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# NEWSLETTER

Each distraction in life is a test to see how dedicated you really are. MARCH 2008



## UPCOMING SCHEDULE AS OF MARCH 2008

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>
June 19-21st, 2008	Midland Invitational*	Midland, TX
June 14-16th, 2008	COAST Long Course	Alexandria, LA
July 17-20th, 2008	Long Course State*	Sulphur, LA

*\*qualifiers only*

Spring is in the air! Flowers are blooming and the warmer weather is coming, a sure sign change is quickly on its way. The short course state championships are just around the corner and that signifies a shift in swimming to long-course competition. Our first long course meet will be in April at Monroe. Unlike most other sports, swimming is truly year round with only a little break in August. As our lives continue to get hectic and our calendars fill with new activities, do not forget your commitment to COSST. Swimming is very technique and endurance driven, any time off is detrimental to overall performance.

We are proud to have 39 swimmers traveling to Baton Rouge for the state meet. This should be the goal of every swimmer on the team. Use the bag tags your children were given in November to determine how many seconds they need drop to make a state cut. Take the time to talk to them and create goals on how to make the improvements needed, such as more practice, more sleep, less junk food, etc. With hard work, determination, and a little sacrifice, every swimmer can and will succeed.

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*Make Every Stroke Count, The Coaches*

**CONGRATULATIONS**  
**STATE TEAM QUALIFIERS!**

On March 13-16th, 2008, 39 swimmers will travel to Baton Rouge, LA to compete in the short course state championships! The following swimmers made at least one state qualifying time to earn a spot on the team:

Varsity: Danielle Albert, Thomas Campbell, Scott Cook, Steven Cox, Sarah Davies, Hannah Dorsett, Helen Dorsett, Hope Dorsett, Brittany Ewart, Rachel Ewart, Cavett Feazel, Tyler Jusselin, Johnny Kamphius, Katherine Kamphius, Matt Kundo, Meredith McGee, Morgan McGee, Patrick Merrell, Karli Murphy, Tanner Murphy, Julie Pope, Matthew Pope, Jo Claire Robertson, Chelsea Russell

Pre-Varsity: Haley Dishman, Tyler Eddlemon, Garrett Hooper, Andrew Robinson  
Junior Varsity: Kaden Amidon, Thomas Siskron

In addition to the state qualifiers, the following swimmers will be traveling to Baton Rouge to help COSST win huge points in the relays. Thank you for giving up your weekend to help out your teammates!

Rachel Briggs, Jennifer Cook, Cameron Doughty, Cooper Feazel, Brandon Glover, Valerie Leonards, Madison Trudnak, Madison Wallace, Rebecca Wiggins,

**COSST WINTER INVITATIONAL**  
**HUGE SUCCESS!!!**

A big thank you is in order to EVERYONE that helped make the COSST Winter Invitational a wonderful event. Carri Jo Robertson graciously agreed to be the meet director and many veteran and new parents stepped up to make sure the meet went off without a hitch. Computers were run, concessions sold, heats timed, water bottles donated, and much more! Thank you to all the parents and varsity swimmers that worked the meet and donated supplies. COSST easily won as every swimmer earned at least one point. Way to take advantage of the home pool advantage. GO COSST!!

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# Meet the New Coaches

## Laurie Edwards

Coach Laurie Edwards grew up in Michigan with her mom, dad, and twin sister, Katie. With her father being an elite swim coach in Michigan, she had no choice but to learn how to swim and play water polo. She swam age group from the time she was 6 years old. She swam for her high school team as well and helped to start the first women's water polo team in her city as a freshman in high school. As a senior in high school, Laurie was recruited by the University of Massachusetts to play varsity women's water polo. She helped lead her team to four NCAA appearances where they took 5<sup>th</sup> in the country her senior year. Upon graduation she moved south and currently teaches first grade at South Highlands Elementary Magnet in Shreveport.

## Robyn Patterson

Coach Robyn Patterson was born and raised in Shreveport, LA. She swam for COSST from 1992-2001 and graduated from Byrd High School. After graduating, she swam 2 years at ULM under John Pitt and helped establish TEAM ULM - the student/athlete government. She also found time to coach high school swimmers, as well as the Monroe Athletic Club's summer league program. In the spring of 2006 she graduated from Loyola University with a degree in graphic design. Robyn moved back to Shreveport in January and is currently doing freelance design and is in the process of getting a teaching certificate to become an art teacher. She is very excited about being on deck and a part of COSST again!

# What is Long Course?

For years the "American Standard Short Course" pool has been a 25 yard pool. Almost all high school pools and college pools are 25 yards and all high school and college meets are run as short course meets. Club teams generally swim short course meets from September to March.

The International standard is meters. The Olympics, Pan-American Games, and World Championships are held in 50 meter pools. In this country, most 50 meter pools are outdoors due to the cost of building an indoor 50 meter pool. For that reason our long course season is generally from March through August.

When switching from short course to long course, some confusion about times will occur. The times will be slower because a 50 meter swim is approximately 5 yards longer than a 50 yard swim. Another factor are turns. There are less turns in long course swimming. Generally turns are faster than we can swim due to pushing off the wall.

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

When: April 5th, 2008 12:00-3:00pm

Where: Outback Steakhouse

How Much: \$15.00 per person

RSVP: [msiskroniv@mindspring.com](mailto:msiskroniv@mindspring.com), 865-8952

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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# **PICTURES NEEDED!!!!!!**

Please take a minute and put any pictures you have from the season on a disk and give to a coach ASAP. Jim McGee has graciously agreed to make the slideshow for the banquet (again) this year and he cannot do that without pictures from all of you. This is the highlight of the banquet every year and the swimmers really enjoy seeing themselves on the big screen. Disks can be given to any coach.

## **IMPORTANT HOTEL INFORMATION**

### **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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# The Positive Attitude

Just as it is of utmost importance that coaches must be continually positive and optimistic, so too must parents. It has been said that 95% of us are predominately negative in our approach to life - so most of us have a problem!

These notes are equally applicable to parents, and if not understood and acted upon by the whole swimming family, swimmers will be greatly handicapped, and not reach full potential. Being critical, no matter how much it may seem justified to the parents (who have spent so much money and time) is clearly a negative approach with a strongly undermining effect. When constructive criticism is needed to form the foundations of a revised plan for improvement, parents should express their ideas to the coaches. The secure coach will be able to handle such help. Most coaching organizations welcome constructive criticism, presented in the right way at the appropriate time.

Parents should continually protect the swimmers from damaging input of negative thoughts. If they can make a habit of always being positive and only foreseeing success, swimmers will be given the greatest opportunity to transcend existing performance levels. Clearly, the training must be as good as well, but where, in addition, an atmosphere is of positive self-expectancy continually promoted by coaches and family, even when progress seems to be slow and the going difficult, swimmers will have the right mental approach. While doing their best to carry out all aspects of preparation well, swimmers will learn to regard themselves as winners and eventually succeed in reaching realistic goals. The chances of this diminish greatly when parents, often because personal shortcomings continually remind a child of the lack of improvement or failure to come up to expectations. Swimmers should continually be programming their subconscious by positive self-talk and visual imagery of success. This task should be made easy by reinforcing positive vibrations around them.

It is important for the swimmers to know that they are loved no matter what their swimming performance. The negative fear of failure is much less likely to develop when parents emphasize their love and compassion.

When setbacks occur, the attitude of parents and coaches must express the idea..."Well, you did not do as well as you are capable of this time, but next time it will be better" - positive self-expectancy and optimism. This helps the programming of the subconscious mind that we should analyze and determine what can be improved and positive action taken. Parents should be the least critical and never suggest that what has happened is more than a temporary setback. If such principles are applied to all our thinking we might well improve our lives too. It is not only the swimming development of the child that parents can help by the right psychological approach. We can all benefit greatly.

The parents eventual reward for their sacrifices of time and money will be when the grown-up, mature swimmers realize that their parents have played an important part in their success as a swimmer, and as an individual, by giving them the opportunity to train without attempting to intrude, or basking in reflected glory.

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