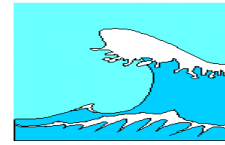


The Wavelength



Vancouver Swim Club, P.O. Box 2604, Vancouver, WA 98668
www.vancouverswimclub.com
JULY - 07

Happy July Birthdays

Nicole W.	07/01
Kevin T.	07/09
Thomas K.	07/13
Andy W.	07/15
Kelcy C.	07/17
Kamiah A.	07/22
Justin M.	07/27
Rebekah A.	07/27
Wesley A.	07/30

Message from the President

We're getting closer to the big return to Marshall. We need your help to get the word out. There will be plenty of talk around town as the Center nears its reopening. We need to capitalize on this public attention and get more swimmers in the water. The new VSC brochure is out, so take a look and help pass a few out to friends and neighbors who might be interested in swimming.

The construction project is really humming with activity now. I wish they had this kind of urgency six months ago and we would be swimming there by now. The pool is being filled as I write this but there is still a lot of work left to be done. I'm crossing my fingers that we'll be in the first week of September but be aware that the City has let us down many a time before. We'll hope for the best but plan for the worst.

I am sending the VSC logo off to our starting block manufacturer to be imprinted on the foot boards. Final construction of our blocks will be starting soon for their arrival in late August. Thank you to Todd Duvall for a nice touchup to the logo. You might not notice the subtle differences in the logo but we have polished it up just a little to make it stand out more.

It looks like our fireworks volunteers have again come through and the numbers are looking as good as or better than last year. We'll give you the details when they become available. Again, recognize that the fireworks stand is our lifeblood to keeping swimming affordable so we really appreciate your support. Thank you to Lisa Duvall, Cindy Manlow, Mary Cox, Nancy Golden, Angie Shannon, Jack Burpee and all the parents who went the extra mile for the team. You're Hall of Fame in my book!!

GO VSC!!!

Scott Conley
VSC President

Coaches' Corner

How to Help Your Child Become a Confident Swimmer

By Kevin Mummery

1. Help Your Child Focus on Process Goals

The idea of goal-setting in sport is hardly new. Most often goals are set only in "outcome" terms. "I want to win the to," or "I'm going to get a 1:09 for my 100 free," are a common type of goal statement focused on outcome. You should encourage your child to set goals which will focus on the process, rather than the product, of their performance. Learning is the process, performance is the product. By establishing their intention to learn a new turn, or improve their kick, your child will begin to understand the link between preparation and performance.

This link may seem intuitively obvious to you, but young children often do not understand the relationship between preparation and performance. To improve themselves and their ability will, in the future, lead to more successful performances. In the meantime, remember the old adage, "those who fail to prepare, prepare to fail."

2. Have Your Child Make a Commitment

One of the keys to the development of confidence is the establishment of competence. In order to become a competent swimmer, your child must commit to a learning process that may at times seem long and tedious. Sit them down at the beginning of the season and make it clear to them what they are committing to. Agree on a certain number of practices per week, and attend at least that amount—or more—every week. Make up missed practices due to illness or school obligations. Do not allow them the option of withdrawing mid-season. They don't have to commit to a life-long career as a competitive swimmer, but you can make it clear to them early that the decision to participate, or to withdraw is only made once a year—in August. By enduring the learning process through an entire season, a more accurate self-comparison of their developed competence can be made. By comparing their personal, technical, and performance gains from August through August they will likely feel more confident with their developing abilities in the sport.

3. Make Sure Your Child Experiences Success

A little success goes a long way. It is important for your child to experience success in swimming and develop the belief that they are good at it. The trick here is to carefully frame the success experience to allow your child that feeling. As a parent you must understand that it is easy for your child to forget just how good they have become.

As a sport swimming allows for little reflective satisfaction. Your child is always trying to get a little bit better, and is rarely happy with where they are. Every practice they work to swim better, yet believe their stroke is never quite good enough. Every meet they press to swim faster, yet never believe they are fast enough. Whether it is butterfly, breaststroke, kicking, turns, or reading the clock, every child will have something they are good at.

Figure out what that is and let your child bask in the glory of their ability.

4. Let your Child Experience Failure

A little failure goes a long way. Don't be afraid to let your child experience a little failure. Do avoid placing your child in a situation where they are experiencing constant and repeated failure. Swimming is sure to provide your child with more than his or her share of failure experience. That is not necessarily a bad thing.

Confronting failure and learning to overcome problems are crucial steps in the development of confidence. Failure can be a great instructor. Teach your child to learn from it. Once your child has learned not to fear failure, but to increase their efforts and use effective coping mechanisms, they have taken a giant stride toward being a truly confident swimmer. Always seek situations and set challenges that allow your child to experience a balance between success and failure.

5. Avoid Constant Comparison with Others

"If Jimmy can do it, you can too." A confident swimmer will be able to successfully make these comparative deductions themselves. You don't need to remind them of how they are doing. If you spend too much time using such comparisons, your child will become fixated on the outcome and will concern themselves more with comparative rankings than with personal improvement. The obvious result of this orientation is that when given the choice, your child will select a less than challenging situation in order to gain a favorable comparison rating. Your child will feel threatened by anyone of higher skill, ability or experience and will seek a smaller pond for them to become the "big fish". In the process of doing so they will have lost considerable opportunity for personal improvement. One of the toughest tasks faced by parents is the balancing of achievement of siblings involved in sport. Try to motivate your children by constantly comparing their performances with each other and you will find yourself driving one child to the pool and the other to the gym. Measuring each child on his or her own merits will lead to a happier coexistence...and perhaps less wear on your car.

6. Reward Their Efforts as Well as Their Accomplishments

Go out of your way to reward your child's efforts in swimming. Don't restrict yourself to rewarding only their accomplishments. What you wish to establish is a focus on the process of improvement—diligent work, a positive attitude, an enthusiastic approach to the challenges the sport provides.

Remember, these are character traits you probably wished to develop when you placed your child in swimming to begin with. Make sure the rewards are dependent upon their efforts. Don't reward them for a job well done when it really wasn't. Children are quick to pick up on non-contingent rewards and their effect is quickly lost. At the same time make sure that your affection and attention are not contingent on their behavior—the unconditional love of a parent is a solid foundation of a child's self-esteem. And don't be afraid to reward the "little things," or you may end up waiting a whole career for the ultimate expression of excellence.

7. Keep Rewarding Their Accomplishments

Rewards are great if they provide your child with information regarding their ability, and if you keep their use and intent in perspective. It gives your child some tangible evidence that they have produced a worthwhile effort or result. **But**...rewards can be destructive if you use them to bribe or control your child, or if the size of the accomplishment doesn't justify the value of the reward. While it's fine to take the family out for dinner to acknowledge a great week of training, problems may arise if you offer to buy them a new CD when they go to an extra practice, or achieve a time standard. Children lose sight of the inherent value of participation if they become interested in swimming for the material rewards which they obtain as a result of their performances. Trying to "bribe" your child to perform or participate almost invariably produces results contrary to your initial intent. You must remember that swimming can be inherently challenging and rewarding, and strive to clarify that point in your child's mind.

8. Encourage Your Child to Make Independent Decisions

Swimming is a great laboratory of life, one which allows your child to develop in an independent, freestanding individual. Confident swimmers are those who believe in their own abilities, not individuals who are dependent on others to produce desired results. A good measure of this confidence comes from making correct decisions, thus allowing your child some measure of self-control. Empower your child with the opportunity to evaluate situations and make decisions. Start out small in the decision-making process, allowing them to work through the antecedents and consequences of each decision. Don't give them free rein in all decision making until they have matured and earned it. Your ten year old may have sufficient information at their disposal to make an informed decision on what type of goggles they need to purchase, but may lack the ability to make a quality decision about the amount of training they need this week. Define the boundaries of decision making and try to widen the range of effective self-control as your child grows within the sport.

9. Ensure That Your Child Accepts Responsibility for Their Decisions

Assuming your child understands that they have your love and support in their ventures, make sure they realize they when the mud hits the wall, the back splash hits the one who threw it. In the development of personal empowerment your child is struggling to become competent and confident in their own abilities. The decision-making process is an important step toward confident self-sufficiency, but it cannot occur in a vacuum. If your child elects to miss swim training for a coinciding school activity, it is important for them to consider, understand and accept the possible consequences of their decision. Little will be gained if you are constantly "making things right" for your child.

10. Above all be Consistent and Have Fun

Be consistent. You are your child's primary role model during this age span. Make sure you are consistent in your behavior and a great deal of emotional stability will "trickle down" to your child.

Above all have fun! The sport of swimming is meant to be a pleasurable activity. After your child's athletic career is over the things they will remember the most are the friendships they made and the experiences they gained. If you are having fun, your child will have fun. Fun is a great contributor to confidence. It helps reduce stress and reduces the fear of failure. Fun is the internal motivator, which will continually draw your child back to lifelong involvement with athletics and a healthy live.

VSC participated in 3 meets during the month of June. First up was the MAC long course B/C invitational. Congratulations to Daniel Kelly on his first ever A time! Hopefully, once he gets back from all of his vacations this summer he will add a few more during the short course season. Paddy Wu and Daniel were 1st and 2nd in the 100 backstroke (both achieving A times). Heidi Stewart had a great meet. She is swimming with a lot of confidence and won many of her heats. Katie Remington participated in her first meet with VSC and did a great job. Michael Ash had some nice improvements, going 3 for 6 best times. Christian

Benson continued his steady improvement including 2 best times. Domi Burpee had a nice meet. Ash Byrnes returned from Albertson's college in Idaho and participated swimming a full 6 events—she even survived the 200 fly! Rose Caughie dropped nearly 6 seconds in her 50 free! Kelcy Charlson went 2 out of 3 best times. Collin and Spencer Glantz had their first taste of a long course pool. These guys have great attendance and will see a lot of improvement over the next year. Livi Cox dropped 7 seconds in her 100 free! Arisa Laochumanvanit went 4 for 6 best times! Anthony Lee went 3 for 3 best times including a 5 second drop in his 100 free. Quin Mclaughlin dropped 9 seconds in her 100 back!

Most of the swimmers in this meet do not swim with me. I am VERY impressed with the progress they have made in their stroke techniques and their racing ability. Thanks to all of you parents who volunteered with timing! VSC participated in two meets at Mt. Hood Community College the weekend of June 21 through the 24th. One of the meets was in the indoor 25 yard pool and the other was in the newly remodeled 50 meter pool outdoors. They are both nice pools, but the outdoor pool has been totally updated and is absolutely fantastic! It is definitely a world class facility and many big meets are going to be held there during the next couple of summers—state champs, Sectionals, Zones and Masters Nationals to start with. I expect they will make a bid to host the Junior or Senior National meet within the next few years.

Heidi Stewart had an awesome meet with a perfect 5 for 5 best times including a 13 second drop in her 100 IM! Kevin Thov dropped 7 seconds in his 100 free! Christian Ray-Jones went 2 for 3 best times! Sara Taferre making a triumphant return from track dropped 5 seconds from her 100 IM! Paddy Wu dropped 19 seconds from his 200 IM! Katherine Voakes went 2 for 3 best times! Seyer Amiri went 2 for 3 best times, including a 9 second drop in his 50 free and a 20 second drop in his 100 IM! Michael Ash went 4 for 6 best times. Christian Benson went 5 out of 6 best times dropping 35 seconds along the way!! Domi Burpee dropped 4 seconds in her 50 free! Rachel Madison went 2 for 2 best times! Meaghan McCulloch went 5 for 6 best times! Christianna Nave dropped 7 seconds in her 50 breaststroke! Rose Caughie competed in both the MAC and the Mt. Hood meet and continues to show a great attitude and steady improvement. Shea DeWald did a great job in her first meet with VSC.

Congratulations to Arisa Laochumanvanit on her first A time which she achieved in the 200 M freestyle! She has worked hard for it! As usual the outdoor meet provided a variety of weather from warm and sunny to chilly and raining. That's just what you have to deal with when you swim outside!

Summer is here and there are all kinds of reasons to miss practice. Remember though, the season is SHORT! Senior Sectionals begins July 10, 10 & Under State is the weekend of July 14 & 15, and 11 & Over State is the last weekend in July—literally 4 weeks away! Save your breaks for August and make your season worth your while!

Swim Smart, Swim Fast

Coach Vicki

Age Group News

Brrrrrrr...that about sums up the MT. Hood AB Invitational in the newly remodeled long coarse pool. We had 7 of our age group swimmers qualify for the outdoor meet: Monica and Josh Bottelberghe, Carly Cannon, Olivia Cox, Eliko Hagen, Arisa and Will Lawhead. Livi and Josh did a great job learning how to stay. Thank you Parkas. Monica, Eliko, Carly and Arisa qualified their 400 FR and 400Med relays for state. Arisa made her first A time in the 200M Free and Will made his A time in the 100 Free. These swimmers did a nice job representing VSC including Will giving up his towel to the paramedics to help the man with the broken ankle. Ouch. I got to catch glimpses of the indoor C meet. There were many best times and I congratulate those swimmers for a job well done. It was rewarding to see swimmers using the new skills they have been working on in practice in their races. This is the best part from my coaching perspective. It just so happens that this usually results in best times and more ribbons.

I am once again offering summer swim lessons in my pool at my house; if you are interested you can call or email me at sheribottelberghe@yahoo.com.

"Novice to Nationals, One Stroke at a Time"

Coach Sheri

Editor's Letter

Dear VSC Members,

It is with some sadness that I must tell you that this will be my last newsletter with VSC. Our house is up for sale, and as some of you know I have spent many months commuting to Boise for my job. We will be moving there soon. With our youngest child John leaving for college in two months, our affiliation with VSC would be ending soon anyway. We will miss the many friends that we have made at VSC in particular and in Vancouver in general. Anyone interested in taking over this position should contact Scott Conley, (360) 546-5801. This is an easy job for anyone with access to a computer and word processing software! The time requirement is small (most months probably only a couple hours) and it's a great way to contribute to the club.

Thank you,
Cliff Conway

Please note that the Marshall Pool Schedule is still under construction...

We are aware that these times are not going to be convenient for everyone. We will need to take stock and get some car pools lined up--we don't want to lose ANY swimmers due to the time change. I am VERY interested in keeping some time at Hough Pool. The question is, can we fill the pool w/swimmers, and can we afford to pay pool rent for two pools? Please communicate w/coaches and board members during the next month and let us know if you would be interested in a practice time at Hough from 6:00 to 7:00 in the evening.

The last day of practice for the summer will be Friday, August 17th. Hough pool will close for their annual cleaning on Friday, August 10th. So, all practices for the last week will be at Mt. Hood in the morning and at the blind school in the afternoon.

We will resume practice at Marshall (hopefully) on Monday, September 10th.

THANK YOU!
Vicki


Next Board Meeting

Tuesday, July 17th @ 5:00 PM at JH Kelly

Check out our new Website at www.vancouverwimclub.com

New billing process coming in August 2007.

VSC CALENDAR - JULY 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <i>Nicole W.</i>	2	3	4  Independence Day	5	6	7 T-Hills Classic
8 T-Hills Classic	9 <i>Kevin T.</i>	10 Sr. Sectionals	11 Sr. Sectionals	12 Sr. Sectionals	13 Sr. Sectionals <i>Thomas K.</i>	14 Sr. Sectionals 10&U Champs
15 10&U Champs <i>Andy W.</i>	16 Blind School Closed	17 Blind School Closed	18 Blind School Closed	19 Blind School Closed	20 Blind School Closed	21
22 <i>Kamiah A.</i>	23	24	25	26 11&O Champs	27 11&O Champs <i>Rebekah A. Justin M.</i>	28 11&O Champs
29 11&O Champs	30 <i>Wesley A.</i>	31				

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WaveLength

Editor _____ ???????

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