



NEWSLETTER

March 2010

UPCOMING SCHEDULE AS OF MARCH 2010

March 10, 2010	Booster Club 5:30PM	Centenary
	Following with Officials Meeting	
March 11-14, 2010	Short Course Championships*	New Orleans, LA
April 17, 2010	<u>COSST Banquet & Clinic</u>	<u>Shreveport, LA</u>
June 11-13, 2010	Damon McCoy	Shreveport, LA

*** qualifiers only**

The 2009-2010 Short Course season will be ending this month with the State Championships. The hard work, long practices and fast swims at the meets truly show that COSST swimmers "ROCK". COSST is sending its largest number of qualifiers to State Short Course ever, **65**. Our qualifiers are:

9-10 Girls

Abigail Aldridge, Emily Canales, Anna Deck, Heather Kleinsasser, Haley Poole, Madison Trudnak, Leta Broome, Emma Sewell

9-10 Boys

Robert Steven Brown, Daniel Dial, Allen England, Luke Keen, Campbell Siskron, Thomas Siskron, James Herron, Davis Little

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11-12 Girls

Laura Jusselin, Lauren Frost, Madelyn Regenold, Madison Sewell, Madison Wallace, Haley Dishman, Hannah Grace Bellotte, Bailey Little

11-12 Boys

Kaden Amidon, Daniel Crews, Denver Dixon, Cade Fuxan, Matthew McLaughlin, Reed Keen, Alexander McDonald, Brady Eason

13-14 Girls

Rachel Briggs, Hope Dorsett, Michaela Stawasz, Valerie Leonards, Marin Tichenor, Ella Tichenor, Haley Oathout, Jennifer Cook

13-14 Boys

Cameron Doughty, Tyler Eddlemon, Cooper Feazel, Anthony McDonald

Senior Girls

Danielle Albert, Sarah Davies, Helen Dorsett, Rachel Ewart, Brittany Ewart, Katherine Kamphuis, Meredith McGee, Karli Murphy, Jo Claire Robertson, Christine Robicheaux, Chelsea Russell, Kelsie Winterrowd

Senior Boys

Arash Ataei, Cole Bourland, Thomas Campbell, Scott Cook, Cavett Feazel, Tyler Jusselin, John Kamphuis, Matthew Wilson, Cam Brandao

Thank you to the Doughty's for hosting the dinner for State Short Course swimmers.

The annual COSST banquet is set for **April 17, 2010**. Our speakers this year are **Eric Shanteau** and **Lacy Nymeyer**. Eric is a 2008 Olympian, cancer survivor and former Auburn All-American. Lacy is a 2008 Olympian (relay), NCAA Woman Athlete of the Year (in all sports), University of Arizona All-American and NCAA Champion. These athletes will also be conducting a clinic at Centenary the day of the banquet. Please start making plans to participate at these two events.

Minutes COSST Booster Club 2/10/10

Meeting called to order by President, Brian Trudnak.
Minutes from January meeting were read and approved.

Treasurer Report:

Rhonda Briggs reported that the bank balance is \$42,361.23 as of 2/10/10.

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Old Business:

We still need some type of organizing of who is available to officiate and also links to becoming an official. The four new lane ropes for the 50M pool at Southside have been ordered. The Banner with the new logo is in the works but will not be here by State Short Course.

Fundraising:

No report.

Upcoming Events:

COSST Winter Invitational is Feb 20 at Centenary. Brian Trudnak is meet director. We are getting a good response of volunteers online at mysignup.com.

State Short Course dinner for swimmers is Sunday, March 7.

State Team Picture Wednesday March 10 at Centenary.

State Short Course Meet is March 11-14 at UNO Natatorium.

COSST Banquet is set for April 17, 2010.

Coach's Report:

Craddock was a really good meet, fast pool and helped kids be independent and get worries out before state meet.

Winter meet currently has 138 COSST swimmers and 80 swimmers from other teams. Hopefully no glitches at winter meet, so far 47 qualified for state. The volunteer signup sheet at mysignup.com has worked well and if we use it for Damon McCoy than volunteer organizations can go in and sign up.

The last practice before state on Wednesday the 10th all state swimmers go to Centenary to practice at 4. Arrive as early as possible for state team picture.

New Business:

Need to find host for state dinner set for the Sunday before state. Host organizes and sends out information. Usually provides main course and other parents sign up to bring the rest.

Team Spirit for state: Varsity does t-shirt. Everyone makes posters at the dinner. This year we are trying something new for goody bags. Instead of everyone and all ages getting the same bags, we are asking for volunteers to organize bags for each age group to make them more personal and age appropriate.

The COSST Banquet is being planned and two speakers are lined up for April 17th with a clinic for \$5,000. We are working on the place and the food. We may ask parents to bring potluck deserts.

Butch, Derrek and Tom Siskron met with Dr. Sykes. We are looking to raise funds for a new facility and make improvements to Southside and will begin mailing the booklets to potential donors soon.

The next meeting of the COSST Booster club will be March 10 at 5:30 at Centenary. Everyone is encouraged to attend.

Rhonda Briggs

Parent Pressure

Dr. Alan Goldberg, Sports Psychologist

“I’m so nervous. Oh my God, I can’t wait for this event to be over! If I don’t get a good time, I’m going to hear about it all the way home! Every time I swim slow, I have to go through the ringer with my dad (or mom) and listen to everything I did wrong. according to them I don’t work hard enough, my turns suck, and I fool around too much. They always make me feel awful after bad races, like they’re disappointed in me. It makes me hate swimming.”

A lot of swimmers get a bad case of performance anxiety pre-race which saps their confidence, tightens their muscles and drains the fun out of the sport. Often times, underlying these pre-race jitters is the powerful worry that unless they produce, mom and dad will be very angry and disappointed.

When a parent responds to your bad swims with anger, disapproval and criticism, we can assume that most of the times, their heart is in the right place, They are simply trying to be helpful and want you to do well. Unfortunately, this is not their role on the team, and they need to know that their trying to be helpful in this way may actually be causing you to swim slower.

Why?

In order to swim your best, you must be loose, relaxed, excited and having fun pre-race. If you’re worried about disappointing your parents then you’ll be too nervous, distracted and physically tight to swim well. Your parents need to understand that is they really want you to go fast, then their role on the team must be to help you stay calm and have fun.

They can do this in two ways:

First, by being your “best fan.” Parents need to be emotionally supportive and positive with you, to pick you up when you’re down, to help you feel happier and better about yourself, especially after a bad swim.

Second, by not coaching. Coaching is the one parent mistake that will cause serious unhappiness in your house and performance problems in the pool. Coaching involves critiquing your practices and races, pushing you to work harder, trying to motivate you, focusing you on beating other swimmers or achieving certain times, offering pre-race strategy and technique advice, etc.

Have a conversation with your parents today and tell them that when they act like your coach and get angry and frustrated when you go slowly, they aren’t being supportive, and this will never help you relax, have fun and swim faster. Instead, coach them as to exactly what you need from them before and after your races. Help them understand what, if anything, they could say pre-meet that would help you relax and have fun. Tell them what you most need from them after a disappointing swim or meet. Remind them that they have to play the right role on the team for you to be successful!