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# NEWSLETTER

Success is a journey, not a destination. The doing is usually more important than the outcome.  
February 2008



## UPCOMING SCHEDULE AS OF FEBRUARY 2008

<b>February 9th, 2008</b>	<b>Mudbugs Game</b>	<b>CenturyTel</b>
<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
<b>April 4-5th, 2008</b>	<b>Mel Stewart clinic/banquet</b>	<b>Outback Steakhouse</b>
April 18-20th, 2008	LA Gold Rush	Monroe, LA
May 10th, 2008	COAST 8-under	Alexandria, LA
<b>June 6-8, 2008</b>	<b>Damon McCoy</b>	<b>Southside</b>
July 17-20th, 2008	Long Course State*	Sulphur, LA

*\*qualifiers only*

The Short Course Season is coming to a quick conclusion, however, we still have one more meet to get qualifying times. Better yet, it's in our own backyard! The COSST Winter Invitational is February 23rd and every swimmer will be expected to attend. We also need every family to volunteer at some point during the meet, whether it's timing, supplying food for hospitality, selling concessions, or any one of the multitude of jobs it takes to successfully run a swim meet. Every group has been working very hard all season, now is the time to test fitness and see some personal best times.

Now that we are half-way through the 2007-2008 season, it is the perfect time to really talk to your children and remind them why swimming is such a good investment for the swimmer and the family. Encourage hard work and persistent effort and fast times will surely follow.

We are excited to announce a new speaker for the April banquet. Due to training commitments, Neil Walker will not be able to attend, however, Mel Stewart is coming in his place and we couldn't be more fortunate. Mel was the World Record holder in the 200m butterfly before a young swimmer named Michael Phelps came along. Make plans now to attend the banquet and clinic for a presentation you are surely never to forget. The time and location have changed from previous years so make sure to read the entire newsletter for all the details!

*Make Every Stroke Count, The Coaches*

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# Swimming Is An Investment

With time at a premium in any busy family, many parents are now asking “Is the sacrifice and expense of joining an age group program worth it?” We think it is and this is why.

Age group swimming is much more than just swimming back and forth, day in and day out - the occasional swim meet and winning ribbon. Of course the swimmer gains from the physical activity of swimming, by becoming more fit. But age group swimming much more than that, it is an investment in the health, fitness, and overall growth and development of the youngster.

From the physical standpoint, swimming helps improve cardiovascular fitness, strength, flexibility, and neuromuscular coordination. In addition, swimming is a lifelong fitness activity that is relatively easy to pursue, low in injury risk, and helps reduce stress. It can be enjoyed recreationally long after it has ceased competitively.

Beyond physical benefits, swimming in both practice and meets contributes greatly to the psychological and emotional development of the young athlete. As an activity, swimming requires the development of specific and complex motor patterns. Swimming well requires not only hard physical work, but also intelligent application of learned skills and the ability to THINK while performing. From concentration on performing stroke skills correctly to executing race strategies, the athlete learns early to concentrate and perform under pressure.

Age group swimming also requires consistent dedication, discipline, and long-term commitment to goals. Young swimmers also learn to accept success and failure with equal grace. In life as in swimming, one often fails several times on the way to a success, and it is an essential and difficult life-lesson to learn. The ups and downs of competition and training expose the young athlete to the realities of success and failure and force them to deal with the living experience.

Age group swimming, both directly and indirectly, teaches the athlete to develop: goal-setting strategies, time management skills, relaxation and imagery techniques, positive attitudes, and generally enhances the athletes overall self-image. Competitive swimming is both social and fun, and by virtue of the athletic nature of the activity, reinforces positive social values and beliefs. Athletes are taught to value their hard work in training and steer clear of drug and alcohol abuses.

To be an athlete is a very special and wonderful thing. To be a competitive swimmer is special, wonderful, and difficult; but the benefits of the persistent dedication and application of efforts, along with the benefits of facing and dealing with the emotional and psychological experiences associated with the demands of training and competing for success, are well worth whatever personal and/or financial investments are required.

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## CONGRATULATIONS

### TOP SWIMMERS!

On January 18-19th, COSST swimmers dominated the COAST Winter Invitational in Alexandria, LA. Of the 6 teams attending, we outscored the host City of Alexandria Swim Team, by 241 points! The following swimmers earned 10 or more points for COSST. Great job swimmers!!

Thomas Campbell	29	Kenny McLaughlin	16	<i>*Madison Trudnak, Jack Aldridge, and Campbell Siskron were high-point winners!!!!</i>
Madison Trudnak	28*	Julie Pope	15	
Thomas Siskron	25	Kaden Amidon	15	
Jack Aldridge	22*	Tyler Eddlemon	15	
Jenna Herkey	20	Sarah Domenichini	13	
Campbell Siskron	20*	Matthew McLaughlin	12	
Andrew Robinson	21	Cole Bourland	12	
Haley Dishman	19	Garrett Hooper	12	
Robert Steven Brown	18	Luke Keen	11	
Alex Cleveland	17	Christopher Robinson	11	
Abigail Aldridge	17	Madison Wallace	10	
Anna Yates	17	Haley Oathout	10	
Steven Cox	17	Madison Sewell	10	

On January 25-27th, COSST traveled to Baton Rouge to compete in the Crawfish Winter Invitational. It was the first time many swimmers have competed against the mighty teams of South Louisiana. Despite the stiff competition, COSST swimmers were still able to earn points and score some personal best and state qualifying times. The following swimmers scored 20 or more points for COSST.

Hope Dorsett	58	Sarah Davies	34
Thomas Siskron	54	Rachel Ewart	34
Tyler Jusselin	53	Karli Murphy	25
Madison Trudnak	49	Patrick Merrell	20.5
Morgan McGee	45		

## Mudbugs Game

Saturday, February 9th 7:05pm

\$9.00

let Coach Martha know how many tickets

[msiskroniv@mindspring.com](mailto:msiskroniv@mindspring.com)

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**COSST Spring Banquet and Clinic**  
featured speaker Mel Stewart, Olympic Gold Medalist

**When: April 4-5th, 2008 12:00pm**

**Where: Outback Steakhouse**

Mel Stewart is known as the greatest 200m butterfly swimmer of his era. Not only did he take home the gold at the 1992 Barcelona Olympics in Olympic record time, Stewart made history defeating legendary Hall of Famers Michael Gross of Germany and Tamás Darnyi of Hungary in what the New York Times and USA Today called the greatest upset in swimming history.

In addition to swimming, Mel has had ample broadcasting and television experience. Following his Olympic career, Mel was a Sports Analyst for ABC's Wide World of Sports, as well as, NBC Sports, Fox Sports, TBS, CNN and Outdoor Life Network. He also wrote and hosted ESPN's American Outback, was a segment host for E! Entertainment and was a repeated guest on both the Today Show and Larry King Live.

Mel is also an accomplished writer, producer and director of both film and television. His contributions include the NBC Olympic Spot "T.P. and Mr. B," an anti-steroid PSA for the IOC commercial campaign and his Florida Film Festival award winning independent film, "Jesse's Girl." Additionally, Stewart was commissioned by numerous studios to write screenplays and sold his screenplay "Fly" to 20th Century Fox in the mid-nineties. He has also contributed pieces to USA Today, Men's Fitness, and Swimming World Magazine; and is currently writing "Gold Medal Mel" on WCSN.com.

#### Career Highlights

1991 – World Champion, Long Course, 200m Butterfly  
1991 – World Championship, Silver Medal, Long Course 4x200m Freestyle  
1992 – Olympic Gold Medal, 200m Butterfly  
1992 – Olympic Gold Medal, 4x100 Medley  
1992 – Olympic Bronze Medal, 4x200 Freestyle  
1992 – Broke 200m Butterfly World Record  
US Swimming Record Holder, 14 National Titles in a single event, 200m Butterfly  
NCAA record holder in the 200m Butterfly

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## **IMPORTANT HOTEL INFORMATION**

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**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

318-388-0034

\$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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