

Colonel Crawford Swim Team Newsletter

October, Issue 2, 2024
Contributions to newsletter, email to 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.

Tentative Meet Schedule (Regular Season Meets)

10/ 5-6 – Canton Invite
10/20 – Stevie G. Meet
10/26 – Peg Neal Pentathlon
11/2-3 – Splash Out Cancer
11/22-24 - Mark Braun
(qualifying times)
12/6-7 – Bowling Green
1/11-12 – Puppy Mania
1/26 – George Bare Meet
2/9 – Last Chance Meet

As you can see, we only have 9 regular season meets and 3 have already been entered. You must have times in the USA database to swim an event at champs.

COMMIT

Commit is the program we use for meet sign up. Once you have registered for USA you will have access to Commit. You can log into your account on the team website: ccsteagles.com.

Meet entries are under the HOME tab. You can commit and select your swimmer's events. For example: If it says d1/s2, that means the event is Day 1 and session 2. If you are only attending one day make sure you choose events for that day only. If you miss the deadline, please contact a coach and we might be able to get you in if entries have not been sent.



Practices Times for

Black/Gold Eagles 6-7:30
Eagles 6-7:00 No Friday
Friday Blk/Gold 5-6:30

Practice times will be adjusted once the junior high and high school swim teams start in October. We do not have their practice schedule for October.

USA TEAM FEES

Eagles - \$100 in two payments. \$50 due 9/12 & \$50 due 12/9

Full Time BLK/GOLD -
\$150 in two payments. \$75 due 9/12 & \$75 due 12/9.

JH Swimmers participating on their school team:
\$100, due 9/12. You may practice 9/9-11/1 and 12/20-end of season. (Dates approx).

HS Swimmers participating on their school team:
\$75, due 9/12. You may practice 9/9-11/1 and 2/20-end of season. (Dates approx).

Fees and paperwork are now past due.



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.

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. Date TBA.

Swim Team Contacts

Coach Mike – 419.512.1094
Coach Dennise-419.512.1096
Kristin Rickel – 419.543.1841
(Team Treasurer & Meet entries)

Parent Committees:

Check out the website for details on ways you can help the team! Thank you for everything you do to make a successful swim program here at Colonel Crawford.



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.

