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# NEWSLETTER

“Victory is what happens when 10,000 hours of training meet up with one moment of opportunity.”

January 2007



## UPCOMING SCHEDULE AS OF JANUARY 2007

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
February 9th, 2008	Rowdy Gaines clinic	Monroe, LA
<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 4-5th, 2008	Neil Walker clinic/banquet	Outback Steakhouse
April 18-20th, 2008	LA Gold Rush	Monroe, LA
May 10th, 2008	COAST 8-under	Alexandria, LA
July 17-20th, 2008	Long Course State*	Sulphur, LA

*\*qualifiers only*

January 2008 is here and while many of you are making resolutions to eat better, exercise more, stay organized, etc., there is no better time to save some of those resolutions for COSST too. Getting to practice on time, swimming in meets, and volunteering are all great resolutions that benefit you as an individual family and they benefit all members of COSST. Of the 190+ children in the program, on average 70 attend meets. That's not even half! Give your swimmers the chance to see why they continue to practice day in and out. Earning times in meets will give them a goal to swim for. The state qualifying times have been included in this newsletter. Share these with your children and show them you care just as much as we do. Resolve to make a bigger commitment to this wonderful sport and reap the rewards.

The Mudbug game and paintball were well attended and a ton of fun. Several lucky swimmers even got to go down to the ice and high five all the Mudbug hockey players before the game! Future plans include bowling, Go-Karts/putt-putt at party central, and another skate night. We look forward to seeing you there. We are pleased to announce 2 clinic opportunities this spring. Former Olympians Rowdy Gaines and Neil Walker will be in Louisiana and we have plans to see them both. More details will follow.

*Make Every Stroke Count, The Coaches*

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## Why is Swimming a Year Round Sport?

First, at the competitive level a swimming athlete must train year round just to stay competitive with all the other athletes. Swimming is both conditioning intensive and skill intensive. Strength and endurance conditioning for swimming are not readily transferable from other sports or activities so they must be developed in the pool and in specific dryland exercises. Swimming skills are constantly being developed and refined throughout the swimmer's career.

Not all swimmers are at competitive levels so what is the point in training year round for them? The simple answer is that a good swimming program provides far more than swimming skill development and improvements in strength and endurance - it provides active development of life skills. By "active development" we mean planned - not by accident and not by coincidence. Life skills that are actively promoted by the team include responsibility, self-discipline, work ethic, time management, team commitment and loyalty, lifetime fitness, setting and meeting goals, challenges, cooperation and goal setting.

We know through research that sport in and of itself does not build character or life skills. These skills are developed by the influence of role models, the environment, and through a systematic, planned process. This is done year round and it is the most compelling reason to keep your child in the water all year round.

Now, having said that, is there room for other sports and other activities? As long as children aren't being over scheduled we think YES! We encourage the children to be in other sports and other activities.

The bottom line is that this swimming program is a healthy and wholesome activity available all year round for your children and we appreciate your support in keeping your children involved.

## On Praising Your Children

How often do you think about the amount of and type of praise you offer your child? The wrong type of praise, or praise used too frequently or infrequently can cause difficulties. Sometimes we think that it is not possible to over praise a child because constant praise will build a child's self esteem. However, there is a real world for the child outside the home and child's peers may not always be as praise giving. A child constantly praised at home may feel themselves placed on a pedestal only to be knocked off outside the home.

Here are a few do's and don'ts to follow:

1. Don't praise by comparison. By saying "you're the best swimmer on the team" you may encourage unnecessary competition or fear of failing next time.
2. Don't praise constantly. If everything a child does is terrific, wonderful, the best, you will run out of superlatives and the child will become blase about applause.
3. Don't use sarcastic or "backhanded" praise. "Well, you did all flip turns for a change" or "You touched with two hands, I can't believe it!"

The best praise to use is encouragement. This helps build a child's confidence and autonomy while praise can be more manipulative, emphasizing what the adult wants. Encouragement allows kids to "own" their accomplishments and to find within themselves the strength and desire to do their best.

1. Do be specific. Instead of using words that evaluate ("What a great swim"), describe in concrete terms what you see ("You kept your elbows nice and high during that swim").
  2. Do focus on the effort. "You practiced hard for this swim meet and it really paid off."
  3. Do point out how your child has progressed. "A 200IM! You couldn't have done that last year!"
  4. Do give control back to the child. Say, "you must feel so proud that you did all backstroke flip turns," instead of simply saying "I'm so proud of you."
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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 30 - December 2 2007, COSST swimmers with at least 3 "A" times competed at the COR Classic in Dallas, Texas. The following swimmers earned more than 15 points for COSST.

Tyler Jusselin	88
Morgan McGee	84
Matthew Pope	63
Karli Murphy	29
Jo Claire Robertson	26
Patrick Merrell	25
Helen Dorsett	23
Hope Dorsett	23
Sarah Davies	22
Chelsea Russell	20
Danielle Albert	18
Steven Cox	16

On December 8th, COSST traveled to Monroe for the one day Quad meet. It was a very long meet but several COSST swimmers stayed focused and turned in great times, some even earned their first state qualifying times.

Chelsea Russell	36	Sarah Craig	24	Kaden Amidon	12
Madison Trudnak	34	Brittany Ewart	22	Cooper Feazel	12
Sarah Davies	32	Campbell Siskron	22	Christopher Robinson	12
Garrett Hooper	31	Emma Nordin	20	Heather Wilson	11
Thomas Campbell	30	Robert Steven Brown	19	Cole Bourland	11
Scott Cook	30	Haley Dishman	19	Daniel Crews	11
Abigail Aldridge	28	Ahmad Kaskas	15	Gavin Chan	11
Thomas Siskron	27	Taylor Thompson	15	Russell McLaughlin	11
Andrew Robinson	25	Cameron Doughty	13	Anna Yates	10
Tyler Eddlemon	25	Kaylee Hooper	12	Ansley Sewell	10
Julie Pope	24				

**MARK YOUR CALENDARS**

**UPCOMING CLINICS YOU DON'T WANT TO MISS**

On February 9th, Olympian Rowdy Gaines will be speaking in Monroe and we have been invited to attend. More details will follow. It is possible we will rent a bus for swimmers wanting to go.

Our annual spring banquet and clinic is tentatively scheduled for April 4-5th. It will once again be catered by Outback Steakhouse and will have a dynamic speaker, Olympian Neil Walker. A clinic by Neil Walker will also be conducted but the day and time are currently being scheduled.

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