

## Traralgon Swimming Club Committee and Executive 2011/12

President:	Jane Mitchell	5174-7806
Vice President	Karen Tsebelis	5134-1684
Secretary:	Heather Haney	5174-5115
Minutes Secretary	Robyn Mihaly	5176-0882
Treasurer:	Vanessa Withell	5174- 6084
Clothing Officer	Carol Reid	5176- 4255
Registrar:	Jodie Clare	5176-6529
Recorder:	Jean Coughlan	0413341587
Meet Directors:	Jane Mitchell	5174-7806
	Karen Tsebelis	5134-1684
Duty Officer:	Karen Tsebelis	5134-1684
Jnr. Team Manager	Tracey Georgeson	5174-8807
	Carol Reid	5176- 4255
Snr. Team Managers	Debbie Waltham	5127-7326
	Brigitte Maglen	5174-7409
Entries Officers	Will & Janette Morrison	5134-8546
Publicity Officer	Lynette Blunt	5126-2310
GSI Representatives	Loretta Moon, Mark O'Keefe Brigitte Maglen	
Grants/Sponsorship	Karen Tsebelis	5134-1684
	Heather Haney	5174-5115
Equipment Manager	Len Haney	5174-5115
Catering Team	Megan Kershaw	5176-1413
	Tania DaRos	5174-4961
New Families:	Michael Mihaly	5174 8807
	Robyn Lee	5176-6734
Club Coaches:	Brian Ford (Head Coach), Ben Geard, Will Morrison, Michelle Ford, Sam Fenton, Andrew Biram, Georgia Collings, Charley Askew, Assistant Coaches: Cameron Juha, Tom Morrison, Jess Norwood, Sam Roberts	

### TSC MISSION

**The Traralgon Swimming Club is a Competitive Swimming Club where Coaches, Swimmers and Parents work in partnership to develop an atmosphere where**

- **Swimmers can develop to their full potential**
- **The Club can achieve success on several levels - competitive, social, financial and organisational**

## TSC VISION

**The Traralgon Swimming Club is committed to being a professional, committed and welcoming organisation which provides a high level of service to its membership.**

**The Traralgon Swimming Club is committed to providing the best swimming coaching, sports science, physical and mental training to ensure our swimmers can attain the highest level of competitive excellence.**

**The Traralgon Swimming Club is committed to providing opportunities for swimmers and families to develop friendships and social relationships in a safe and nurturing environment.**

**The Traralgon Swimming Club is committed to being financially stable and in a position to support initiatives and equipment requirements through positive relationships with sponsors and active fund raising.**

The Traralgon Swimming Club is a competitive swimming club which provides a structure for the long-term development of its swimmers. Members are given opportunities to train with swimmers of a similar standard under the supervision of Bronze and Silver Level swimming coaches.

Our staff of dedicated coaches work together to provide a developmental swimming program where there is avenue for advancement through to higher levels.

Swimmers are encouraged to concentrate on personal achievements along the way and are awarded for milestones reached.

An Annual Presentation celebration is held where member's achievements at all levels are awarded.

## ***Swim Meet Tips***

### **Food**

We recommend that swimmers refrain from eating food that is sugar loaded, fizzy drinks, etc. It is cheaper and more nutritious to take food items such as:

fruit, bananas, orange segments, berries etc.  
sandwiches - vegemite, jam, salad  
drinks: water, cordial, sport drinks  
rice or corn cakes  
raw vegetables

Larger meals, meat pies, sausage rolls, etc., should not be eaten closer than two hours before swimming as they are not as easily digested.

At outdoor venues the host club always provides food for sale at meets. Usually reasonably priced, clubs often sell pasta, stuffed baked potatoes, jelly, fruit salad, sandwiches, cakes and BBQ as well as hot and cold drinks. These sales often occur at Club rooms. As well, kiosks operate at most pools.

### **What to take:**

A chair, sun screen, hats, rug for the kids to sit on. Some families even take a small tent for additional shelter especially in cold or wet weather. The Club provides a large tarp for shelter at outdoor meets which families are encouraged to sit under or near. Some children like the extra warmth of sleeping bags or blankets at cooler summer meets as it is important to stay warm.

## When you arrive:

Plan to arrive at meets ninety (90) minutes before the meet begins (e.g. 9:30am for an 10:30 am start) – or as directed through the coach's newsletter.

Some pools will charge admission (usually \$3 per person).

Families will stop at a table near the entrance where swimmer's names are 'ticked' and \$10 is paid for all swimmers. This covers all entries for the day as well as an SVI MAP levy. Swimmers wishing to scratch from any pre-entered events must do so with the recorder through the team Manager as soon as possible after arrival.

## Warming Up

Swimmers are strongly urged to get in the pool prior to the commencement of the meet. A Traralgon Swimming Coach, identifiable by a Traralgon T shirt or jacket will be on pool deck to assist with warm up which usually consists of stretches, slow laps, and short sprints. Practising starting dives on unfamiliar blocks, turning and finishing on the wall are all good things to try out before the meet begins.

## Marshalling for events

Announcements are usually made to let swimmers know when they must report to the Marshall with their goggles, caps, etc. in **the marshalling area**. It is **advisable to marshal 4 events prior** to your swim. The Development Squad coaches, Michelle Ford, Georgia Collings or Charley Askew are often available to assist beginners with marshalling. Marshalls will tick swimmers as present and advise swimmers of their lane assignments and when they should proceed to the pool.

The first four events marshal immediately when the meet commences.

Results are posted at the meet and can also be found on the internet under [www.gippslandswimming.org.au](http://www.gippslandswimming.org.au)

**Note for Swimmers:** *Always walk behind the judges, referees and timekeepers. If you would like to be told your time at the end of your race ask politely and always say 'thank you.'*

## Parent Involvement:

There are many ways parents can help out at swim meets in fact, the Traralgon Club has a responsibility to supply officials at every swim meet and we are fined if our obligation is not met. By acting in an official capacity, e.g. time keeping, recording, or marshalling, parents get a better idea of the big picture in Gippsland Swimming. You become familiar with names and faces outside our club and develop an interest in Gippsland swimmers and their progress. Karen Tsebelis, the club's roster officer, will have a roster drawn up for each meet supplying our quota of officials. Please cooperate with Karen to ensure we have sufficient members working at each meet. Have a go! Take your own drink bottle,

## Time keepers:

Work at the end of the pool where the swimmers finish. There are generally three timekeepers on each lane. Watches are supplied and tuition is given if needed. Timekeepers can work for the whole meet or for half of the meet. The Gippsland District is now using new wireless timing device that consists of a large blue stopwatch. This device will relay the swimmer's time directly to the computer. It does not require starting, only stopping at the end of a race. Watches are supplied.

## Marshalls:

Marshalls confirm swimmers attendance to marshalling – and therefore, their intention to swim. They 'tick' them off the program (supplied by the recorder) and advise them about their heat and lane. Marshalls send swimmers behind the blocks to prepare for their event.

## Recorders:

Recorders work in an area adjacent to the pool - often the club rooms or a tent for that purpose. The

[www.traralgonswimming.org.au](http://www.traralgonswimming.org.au)

recorders task is becoming more and more computerised, so some computer knowledge or keyboard skill is helpful.

*All officials are given snacks periodically and a facility for filling drink bottles.*

## **Relay Teams:**

At meets where there are pair and relay events, the teams are chosen by the coaches – with every effort to give all swimmers a go. At Open Meets, Gippsland Championships, Country and State meets our fastest teams are entered.

## **Meet Entries**

**We are now using an online entry process which emails directly to our entries officers. You can access this at our web site on the member's page under the heading "on-line entries". Swimmers must enter by the Thursday approximately 10 days before the meet. Enter only individual events; the club chooses relay swimmers.**

## **Swimming and Training**

The Traralgon Swimming Club is a Competitive Swimming Club. Through membership with the club swimmers can enjoy the excitement, team spirit and fulfillment of improving, of trying their hardest, and competing as a member of the club.

At this point we do not have a squad who simply train but do not compete - all of our swimmers are either competing or are working up to competition. In the first year of training, members are not required to compete, but are encouraged to 'have a go' especially at the indoor meets and meets designed for younger swimmers (Traralgon's 10 & Under, and Morwell's 14 & Under meets). In the second and subsequent years of membership, Development Squad members are expected to compete in at least 3-5 meets. All meets where swimmers represent the Traralgon Club are counted in this tally.

There are several indoor swim meets at the beginning of the season held in 25m pools which are ideal for beginners. We urge parents of new members to become familiar with the Fixture Guide when it is available and choose swim meets to attend.

## **Trophies/Championships**

**All swimmers who compete in 4 swimming carnivals during the season (including the winter season) will receive a club trophy at the end of the summer season. Swimmers must compete in 3 summer swimming carnivals to qualify for entry to the Gippsland Championships. Note: Meets held prior to the GSI summer season are not counted toward Gippsland Championship qualification.**

## **Swimming Club Clothing**

The Club sells several articles of clothing and swimming accessories at very reasonable prices. The Clothing Officer, Carol Reid 5176- 4255 is in charge of the sale of these items. Items for sale include:

Club Jackets, Club tee-shirts, hoodies, shorts, track pants, club bathers and swim caps. Prices are available from the Clothing Officer.

## **Fin/Uniform Swap**

As children out-grow their flippers we sell them on your behalf through the newsletter. Tell the Clothing Officer if you have fins to sell and they will be advertised.

## **Club Chant**

[www.traralgonswimming.org.au](http://www.traralgonswimming.org.au)

After warming up at swim meets and before the first event begins, our Club gathers for our Club Chant -led by the Club Captains. Swimmers will be called together for this spirited 'war cry' which is a great way to build 'team spirit'

*Out we come, Out we come, out we come to swim*

*Not just for play, not just for fun,*

*We are here to win!*

*Training hard, swimming fast,*

*working as a team,*

*Traralgon Club, we rule the pool,*

*listen to us scream:*

*Give us a T,R,A,R,A,L,G,O,N*

*We rule the Pool - TRARALGON*

*Don't mess, don't mess, don't mess with the best 'cause the best don't mess*

*Don't fool, don't fool, don't fool with the cool 'cause the cool don't fool*

*Traralgon: We Rule!*

#### General Meetings

Meetings are held on the 2nd Monday of each month at the Traralgon Club Rooms These begin at 7:30PM and all parents/members are encouraged to attend.

## Fees and Charges for 2011/12

Registration: \$110

Committee: \$24

### Training Fees

Squad Name	Annual Fee	Due 31/5/11	Due 15/07/11	Due 7/10/11	Due 27/01/12
Senior Competition Squad	\$524	\$131	\$131	\$131	\$131
Saunders Squad	\$1035	\$259	\$259	\$259	\$259
State Squad	\$776	\$194	\$194	\$194	\$194
Country Squad	\$644	\$161	\$161	\$161	\$161
Gippy Target 2	\$575	\$144	\$144	\$144	\$144
Gippy Target 1	\$400	\$100	\$100	\$100	\$100

Cheques written to "Traralgon Swimming Club" may be sent to P.O. Box 68 Traralgon 3844 "Att. Treasurer"

Accounts may be paid by Direct Deposit to:

Westpac Traralgon BSB 033259 Acc 254561

Be sure to put family name and invoice number in "Description" section of payment info. **When fees are paid at the bank include invoice number for identification - alternatively, home phone number.**

all queries to [tsctreasurer@traralgonswimming.org.au](mailto:tsctreasurer@traralgonswimming.org.au)



*Loy Yang Power proud sponsors of the  
Traralgon Swimming Club*

# Being a Winning Parent

## ***A parent and coaches guide for winning in the Youth Sports Game***

If you want your child to come out of his youth sports experience a winner, (feeling good about himself and having a healthy attitude towards sport) then they need your help!

You are a vital and important part of the coach-athlete-parent team. If you do your job correctly and play YOUR position well, then your child will learn the sport faster, perform better, really have fun and have his self-esteem enhanced as a result. His sport experience will serve as a positive model for him to follow as he approaches other challenges and obstacles throughout life. If you "drop the ball" or run the wrong way with it, your child will stop learning, experience performance difficulties and blocks, and begin to really hate the sport. And that is the GOOD news. Further, your relationship with him will probably suffer significantly. As a result, he will come out of this experience burdened with feelings of failure, inadequacy and low self-esteem, feelings that will generalize to other areas in his life. Your child and his coach need YOU on the team. They can't win without YOU! The following are a list of useful guidelines and strategies for you to use to make you more skilled in the youth sports game. Remember that no one wins unless everyone wins. We need you on the team!

**1. When defined the RIGHT way**, competition in youth sports is both good and healthy and teaches children a variety of important life skills. The word "compete" comes from the Latin word "com: and "petere" which means together and seeking respectively. The true definition of competition is a seeking TOGETHER where your opponent is your partner, NOT the enemy! The better he performs, the more chance you have of having a peak performance. Sports are about learning to deal with challenges and obstacles. Without a worthy opponent, without any challenges sports is not so much fun. The more the challenge the better the opportunity you have to go beyond your limits. World records are consistently broken and set at the Olympics because the best athletes in the world are "seeking together". challenging each other to enhance performance. your child should NEVER be taught to view his opponent as the "bad guy", the "enemy" or someone to be hated and "destroyed". DO NOT model this attitude! Instead, talk to and make friends with parents of your child's opponent. Cheer for great performances, good plays, NOT just for the winner.

**2. Encourage children to compete against themselves.** The ultimate goal of the sport experience is to challenge oneself and continually improve. Unfortunately, judging improvement by winning and losing is both an unfair and inaccurate measure. Winning in sports is about doing the best YOU can do, SEPARATE from the outcome or the play of your opponent. Children should be encouraged to compete against their own potential, i.e. Peter and Patty Potential. That is, the boys should focus on beating "Peter", competing against themselves while the girls challenge "Patty". When your child has this focus and plays to better himself instead of beating someone else, he will be more relaxed, have more fun and therefore perform better.

**3. Do not define success and failure in terms of winning and losing.** A corollary to #2, one of the main purposes of the youth sports experience is skill acquisition and mastery. When a child performs to his potential and loses it is criminal to focus on the outcome and become critical. If a child plays his very best and loses, you need to help him feel like a winner! Similarly, when a child or team performs far below their potential but wins, this is NOT cause to feel like a winner! Help your child make this important separation between success and failure and winning and losing. Remember, if you define success and failure in terms of winning and losing, you're playing a losing game with your child.

**4. Be Supportive. DO NOT COACH!!** Your role on the parent-coach-athlete team is a SUPPORT player with a capital S! You need to be your child's best fan. UNCONDITIONALLY. Leave the coaching and instruction to the coach. Provide encouragement, support, empathy, transportation, money, help with fundraisers, etc., *BUT...DO NOT COACH!* Most parents that get into trouble with their children do so because they forget to remember the important position they play. Coaching interferes with your role as supporter and fan. The last thing your child needs and wants to hear from you after a disappointing performance or loss is what they did technically or strategically wrong. Keep your role as a parent on the team separate from that as coach, AND, IF by necessity you actually get stuck in the almost no-win position of having to coach your child, try to maintain this separation of roles i.e. in the gym say, "Now I am talking to you as a coach", at home say, "Now I am talking to you as a parent." Do not parent when you coach and do not coach at home when you are supposed to be a parent.

**5. Help make the sport fun for your child.** It is a time proven principle of peak performance that the more fun an athlete is having, the more they will learn and the better they will perform. Fun MUST be present for peak performance to happen at EVERY level of sport from youth to world competitor! When a child stops having fun and begins to dread practice or competition, it is time for you as a parent to become concerned. When the sport or game becomes too serious, athletes have a tendency to burn out and become susceptible to repetitive performance problems. **An easy rule of thumb:** If your child is not enjoying what they are doing or loving the heck out of it, INVESTIGATE. What is going on that is preventing them from having fun? Is it the coaching? The pressure? Is it you? Keep in your mind that being in a highly competitive program does NOT mean there is no room for fun. The child that continues to play long after the fun is going will soon become a drop out statistic.

**6. Whose goal is it?** Why is your child participating in the sport? Are they doing it because they want to, for them, or because of you? When they have problems in their sport do you talk about them as "our" problems, "our jump isn't very high", "we're having trouble with our flip", etc. Are they playing because they do not want to disappoint you, because they know how important the sport is to you? Are they playing for rewards and "bonuses" that you give out? Are their goals and aspirations YOURS or theirs? How invested are you in their success and failure? If they are competing to please you or for your vicarious glory they are in it for the wrong reasons! Further, if they stay involved for you, ultimately everyone will lose. It is quite normal and healthy to want your child to be as successful as possible. BUT, you cannot make this happen by pressuring them with your expectations or by using guilt or bribery to keep them involved. If they have their own reasons and own goals for participating, they will be FAR more motivated to excel and therefore far more successful.

**7. Your child is not his performance.** Love your child unconditionally. DO NOT equate your child's self-worth and lovability with his performance. The MOST tragic and damaging mistakes I see parents continually make is punishing a child for a bad performance by withdrawing emotionally from him. A child loses a race, strikes out or misses an easy shot on goal and the parent responds with disgust, anger and withdrawal of love and approval. **CAUTION:** Only use this strategy if you want to damage your child emotionally and ruin your relationship with him. In the 1988 Olympics, when Greg Luganis needed to go a perfect 10 on his last dive to overtake the Chinese diver for the gold medal, his last thought before he went was, "If I don't make it, my mother will still love me."

**8. Remember the importance of self-esteem in all of your interactions with you child-athlete.** Athletes of all ages and levels perform in DIRECT relationship to how they feel about themselves. When your child is in an athletic environment that boosts his self-esteem, he will learn faster, enjoy himself more and perform better under competitive pressure. One thing we all want as children and NEVER stop wanting is to be loved and accepted, and to have our parents feel good about what we do. This is how self-esteem gets established. When your interactions with your child make him feel good about himself, he will, in turn, learn to treat himself the very same way. This does NOT mean that you have to incongruently compliment your child for a great effort after they have just performed miserably. In this situation being empathetic and sensitive to his feelings is what is called for. Self-esteem makes the world go 'round. Make your child feel good about himself and you have given him a gift that lasts a lifetime. DO NOT interact with your child in a way that assaults his self-esteem by degrading, embarrassing or humiliating him. If you continually put your child down or minimize his accomplishments, not only will he learn to do this to himself throughout his life, but he will also repeat YOUR mistake with HIS children.

**9. Give your child the gift of failure.** If you really want your child to be happy and as successful as possible in everything that he does, teach him how to fail! The most successful people in and out of sports do two things differently to everyone else.

1. They are more willing to take risks and therefore fail more frequently.

2. They use their failures in a positive way as a source of motivation and feedback to improve. Our society is generally negative and teaches us that failure is bad, and cause for humiliation and embarrassment, and something to avoid at all costs. Fear of failure or humiliation causes one to be tentative and non-active. In fact, most performance blocks or poor performances are a direct result of the athlete being preoccupied with failing or messing up. You cannot learn to walk without falling enough times. Each time you fall your body gets valuable information on how to do it better. You can't be successful nor have peak performances if you are concerned with losing or failing. Teach your child how to view setbacks, mistakes and risk-taking positively and you'll have given him the key to a lifetime of success. Failure is the PERFECT stepping stone to success.

**10. Challenge - do not threaten.** Many parents directly or indirectly use guilt and threats as a way to "motivate" their child to perform better. Performance studies clearly indicate that while threats may provide short-term results, the long term costs in terms of psychological health and performance are devastating. Using fear as a motivator is probably one of the worst dynamics you could set up with your child. Threats take the fun out of performance and directly lead to your child performing terribly. IMPLICIT in a threat , (Do this or else!) is your OWN anxiety that you do not believe the child is capable. Communicating this lack of belief, even indirectly is further devastating to the child's performance. A challenge does not entail loss or negative consequences should the athlete fail. Further, implicit in a challenge is the empowering belief, "I think you can do it".

**11. Stress process (skill acquisition, mastery and having fun) - not outcome.** When athletes choke under pressure and perform far below their potential, a very common cause of this is a focus on the outcome of the performance, i.e. win/lose, instead on the process. IN any peak performance, the athlete is totally oblivious to the outcome and instead is completely absorbed in the here and now of the actual performance. An outcome focus will almost always distract and tighten up the athlete insuring a bad performance. Furthermore, focusing on the outcome, which is completely out of the athlete's control will raise his anxiety to a performance inhibiting level. So if you TRULY want your child to win, help get his focus AWAY from how important the contest is and have him focus on the task at hand. Supportive parents de-emphasize winning and instead stress learning the skills and playing the game.

**12. Avoid comparisons and respect developmental differences.** Supportive parents do not use other athletes that their child competes against to compare and thus evaluate their child's progress. Comparisons are useless, inaccurate and destructive. Each child matures differently and the process of comparison ignores significant distorting effects of developmental differences. For example, two 12 year old boys may only have their age in common. One may physically have the build and performance of a 16 year old, while the other, a late developer, may have the physical attributes of a 9 year old. Performance comparisons can prematurely turn off otherwise talented athletes on their sport. The only value of comparisons is in teaching. If one child demonstrates proper technique, that child can be used comparatively as a model ONLY! For your child to do his very best he needs to learn to stay within himself. Worrying about how another athlete is doing interferes with him doing this.

**13. Teach your child to have a perspective on the sports experience.** The sports media would like you to believe that sports and winning/losing is larger than life. The fact that it is just a game frequently gets lost in the translation. This lack of perspective frequently trickles down to the youth sport level and young athletes often come away from competition with a distorted view of themselves and how they performed. Parents need to help their children develop realistic expectations about themselves, their ability and how they played, without robbing the child of his dreams. Swimming a lifetime best time and coming in dead last is a cause for celebration, not depression. Similarly, losing the conference championship does not mean that the sun will not rise tomorrow.



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[www.traralgonswimming.org.au](http://www.traralgonswimming.org.au)