

# NEWSLETTER

## WELCOME BACK!

September 2009



### UPCOMING SCHEDULE AS OF SEPTEMBER 2008

October 9-11th	MAKOS meet	Jackson, MS
October 24th	COSST "B" meet	Centenary College
October 31st	Swim-a-Thon	Centenary College
November 21st	LA Gold Quad Meet	Monroe, LA
December 4-6th	COR meet*	Dallas, TX
December 5-6th	ATAC Inviational	Texarkana, TX
January 8-9th	LA Gold Invitational	Monroe, LA
January 16-17th	COAST Winter Invite	Alexandria, LA
January 29-31st	Caddock Invitational	Cleveland, MS
		* qualifiers only

We hope everyone is well rested and had a great summer. The coaches have been hard at work finding ways to improve on an already successful program. If you haven't heard already, Coach Matt joined the Navy and is in Chicago, IL for basic training. We will miss him dearly but wish him the best. He would love to receive mail so drop him a letter when you have time.

With a new year comes new coaches and coaching assignments. Coaches Butch Jordan, Joe Ferguson and Dustin Myers will continue to work with varsity and Centenary College. Patrick Oathout is the head coach of pre-varsity and will be in charge of all groups practicing at LSUS. Derrek Amidon will only be on deck with pre-varsity this year. Martha Siskron will be in charge of group 2 with help from Ron Herkey. Linda Pope will be in charge of group 1 with the help of Sara Sewell and Laura Aldridge. We are so fortunate to have such a wonderful coaching staff!

Our first meet will be MAKOS in Jackson, MS the second week of October. Make sure to make hotel reservations as soon as possible. We have a block of 32 rooms at 1 all suite hotel next door to the pool. We will need to act fast to reserve more rooms if we need them. Over 100 new swimmers attended try-outs the last week of August. Please make them feel welcome and let them know why we are the best team in Louisiana!

It's going to be a great year! See you at the pool.

-The Coaches

### PRACTICE TIMES

*\*for september only\**

all practices are at Southside

### *VARSITY*

M-Th 5:00-7:00

F 4:15-6:15

### *PRE-VARSITY*

M,T,Th 5:00-6:30

Fri 4:00-5:30

Sat 8-9:30am

### *JUNIOR VARSITY*

group 1 M,T,Th 4-5

group 2 M-Th 4-5

group 3 M-Th 4-5

**Minutes COSST Booster Club 8/27/09**

Meeting called to order by President, Brian Trudnak  
Minutes from July were approved

**Treasurer Report:**

Rhonda Briggs reported that the bank balance is \$24,140.69 as of 8/27/09.  
\$1085 was received from Sportspectrum for the COSST Kids triathlon and \$197.75 was received from the Thrifty Peanut.

**Old Business:**

Thrifty Peanut-Everyone is encouraged to continue bring books and media to Southside and place them in the Thrifty Peanut drop box. This is an easy fundraiser for COSST and we received our first check today.

Special Olympics held at LSU-S on August 1 was well attended. Thanks to all the swimmer volunteers!

**New Business:**

Booster Club dues will remain \$25/swimmer. With each paid dues a parent will receive a COSST t-shirt to wear to the meets. Sizing will be done when the swimmers return after Labor Day.

The webhosting site for the COSST webpage has increased in cost. It has gone from \$95/month to about \$170/month.

**Upcoming Events:**

Intersquad Meet- Red vs Blue Saturday Sept 19 at 2:00. Potluck dinner, the booster club will provide hot dogs and each family is requested to bring a dish. Currently there are 95 swimmers entered and that number will increase when new swimmers start next week. Caps are being ordered by Marie Davies and the t-shirt design was presented at the meeting by Carri Jo Robertson. The cost is \$5/swimmer to offset the cap and shirt cost. Volunteer sheets will be handed out to line up helpers for the coming season.

Swim a Thon- Sat Oct 31 Will be a great way to start Halloween with a fun morning of swimming and playing. More information to follow...

Makos Meet – October 10-13, 2009

COSST “B” Meet-October 24, 2009 (Tentative date) at the Centenary Natatorium. We need a meet director. Please contact Brian Trudnak if you are interested, this is a great meet to ease your way into this fun volunteer position.

**Coach’s Report:**

Butch Jordan reported that the swim camp went well. Varsity practice will start Wed, Sept 2 at 5:00 at Southside. The team suits and caps will remain the same for this season however the price on silicone caps has risen dramatically (latex caps remain a cheaper option and will also be available). The next meeting of the COSST Booster club will be Tuesday September 22, 2009 at 6:00 at Southside everyone is encouraged to attend.

Jennifer Russell, Secretary

## **Watching Your Child at Swim Practice**

In our swim program, we want the child's attention focused on the coach and the tasks at hand. Occasionally children miss an instruction, or have a goggle problem, or are involved in some other distraction, or are simply playing and having fun - which is all normal behavior for young children. We view these little difficulties as part of the learning process and we allow the children an opportunity to develop the self discipline and self reliance needed to overcome these difficulties without the help of moms and dads.

We know it is common in many other youth sports for parents to stand at the sidelines and shout instructions or encouragements and sometimes admonishments to their children. However, in our swim program we ask you not to signal them to swim faster, or to tell them to try a certain technique, or offer to fix a goggle program, or to move away from some other "menacing" swimmer, or even to remind them to listen to the coach. In fact, just as you would never interrupt a school classroom to talk to your child, you should not interrupt a swim practice by attempting to communicate directly with your child.

What's wrong with encouraging your child during practice? There are TWO issues. First we want your child to focus on the coach and to learn the skill for their personal satisfaction rather than learning it to please their parents. Secondly, parental encouragement often gets translated into a command to swim faster and swimming faster may be the exact opposite of what the coach is trying to accomplish. In most stroke skill development we first slow the swimmers down so that they can think through the stroke motions. Save encouragements and praise for after the practice session. This is the time when you have your child's full attention to tell them how proud you are of them.

What's wrong with shouting or signaling instructions to your children? Your instructions might be different from the coach's instructions and then you have a confused child. Sometimes you might think the child did not hear the coach's instruction and you want to help. Most of us do not want to see our own kids make a mistake. Part of the learning process is learning how to listen to instructions. When children learn how to rely on a backup they will have more difficulty learning how to listen better the first time.

As parents, many of us want our children protected from discomfort and adversity and we will attempt to create or place them in an environment free from distress. So what's wrong with helping your child fix their goggles during practice time? Quite simply, we want to encourage the children to become self-reliant and learn to take care of and be responsible for themselves and their own equipment. Swimming practice is a terrific place to learn these life skills.

If you need to speak to your child regarding a family issue or a transportation issue or to take your child from practice early you are certainly welcome to do so but please approach the coach directly with your request and we will immediately get your child out of the water. If you need to speak to the coach for other reasons please wait until the end of practice or call.

**MONTHLY DUES**

JV - group 1	\$55.00
JV - group 2&3	\$65.00
Pre-Varsity	\$95.00
Varsity	\$130.00

In addition to the monthly fees, the annual USA Swimming registration fee of \$65.00 is billed on this month's statement if you did not already take care of this on Tuesday September 4.

\* On the 10th of the month the monthly balance as listed on the statement will be automatically drafted from your account. If you do not agree with all the charges, it is your responsibility to contact Martha Siskron at 272-6514 or [msiskroniv@mindspring.com](mailto:msiskroniv@mindspring.com) to settle the account.

**EMAIL COMMUNICATION**

Coach Patrick Oathout is trying to build upon the COSST email network we currently have. If you do not currently receive emails from COSST, please send him a note at [coachoswim@gmail.com](mailto:coachoswim@gmail.com) to be included. This is the fastest and least expensive way to get ahold of the team as a whole.

All team communication will be done by email so you must make sure we have a working address.

**MAKOS INVITATIONAL**

When: October 9-11  
 Where: The Courthouse  
 Jackson, MS  
 Who: all COSST

Please make plans to attend this fun, first meet of the season. We have rooms reserved at the Country Inn and Suites in Flowood, MS, right next door to the pool.

**Country Inn & Suites**  
**1004 Treetops**  
**Flowood, MS 39232**  
**601-939-2676**  
**www.countryinns.com**  
**\$89.00**  
**ask for "COSST" rate**

**COR**

When: December 4-6  
 Where: Loo Natatorium  
 Dallas, TX  
 Who: "A" qualifiers only

We are staying at the same hotel we usually stay at. Talk to your coach about the qualifying standards for this meet.

**Springhill Suites**  
**15255 Quorum Drive**  
**Addison, TX 75001**  
**972-774-1010**  
**\$69.00**  
**ask for "COSST" rate**  
**deadline is 11/13/09**

**OCTOBER POOL CHANGES**

On October 1st, all JV and PV practices will move to LSUS. The days will stay the same and the times will change as follows:

JV - group 1 M,T,Th 4-5  
 JV - group 2 M,T,W,Th 4-5  
 JV - group 3 M,T,W,Th 4-5

PV M,T,Th 7:00-8:30  
 F 4:00-5:30  
 Sat 8:00-9:30

V TBA by Butch

Please remember to follow these pool rules at LSUS.

1. Parents **MUST** bring their swimmers into the building.
2. All swimmers **MUST** sign in at the desk.
3. The pool area is to be entered from the restrooms.
4. No food, drink, or gum is allowed around the pool. It must be contained in the bleacher area.
5. No parents are allowed to speak to the coaches during practice. The coaches have limited time to spend with the swimmers. Please hold all questions until after practice.