

# Colonel Crawford Swim Team Newsletter

October, Issue 2, 2021  
Contributions to newsletter, email to [ccswimmers@gmail.com](mailto:ccswimmers@gmail.com)

## OH BOY!!!

Great month of practicing is behind us. Now the competitive season begins. Be sure to watch the deadlines closely so we don't get shut out. Several new to CCST swimmers. Glad to have you join us this season!

### Tentative Meet Schedule (Thru November)

10/3 – Season Opener (Hawken)  
10/9-10 – Canton Invite  
10/16 – Peg Neal Pentathlon  
10/24 – Stevie Grieshammer Meet  
10/30 – October Spooktacular  
11/6-7 – Splash Out Cancer Meet  
11/14 – Fall Breakout B Meet

### COVID Protocols:

- Athletes **MUST** arrive and depart in their suits. Locker rooms are not always available, plus we want to limit exposure time in locker rooms.
- Restroom breaks will be limited to ONE swimmer at a time.
- Athletes should bring their own water bottles (already filled).
- If not feeling well, please stay home.
- **DO NOT** arrive more than 5 minutes early. There are several teams using the pool and we do not want to interrupt their training.
- For now, park out back of the pool area in the grassy area. **DO NOT** park on the blacktop. **Beginning 10/18, park out front. Swimmers will wait in the hallway until prior team is done, before entering the pool area.**



### Practices Times for Oct. 4-15

USA Team – 5-6:25 (M-F)  
Rec Team – 6:30-7:30 (T/Th)  
(Rec Team last day is Oct. 14)

Practice times will be adjusted once the junior high and high school swim teams start in October.

### USA TEAM FEES

**Full Time** - \$150 in two payments. \$75 due 9/7 & \$75 due 12/15.

**JH Swimmers** participating on their school team:  
\$75, due 9/7. You may practice 9/7-11/1 and 12/20-end of season. (Dates approx).

**HS Swimmers** participating on their school team:  
\$75, due 9/7. You may practice 9/7-11/1 and 2/20-end of season. (Dates approx).

All CCST members must register for USA Swimming. If you are a returning swimmer your registration will need renewed in December. Registration fee is \$76 (good until 12/22) and includes team insurance, unlimited meets & championship meets (qualifying times apply). Rec Team fee is a FLEX membership and is \$20.00.



### CCST Alert Communication

Coaches will be using the REMIND app to communicate with all families. This system will alert all swim team families if there are changes in swim team events or practices. To join, text the message @ccsteagles to 81010.

### IMX/IMR Challenge

Beginning with the 2021-22 season, CCST will begin an incentive system for swimmers based on USA Swimming's IM Xtreme and IM Ready programs. The program is designed to promote and reward versatility in age group swimming while advocating greater participation and development across a range of events. The goal is to develop versatile and well-rounded athletes while promoting long term success. See website for details.

### SWIM-A-THON

We will hold our swim-a-thon again this season. Each swimmer is required to raise a minimum of \$50 fundraising fee. Rec Team members are not required, but may participate. Date TBA. With Trick-or-Treat being held on 10/31, we cannot do our usual Halloween swim-a-thon date. We will hold it over Christmas break.

### Swim Team Contacts

Coach Mike – 419.512.1094  
Coach Denise – 419.512.1096  
Kristin Rickel – 419.543.1841  
(Team President & Meet entries)

We are always looking for more parents. If you'd like to help out, please see Coach Mike or Kristin for details.

## TIME TO RACE

October truly begins our short course season... at least as far as meets are concerned!

We finally get to start racing against swimmers from other teams and these October meets start our journey towards short course season championship meets in February and March. While swims at our first couple of meets are never perfect, they give us an opportunity to work towards end of season perfection, or at least get as close as we can.

Every swimmer's October racing experience will be different and the coaching staff wants to caution both the swimmers and parents from being too reactionary off of what are essentially preseason swims. A swimmer who has grown 4 inches since they last swam a short course meet and has added 20% to their overall body weight since last March; are probably going to be in a very good position to see some time drops. A high school swimmer who trained hard for an entire season and shaved, rested and suited up for a tapered meet last February, is probably not going to touch their times from that championship meet. And that's perfectly normal and okay. I know it sounds weird in this sport to say that times are not important, but that's exactly what I'm saying for our October meets.

Our goal as a coaching staff is to see swimmers translate what we've been doing in practice into action on meet day. That's it. It's certain skills and techniques we're looking for not times. If these are done repeatedly over the course of the season, then the time drops will absolutely follow down the road. But we want to work in that direction: process first and results to follow. One of the biggest mistakes a young swimmer or inexperienced swim parent can do is expect and encourage the opposite.

### **Bottom line:**

Let's get excited about what the future holds and get excited about what you can do to shape it in a positive way. Think forward to next September and plan on how you can make you from the future proud of you from the present.

