

# NEWSLETTER

## WELCOME BACK!

September 2008



### UPCOMING SCHEDULE AS OF SEPTEMBER 2008

October 10-12th	MAKOS meet	Jackson, MS
November 1st	COSST "B" meet	Centenary College
November 8th	Swim-a-Thon	Centenary College
November 23rd	LA Gold Quad Meet	Monroe, LA
December 5-7th	COR meet, for qualifiers	Dallas, TX

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 now the head coach of pre-varsity and will be in charge of all groups practicing at LSUS. Robyn Patterson will be in charge of group 3 and will help out with pre-varsity when available. Martha Siskron will be in charge of group 2 with help from Ron Herkey and our newest addition, Derrek Amidon. Linda Pope will be in charge of group 1 with the help of Sara Sewell. 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 2 all suite hotels 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

SR Miller, Matthew A  
DIV 344 USS Arizona  
Bldg 7111  
Command Training recruit  
Great Lakes, IL 60088

### PRACTICE TIMES

*\*for September only\**

All practices are at Southside

### VARSIITY

M-Th 5:00-7:00

F 4:15-6:15

### PRE-VARSITY

M,T,Th,F 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 5-6

## LONG COURSE STATE CHAMPIONSHIPS

On July 17-20, 33 COSST swimmers participated in the Long Course State Championships in Sulphur. COSST finished 4th place with the top 5 teams scoring as follows:

Crawfish Aquatics	3,773.5
Crescent City Swim Club	3,616.5
Blast Swim Team	2,961.5
COSST	2,460.5
Hurricane Swim Club	2,233.5

All of our swimmers performed well scoring points for the team. The following swimmers were responsible for contributing to our overall team score. Congratulations to all of those who competed at this meet and represented COSST so well.

Matthew Wilson	116	Karli Murphy	81
Helen Dorsett	112	Matthew Pope	80
Rachel Ewart	111	Matt Kundo	69
Chelsea Russell	109	Katherine Kamphius	56
Johnnie Kamphius	109	Thomas Siskron	55
Hope Dorsett	105	Cavett Feazel	48
Jo Claire Robertson	103	Hannah Dorsett	31
Patrick Merrell	100	Kaden Amidon	28
Meredith McGee	96	Brittany Ewart	28
Sarah Davies	96	Thomas Campbell	20
Tyler Jusselin	93	Scott Cook	15
Tanner Murphy	86.5	Taylor Thompson	14
Danielle Albert	82	Tyler Eddlemon	5

Three swimmers qualified to swim at the Zone Championships in Atlanta. They were Hope Dorsett, Rachel Ewart, and Chelsea Russell!!

## THE BOOSTER CLUB NEEDS YOU!!!

If you haven't heard already, there is a substantial effort underway to raise funds to improve Southside to it's original luster and beyond - and maybe much more. Tom Siskron and Derrek Amidon are spearheading the effort and will need everyone's support, especially with contacts. Please make every effort to attend the next Booster Club meeting on September 18th at 6:30pm to hear about this exciting project and much more! This is a perfect time for new parents to get involved. The meeting will be at Centenary College in the new fitness center. There are many areas we need help!! Contact Tom at [ftsiskroniv@mindspring.com](mailto:ftsiskroniv@mindspring.com), or Derrek at [own007@aol.com](mailto:own007@aol.com) or Mike Robertson (President) at 861- 3381 for more information.

### **Sticking with Swimming, what can a parent do?**

#### **The Unfortunate Path that Many Swimmers Follow:**

The swimmer's career often starts with 8/under success and high parental enthusiasm. The child is encouraged by parents and others to excel and a big deal is made out of every accomplishment. As the child changes age groups and moves into the 9/10 group, even the most successful child may struggle because he or she has a harder time finding success against 10 year olds. What successes are achieved may not be as noticeable. Unfortunately, as many as one-third of the young swimmers and their families do not make it past this point.

By the time swimmers are 10 or 11 years old, they (or their parents) may realize that twice a week practices or summer only swimming is not enough to compete with others who are practicing more frequently. Physical ability and natural coordination can still help athletes to stay competitive and have success but it is getting harder to stay on top. More big changes and rude awakenings are lurking in the the future.

#### **The first Big Change: From 10/under to 11 & 12**

Events become longer going from 25's and 50's to 50's and 100's and even some 200's. Competition changes from sprint competition to race/pace/competition. In some programs, one half of the athletes and their families do not make this change. They never give the coaches or the program a chance to help the athlete adapt to the changing nature of swimming competition.

#### **The second Big Change: From age 12 to 13&14/Senior swimming.**

Events change again. Now it is all 100's & 200's along with 400/500 and 1000/1650. The athlete must develop a work ethic and intensify the training aspect of swimming. Physical changes affect both male and female athletes. Athletes get bigger and stronger, but many, especially the girls, may struggle to cope with their "new bodies." This can one of the most rewarding phases of an athlete's career, yet many will give up.

#### **The Role of the Parent in Navigating the Big Changes:**

Sometimes, unfortunately, it is the parents who are responsible for their child leaving the sport. For example:

1. Parents who are former athletes, especially former swimmers, may have unreasonably high expectations.
2. Parents believe that they are in charge of the athlete's happiness and that only "winning" can bring happiness.
3. Parents believe that early success equates with long term success. The 8/under star will, of course, become an Olympian.
4. Parents may not understand the need for technical and skill development before "swimming fast."

Parents must examine their own motives. Form a philosophy that emphasizes the process, not the outcome. Be the guides on the "fun path" not the "victory path."

#### **What Can Parents Do to Reverse the Trend?**

Parents must develop, progress and grow just as athletes do. Experience is the key and communication is the mode. Swimmers already have coaches, friends and teammates. They need a parent to fill the parental role. "Coaches coach children, parents raise children. "

Here are some of the benefits your child will garner if he or she sticks with swimming:

**Life Lessons:** Only one swimmer can win the race. Does this mean everyone else is a loser? Of course not! Swimmers need to constantly be reminded that a top-notch effort on their part will result in personal satisfaction and a contribution to their team. Most USA Swimming clubs design a program of competitive training and competition for our younger swimmers based on long term development. Therefore, we may not stress early competitive success with a great deal of fanfare. Remember that swimmers under the age of 12 are very inconsistent which can be frustrating to a parent or to the swimmers themselves. Fun and patience are the keys here.

**Leadership:** In many cases, our team leaders and successful Senior swimmers were not outstanding age group swimmers. Those who "stick with it" often develop into outstanding leaders, having learned patience, dedication and commitment. Steady progress and understanding the meaning of various accomplishments will make a motivated, well adjusted Senior swimmer.

USA Swimming clubs go to great lengths to provide opportunities for all swimmers equally, although some-times it may seem that more emphasis and time is spent on Senior swimming. An 8/under will swim no more than 45 minutes two or three times a week, while a Senior swimmer may be in the water 18 hours per week! Both swimmers are having their needs met as part of a long term progression. Understanding the long term benefits and the long term progression will help parents navigate the waters of a swimmer's career. If you associate "time" with "attention", the longer a swimmer stays with swimming the more attention he or she will receive.

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### 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 10-12  
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 and America's Best Inn and Suites in Flowood, MS, right next door to the pool.

Distance events will be swam Friday evening. The official schedule is not out yet as of this printing, however, we believe the 500 free and young 200IM will be swam on Friday.

#### **Country Inn & Suites**

**1004 Treetops**

**Flowood, MS 39232**

**601-939-2676**

**www.countryinns.com**

**\$89.00**

**ask for "COSST" rate**

**deadline 9/26/08**

#### **America's Best Inn & Suites**

**1003 Treetops**

**Flowood, MS 39232**

**601-933-0066**

**\$66.00**

**ask for "COSST" rate**

**deadline 9/26/08**

### OCTOBER POOL CHANGES

On September 29th, 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 5-6

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

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.