



# The Starting Block



An Educational Newsletter for the  
**Hampton Dolphins**

December 2011

Contact our Head Coach with your questions or concerns:

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## This 'n That

### Holiday Practice Schedule

We have secured use of the pool on Dec. 26 - 29 from 11:00-2:00pm. Group practice schedule to follow soon.

### Upcoming Cancellations

Practice will be canceled Dec. 15 & 20 for high school meets. Also, no practice December 23, 24, 25, 30, 31.



Happy Holidays!

### Congratulations, Swimmers!

Great job swimmers in the November meets. The travel trip was a huge success for both swimming and fun. Tremendous improvement was seen from the first to the second meet for our Mini swimmers, and 70% best time swims at the USCS BB meet. Tremendous performance for that level of swimmers! Looking forward to the upcoming B meet for a first time showing for many of our new 9 & over swimmers. Keep up the good work, swimmers!!!

### Reminders

- Lost & Found is located in blue bin at pool side.
- Please do not enter the pool or locker rooms until 5:25 pm and with coaches only!!
- Complete meet information can always be found on the AMS website. Bookmark it at [www.amswim.org](http://www.amswim.org).



### Upcoming Meet Schedule



December 10, 11	North Hills	B Meet (B & slower)
December 16, 17, 18	Pitt Christmas	A Meet
January 7, 8	Fox Chapel	B Meet (B & slower)
January 14, 15	WAAC	Mini /Distance
January 21, 22	Bethel Park	A Meet Jr. Olympics



## Coach's Corner



Ask any adult that quit swimming by age 13 what they remember about swimming, and your answer will probably be that they remember very little. Now, ask an adult that swam through their entire young life and four years in college about their swimming and they will tell you that it was one of the best and most life-changing experiences they ever enjoyed. Our challenge then, is to keep our children swimming! As a coach, I prefer a patient and progressive approach to the development of our young swimmers. Most parents will echo their desire for long term development--but, many just want to "speed it up". Well-meaning and loving parents often push their budding stars to try to excel too early at almost any cost. And that cost is frequently a child's failing to finish for the long term.

Studies show that 70% of children who engage in any sport quit by age 13. If a swimmer is a superstar and ranked top 10 by age ten, 89% of those kids are no longer ranked by 17-18yrs. Plus, 45% of those superstars no longer swim. Please help allow swimming to be one of your child's most life changing experiences. Give them your unconditional support. Children feel enough pressure to perform from within themselves. It is the "self-driven", not the "parent-driven" child that will succeed over the long haul.

*Coach Laurie*

Happy Holidays and Good Swimming!

