points for COSST.

Danielle Albert	51		
Garrett Hooper	41	Andrew Robinson	14
Taylor Thompson	37	Rachel Briggs	17
Madi Trudnak	30	Jennifer Cook	13
Scott Cook	24	Gavin Chan	13
Allen England	18	Sarah Davies	13
Haley Poole	18	Kaden Amidon	12
Brandon Glover	16	Blaine Hardy	11

On November 17th, 2007 COSST hosted the “B” meet at Centenary College. Most of the Junior Varsity was represented and many swam in their first meet of the season and it was the first swim meet ever for some. The following swimmer earned at least 10 points for COSST.

Ahmad Kaskas	28
Campbell Siskron	26
Melvin Deaile	24
Brittany Ewart	23
Madi Trudnak	22
Andrew Robinson	21
Haley Oathout	20
Cooper Feazel	20
Jenna Herkey	19
Tyler Eddlemon	19
Garrett Hooper	19
Dauida Anderson	18
Alex Cleveland	18
Russel McLaughlin	18
Kaleb Weaver	18
Faith Deaile	16
James Covington	16
Allen England	16
Matthew McLaughlin	14
Sarah Dominichini	14
Anna Yates	14
Hannah Nordin	14
Abigail Aldridge	14
Jennifer Cook	14
Thomas Siskron	14
Kaden Amidon	13
Robert Steven Brown	12
Elizabeth Bryan	13
Taylor Thompson	12
Daniel Dominichini	11
Christopher Robinson	11
Gracie Gotberg	11

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