

# NEWSLETTER

*"It is attitude, not circumstance, that makes success possible in even the most unlikely conditions."*

NOVEMBER 2007



## UPCOMING SCHEDULE AS OF NOVEMBER 2007

November 3-4th	ATAC Winter Invitational	Texarkana, TX
<b>November 17th</b>	<b>COSST "B" meet</b>	<b>Centenary College</b>
November 18th	Skate Party 4:30-6:30	House of Wheels
December 1st-3rd	COR meet, for qualifiers	Dallas, TX
December 8th	LA Gold QUAD meet	Monroe, LA
January 4-6th, 2008	LA Gold Winter Invitational	Monroe, LA
January 19th, 2008	COAST Winter Invitational	Alexandria, LA
February 1-3rd, 2008	Nike Greater Southwest	Dallas, TX
<b>Feb TBA</b>	<b>COSST Last Chance</b>	<b>Centenary College</b>
February 27th-March 1st	Spring Sectionals	College Station, TX
<b>March TBA</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

*for the week of 11/19-11/25*  
*all times TBA*

### *VARSITY*

\* **M, T**      **am & pm**  
\* **W** **am**  
\* **Th**      **off**  
\* **F** **pm**  
\* **S, Su**

### *PRE-VARSITY*

\* **M, T, W** **am**  
\* **Th, F**      **off**

### *JUNIOR VARSITY*

\* **no practice**

Our first meet of the season went off very well in Jackson, Mississippi. We were hoping for a first place finish but settled for second. If you were not able to make the trip, you have more opportunities coming up. Make note of the new meets added to the calendar. The Louisiana Coaches' Association met October 6th and solidified meet dates for the 2007-2008 season. Pay particular attention to the short and long course state meet dates. All qualifiers will be expected to attend. Hotel rooms are at a premium for both events so watch your newsletters for when they become available and book quickly, especially in Sulphur. Make reservations as soon as possible to guarantee a place to stay.

Due to poor weather the corn maize outing was cancelled. Our next event will be at the House of Wheels in Bossier City. Last year was a blast so make plans to attend. It will be November 18th from 4:30-6:30 and the Booster club is picking up the tab! We are trying to have more opportunities for the team to socialize outside of the pool. Look for paintball and bowling coming up next. If you or your swimmer has an idea for a fun place to go let us know!

November 17th is the date of our first in town meet and we expect as many of our swimmers to compete as possible. There aren't many reasons for missing a meet in your own backyard.

*Make every stroke count!*

*- The Coaches*

# How Can You Help Your Swim Team?

*a guide for letting parents know how to help*

The first question really should be, “Why should I help the Swim team?”. The answer for many people is not clear. The simplest reason is also the most powerful. You should help because your child benefits greatly from the program. The second reason is that most clubs cannot function without substantial volunteer help. The economics are not there for a full professional staff to do all the things that need doing.

Imagine if you had to pay for all you get from swim team. For COSST that would mean hiring full time staff to handle administrative work including day to day operations of the club and special events such as in town meets. Monthly operating costs would double!! Less than 15% of the clubs in the USA have full time swimming coaches, and less than 5% have more than one full time coach. You can begin to recognize the need for parental involvement.

Now let’s get along to how you can provide help. People have strange attitudes toward working with organizations. In most, a very few people do a tremendous amount of work that benefits everyone. This is especially true in swimming, which perhaps speaks to the quality of person that swimming attracts. There are parents who develop workaholic behavior towards swim teams. This is a bad deal for everyone. That person sooner or later burns out, leaving a big hole to fill. Meanwhile, that individual holds a great deal of power in the club, according to the rule that says, “he that does, decides.” (That unwritten rule operates in all volunteer organizations, doesn’t it?)

To avoid burnout, the club needs a little bit of time from everyone, a little more from some, and on occasion, a great deal from a few. Note that when you find your lawn uncut, the dishes three days deep in the sink, your cat starving on the front porch, and you have just driven home from swim team leaving half the car pool at the swimming pool, you are overcommitted. This may also result in your child thinking that your club job is more important than they are.

The simple goal of most swimming organizations is to devise a system where the coach is left free to do what they do best . . . to coach. This means that parents take responsibility for fund raising, administration, club communication, and similar items. Over the past five years there has been a trend to look at coaches more as a CEO model, where they are involved in those things to the extent of making sure they are successful, but essentially the tasks are accomplished by parents. Having Coach involvement in those tasks is great, if they have time. If they don’t, the idea is to use the volunteer talent available, in the areas where it can be most effectively deployed.

Most clubs have a Board of Directors that help operate the club. The best Boards are long range planning Boards, that leave the daily work to the committees. New swimming parents are often asked to work on one of these committees. If you are not asked, volunteer. Many times people simply forget to ask . . . they are not slighting you, they are just so busy, they don’t notice. This is also where you benefit to make new friends in swimming.

What kind of jobs are available?

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1. **Fund Raising** . . . bring the dollars to make up the difference between operating budget and club fees. There has never been an organization with enough operating funds, and swimming is no exception. Most of us are experts at spending less and “raising” money, so if you have any ability here, you’ll be extremely popular in the club (of course, if you have that ability you are already extremely popular). In the past we have had swim-a-thons, Christmas greenery sales, rummage sale, a triathlon, and more.

2. **Publicity** . . . letting people know about the club, its goals, aims, results, and personal stories. A journalism background is helpful but even more important is a willingness to organize results, type, and run them around town to local papers, TV and radio stations. It takes persistence and the results are not automatically on display immediately but when they appear everyone automatically feels pride in knowing they are part of a great organization that is getting press coverage!

3. **Membership** . . . an ally to publicity, helps the club attract and retain members. This can be really rewarding for new parents as they learn much more quickly about good things in swimming while working on this type of group. Learn to swim programs and summer league provide the bulk of new swimmers to teams and you’ll be a source of information to prospective swimming families.

4. **Administration** . . . a general subheading for a vast array of jobs that include things like newsletters, meet entries, and operating phone trees. The amount of work required to operate a swim team is amazing, and most clubs like to have a system where one person performs a task while another learns it as an apprentice and then takes over later on, thus many jobs are referred to as “doubles.”

5. **Swim Meets** . . . There are those who run meets as part of the fund raising efforts, and there are clubs who run meets strictly as opportunities for swimmers to compete, and there are some who do both. Even with electronic timing and computers, it takes 30-45 people a day to run a good swim meet. You’ll be called on plenty and your help is vital. This is one time that money will not substitute for your physical presence. The club will train any willing parent how to time and officiate meets. This is viewed as one of the best jobs during a swim meet because you get to be directly involved with the flow of the meet. Timers get front row seats to all the action and officials make sure everyone on all teams does the stoked properly.

Lastly, remember that a parent organization in its best role is a watchdog philosophy . . . that same philosophy that you joined the team for. Stability is what builds the organization and your support for that stability is the key thing you can contribute. I like the thought of “bloom where you are planted.” As your child progresses in swimming stay with your club and help it progress. Involve yourself in helping to set goals and objectives and make it great! And remember, it is all for FUN and all your family.

The COSST Board of Directors consists of President - Newt Dorsett, and Vice-President - Kevin Murphy. They are currently trying to find a way to create a permanent, year round location for COSST so all 3 groups can cohesively practice in the same place the entire year. Meetings are held the last Wednesday of every month at 6:00pm at Centenary College. If you can’t make a meeting, please let one of these gentlemen know where you would like to help. It is highly likely they do not know what expertise you may have and it will be up to you to contact them. ANY help is appreciated! The next meeting will be November 28th. Please make plans to attend.

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**COR WINTER CLASSIC**  
**TEAM HOTEL**

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

**CONGRATULATIONS**  
**TOP MAKOS SWIMMERS!**

On October 13-14, COSST competed at the MAKOS Fall Invitational in Jackson, MS. Despite the dripping ceiling and long first day, COSST swam fast earning 2nd place among all the Mississippi and Louisiana swimmers. The following swimmers earned at least 10 points for COSST.

Tyler Jusselin	68*
Thomas Siskron	63*
Chelsea Russell	55
Madison Trudnak	54
Hope Dorsett	53
Campbell Siskron	47*
Danielle Albert	43
Steven Cox	40.50
Johnny Kamphius	40
Matt Kundo	39
Scott Cook	37
Jenna Herkey	34*
Matthew Pope	33
Patrick Merrell	33
Rachel Ewart	31
Sarah Davies	28
Garrett Hooper	22
Haley Poole	18
Tyler Eddlemon	16
Thomas Campbell	15
Abigail Aldridge	13
Sam Russell	10

\* Tyler Jusselin, Thomas Siskron, Campbell Siskron, and Jenna Herkey also won high point honors! Way to go swimmers!

**NOVEMBER SUPPLY FEE**

On your statement you will notice a \$10.00 "supply fee" charge. For this fee every family will receive a qualifying time standard bag tag, and t-shirt for each swimmer and a telephone directory. We will also have a limited supply of car bumper stickers available on a first come first served basis. There will be extra t-shirts for sale.

*Thank you Janet Campbell for all your hard work on the directory!*

**COSST SWIMMERS HONORED**

Former COSST swimmers Robert Looney and Micah Martindale were named Louisiana Male and Female Swimmers of the Year. The honor is determined by votes of all Louisiana Swim Team Coaches. They are both now swimming on scholarship at Auburn University and are expected to do very well.

**SO YOU CAN SWIM, BUT CAN YOU SKATE?**

What: Roller Skating Party  
When: Sunday, November 8th  
4:30-6:30  
Where: House of Wheels, Bossier  
Why: Why not?

Make plans to join all COSST families for an evening of free fun and food at the House of Wheels in Bossier City. The Booster Club is providing this opportunity for swimmers and their parents to socialize away from the pool.

**ARK -LA- TEX**  
**WINTER CLASSIC**

**November 3-4, 2007**

Texarkana College  
Pinkerton Center  
2500 Robinson Road  
Texarkana, TX 75503

this is a "one" session meet so all swimmers need to start warming up at 9:30am on both days. Competition will start at 10:30 and the 500 will be swam after the relays.

**COSST "B" MEET**

**Saturday, 11/17**  
**Centenary College**  
**All COSST swimmers\***

Centenary College will be the site of our first home meet of the season. This is a "B" meet and \*swimmers may not enter events in which they have equaled or bettered the "qualifying" times for each event. If a swimmer is too fast for an event, he/she may move up to swim in the senior age group. This is a perfect meet for new Junior Varsity swimmers (Entry forms are attached and should be emailed to Coach Patrick by Friday November 2nd).

Betsy Ebarb is serving as the meet director and will need help from everyone. Many of the high school swimmers will be competing in the state championship and veteran parents will not be around to help. This is the perfect opportunity to be a part of the behind the scenes team! Help is needed in all areas, including but not limited to hospitality, timing, officiating, computers, concessions, etc. Feel free to contact her at:

868-7775 (home)  
573-9182 (cell)  
beebarb@comcast.net

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