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# NEWSLETTER

“One secret in life is for a man to be ready for his opportunity when it comes.” Benjamin Disraeli

October 2008



## UPCOMING SCHEDULE AS OF OCTOBER 2008

October 10-12th, 2008	MAKOS Invitational	Jackson, MS
<b>October 23<sup>rd</sup>, 2008 6:30 PM</b>	<b>NWLSA Board Meeting</b>	<b>Centenary College</b>
<b>November 1st, 2008</b>	<b>COSST “B” Meet</b>	<b>Centenary College</b>
<b>November 8th, 2008</b>	<b>Swim-a-thon!!!</b>	<b>Centenary College</b>
November 22 <sup>rd</sup> , 2008	LA Gold Quad Meet	Monroe, LA
December 5 <sup>th</sup> -7 <sup>th</sup> , 2008	COR (“A” qualifiers only)	Dallas, TX
January 16-17 <sup>th</sup> , 2009	COAST Winter Invitational	Alexandria, LA
January 23-25, 2009	Swim LA Invitational	Sulphur, LA
<u>February 12<sup>th</sup>-15<sup>th</sup>, 2009</u>	<u>Short Course State Championships</u>	<u>Sulphur, LA</u>
<u>July 9-13<sup>th</sup>, 2009</u>	<u>Long Course State Championships</u>	<u>Baton Rouge, LA</u>

On October 4th the Louisiana Coaches’ Association met to plan the upcoming year and vote on many proposals. The main topic of conversation centered around changing the short and long course state meets. This change is meant to allow less conflict between swimmers competing in both state meets and sectionals. Please take note of the date and location changes above. We are furiously working on securing hotels so look for more information to come.

Fall is a very busy time for COSST. Our first meet is this weekend and the “B” meet and swim-a-thon are not far behind. We need to capitalize on the Olympic fever in town and turn that into support for the future of our program. Soon each family will receive information about our capital campaign and how we plan to upgrade our facilities and possibly build a new one. We will need the support of the entire team to turn this dream into a reality. See

you at the pool ~ *The Coaches*

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## Get Ready to Swim-A-Thon!!

When? Saturday, November 8, 2008  
8am-12 noon  
Where? Centenary College

Get ready for a morning of FUN!! There will be swimming, music, good food, games, and prizes for all age groups!

Swim-A-Thon is a FUNdraiser in which swimmers earn money for COSST by swimming lengths of the pool. Participants may seek pledges from businesses, family, friends, and neighbors. The pledge period begins now.

Individual prizes, as well as a group prize will be offered to those who raise the most money for COSST! More information on prizes will be forth coming...

This is a great way to boost team spirit and increase community awareness of our team! Come join the fun! See you at the pool!

contact Sherri Trudnak for more information  
[trudnaks@bellsouth.net](mailto:trudnaks@bellsouth.net)  
524-0404

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## **Minutes COSST Booster Club 9/23/08**

Meeting called to order by President, Mike Robertson

Minutes from August were read and approved.

Mike read a letter from a father of a swimmer at Special Olympics thanking the COSST volunteers and swimmers for their support of Special Olympics.

The following people we nominated and approved to the COSST Booster Club Board:

Derrek Amidon	Nikki Amidon
Kurt Leonards	Jeanne McLaughlin
Tom Siskron	Jennifer Russell
Brian Trudnak	Mark Jusselin
Danny Ebarb	Jocelyn Hooper

The Bank Balance is \$16,104.16 as of 9/23/08. More money from dues was still being collected.

### **Swim Meet Business:**

COSST "B" Meet-Betsy Ebarb has volunteered for Meet Director. Betsy has most of the necessary volunteer positions filled but needs officials and starters for both sessions. Betsy would also like a parent to shadow her during the meet and then to be director for the Winter Invitational in February.

Damon McCoy Meet will be held June 12-14, a week delayed due to schools getting out later this year.

### **Fundraising:**

Cook Book-Laura Aldridge and Marie Davies are heading up a cookbook due to the responses from past hospitality at meets. Information will be forthcoming, these will be available by Christmas.

SwimATHon-Carrie Jo Robertson gave a presentation about the COSST SwimATHon which will be held at Centenary from 8-12 on Nov 8. The swimmers will have a 200 lap maximum. Pledges can be a set amount or a total amount/lap. There will be food, fun and prizes, including a contest between groups. USA swimming will provide some prizes and all proceeds are tax deductible to the NWLSA account. Carrie Jo is in need of parent representatives of each group and volunteers to count laps during the event. More information will be given out to the swimmers very soon.

Capital Campaign-Derrek Amidon and Tom Siskron gave a power point presentation on the brochure they are making up to enable them to solicit funds for the capital drive. The presentation covers the Past, Present and Future of COSST. \$400,000 is needed at a minimum to refurbish areas of Southside Swim Club, \$1,000,000+ is needed to cover the outdoor pool. Proposals include a Lifetime Fitness Center and partnerships with other athletic organizations in the city (running and cycling clubs) as well as physical therapy/rehab organizations. The current timeline is to have an initial printing of brochures by 10/1/08 (donated by Tom Siskron). A feasibility study and computer rendering by Jan 1, 2009 and final decisions by March-April 2009. Anyone who would like to be involved in the capital drive is to contact Tom Siskron at [msiskroniv@mindspring.com](mailto:msiskroniv@mindspring.com).

Novus Windshield Repair Express- Derrek Amidon reported on a fundraiser involving this business who will donate a % of car window repair/replacement when COSST is mentioned. This will be revisited later due to so many other fundraiser projects currently in the works.

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Book Drive Fundraiser-Jeanne McLaughlin gave a presentation about an easy fundraiser for COSST that involves families donating books and media which will be sold by “The Thrifty Peanut.” The Thrifty Peanut assumes all expenses for sorting, shipping and advertising and COSST receives 50% of sales on books/media donated by COSST families. The logistics of this fundraiser is difficult during the winter season due to the swimmers being spread out all over Shreveport. A committee will be formed to work out logistics of this and information will be sent out to the COSST families when we are able to start, possibly spring when the swimmers are all back at Southside.

**Coaches Report:** The Josh Davis Clinic was very successful and well attended. Since all COSST swimmers were charged \$15 to cover the cost of the clinic and Josh Davis reduced his fee by \$2,000.00, it should be budget-neutral. A deal has been worked out with WK-South to use their pool for overflow. PV will be using in on Saturday mornings and in the future, Group I may also move over there. Except Varsity, all the other groups are moving to LSU-S starting Sept 29.

**Upcoming Events:** Makos Meet Oct 10-12 in Jackson, MS  
COSST “B” Meet Nov 1 at Centenary  
Swim A Thon Nov 8 at Centenary  
Rest of swimming schedule will be determined after the coach’s meeting in Lafayette.

The next meeting of the COSST Booster club will be 6:30 pm Thurs, Oct 23 at Centenary.

Everyone is welcome to attend.

Jennifer Russell, Secretary

I hope you find the following links helpful the website is full of great information.

USA Swimming website links:

Main page you can navigate anywhere from here.

<http://www.usaswimming.org/usasweb/DesktopDefault.aspx>

Times Page you can find you child’s times and the motivational times page (A/B times)

<http://www.usaswimming.org/usasweb/DesktopDefault.aspx?TabId=82&Alias=Rainbow&Lang=en-US>

Parents page this can give parent new and old great information

<http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=6&Alias=Rainbow&Lang=en>

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## **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 problem, 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.

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USA Swimming website links:

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