



# THE BUZZ

## Welcome to THE BUZZ— October/November 2017

### **5 things your kids can learn from swimming**

Besides the most obvious things that swimming teaches, like water-safety, time management, goal setting, perseverance, accountability, character, fitness and grit, there are a few more things – things you would never imagine they would learn from being soaked in chlorine.

#### **PUBLIC SPEAKING**

Part of being in a team means standing up and speaking.

#### **TALKING TO ADULTS**

Having relationships with coaches, officials and other swim parents helps self-confidence around adults.

#### **MATH**

Have you ever thought about all the numbers involved at the pool? Clock, lap counter, intervals, meters, seconds and hundredths of seconds. That is a lot of numbers and maths is made easier.

#### **INCLUSION**

Being a member of a team means all kids are included. Friendships are made from the 9 year old to the 18plus year old.

#### **ORGANISATION**

Every single day kids have to be organised. Whether it be packing their swim bags or balancing homework with training, they have to be organised to survive. Lots of organisational skills are learnt.

#### A Special Note to you All from Bronwen:

Coaching at Swim Rotorua is a source of great pride for me and the accomplishments of our athletes both in the pool, classroom, and other sporting codes speak for themselves. My main focus is to help each athlete to succeed to the best of their ability and achieve what it is they want to obtain, have fun, learn and grow.

I appreciate that our athletes give what they can each and every day and always try. There have been so many highlights over the past few months that this is just a wee note to say our athletes are a credit to you all and I just wanted to take this moment to recognise all that they have done.

*If you can imagine it, you can achieve it, if you can dream it, you can become it.*

Huge congratulations to METRO squad members Cullen Smith who has been announced as Head Boy for John Paul College 2018 and Julia Florence who has been announced as Head Girl.

### **FUN FACTS**

Over the weekend, in one of those rare moments, I got to sit and just reflect on the atmosphere around me at the swim meet. I then realized that we are all connected. We all support and love swimming – whether we are swimmers, officials, coaches, supporters or swim parents. What is it about being part of the swimming community that bonds us together?

1. **It's unique** – it's a special sport that not everyone does. It's like we're members of a special club.
2. **Time** – Swimming takes hours and hours. With trainings and weekend swim meets it takes a big chunk of time from our daily lives.
3. **Language** – Swimmers and parents use a private language that's unintelligible to non-swimmers, like DQ, PB, tapered or negative split.
4. **Insider Knowledge** – Ask a non-swimmer who Katie Ledecy or Anthony Ervin are and they'll say "Who?" We keep up with swimming news.
5. **Chlorine** – It's a smell that follows us from the pool, into the car, and it lingers on towels and togs in the house.
6. **Pools** – Meets are recalled by specifics about a pool.
7. **Early mornings** – Driving to the pool for morning training and being rewarded with a breathtaking sunrise makes it all worth it.

### **TIPS**

A few parents have recently asked me about helping their child overcome anxiety when they're racing at swim meets. Here are eight tips on how to help when they are anxious at meets:

**ONE** - Don't focus on performance. We put too much pressure on our kids if we expect never-ending wins and best times.

**TWO** - Make sure they know you love and support them regardless of swimming.

**THREE** - Don't compare your swimmer to their siblings or other swimmers.

**FOUR** - Let them know that you want them to enjoy their sport and put in their best effort. If they're having fun and know they've tried their best, the anxiety should melt away.

**FIVE** - Ask them why they are afraid. Encourage them to talk about it with you or their coach.

**SIX** - Acknowledge that your child's anxiety is legitimate and that we all have to overcome fears.

**SEVEN** - Buy them a journal and suggest they write a page a day. Maybe they'll be able to express their fears and work through them in their journal.

**EIGHT** - Encourage them to create a mix of their favourite music and wear headphones before racing. It will help them focus and get a rhythm going. If listening to music helps Olympians, it might help your kids, too.

## **MARK YOUR CALENDARS:**

Nov 11	12 & Under Only	Whakatane Junior Meet (Club & Competitive Swimmers) - Whakatane 25m Pool
Dec 3		Weet-Bix Tryathlon - Rotorua
Dec 16-17	12 & Under Only	SBOP Junior Champs (Competitive Swimmers Only) - Rotorua 25m Pool
Dec 18	Everyone	Xmas Pool Party - Rotorua 25m Pool
Jan 21	Everyone	Summer Sizzler - Rotorua 25m Pool