



TIGER SHARKS

Vol. 1, No. 1

SHARK BITES

Newsletter for Columbia Swim Club swimmers and parents

September 2008

President's letter

Jeri Doty, CSC President

Welcome to the first issue of Shark Bites! The USA swimming team had an amazing gold medal run at the Olympics. I could not sleep after the amazing 400 free relay performance of our men's team! So much for trash talking by the French. Though we live and breathe swimming everyday, our sport has captured the imagination of the country and world. Many in our community are amazed that our kids rub shoulders and compete alongside Olympic athletes. How proud we are to be part of this amazing sport and Olympic movement – how grateful we are to live in Columbia, Mo., and have access to and train with professional coaches in a world-class facility like the MU Pool!

After a very successful long course season, it is hard to believe that it is time to start short course. Your coaches, board members and committees are working very hard to ensure that it is the best ever!

While this quarterly newsletter will be an important communication vehicle, I cannot stress the importance of getting to know and communicating with your child's coach. We are very fortunate to have an amazing staff of coaches led by our Head Coach and Club Manager, Phil Garverick. The coach is always your first line for information and discussion related to your child. Our coaches are very approachable and want to hear from you! Please take advantage of these great resources.

Whether new to CSC or a returning family, we welcome your ideas, suggestions and comments. Please feel free to contact coaches or board members to provide input. Our board meets monthly and minutes of the board meetings are available through our website. We encourage you to take advantage of volunteer opportunities. Your involvement is critical to the success of our club. Now, back to the pool ...

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(weather hotLine)

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Head Coach's corner

Phil Garverick, CSC Head Coach

Hello everyone! It's time for another exciting season with the Columbia Swim Club. Thanks to everyone who helped with Fall registration. This large task went smoothly due to the many people who were on hand to lend their time and services. Our registration went well and our club is at its capacity. **"Welcome"** to all our new swimmers and their families! We hope you have enjoyed your time with the club so far.

I would like to talk about the upcoming meets. All the meets on the Fall schedule before Thanksgiving are great meets for our newer swimmers. We designed it that way so that swimmers of any level may get involved early in the season. It is important for your child to compete so that practices continue to be fun and swimmers stay motivated by seeing their improvement. During this part of the season there will be lots of time for stroke work and technical improvement with each swimmer. The important thing to know is that each individual's improvement is dependent upon their own willingness to learn. Swimmers must make the effort to change things with their strokes and be willing to take a step back in order to take two or three steps forward. This is the most important time of the year and will set up your swimmer for a successful season.

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Coach's Corner continued

So, please use this part of the season to your advantage and know that the coaches are more motivated than ever to make sure everyone has a successful year!

Also, I would like to discuss CSC's communication system. Our Website is the best source of information. It is the first place that is updated. In addition, coaches will send e-mails frequently regarding updated practice times and upcoming events. It is important for you to talk with the coaches before or after (not during) practice unless it is an emergency. The best way to reach your coach away from the pool is by e-mail. All coaches check their e-mail frequently, so please use e-mail and know we are always happy to talk to you.

The last thing I would like to talk about is the internal relationship of the team. Over the last few years, we have made great strides toward becoming the club that I know we can be. The swimmers know that everyone is working toward the same goal. That goal is to be the very best that we can by using every opportunity to reach our maximum potential as individuals, but more importantly, as a team. Not only are the coaches teaching your children to be better swimmers, we hope we are also teaching them how to be better people. We enjoy watching them grow and mature. We want them to take the skills they learn from this sport and use them in their daily lives. You are truly involved in a special sport; it is one that has given back to us more than we could ever ask. This club is like a separate family to us and we really enjoy the relationships we have with our swimmers and their parents. So let's have fun and have another great year! See you at the pool!

The Importance of Volunteering

"I already volunteer at my child's school." "I work in the nursery at my Church." Sometimes it seems that too many worthwhile organizations are vying for our time. So, why should you volunteer for CSC?

CSC is a club. We are a group of people who have come together for a common goal – excellence in competitive swimming for our children. The organization is not-for-profit (like many of the organizations that rely on volunteer support) and to keep dues reasonable, we simply cannot pay for the staff it would take to run meets.

The CSC handbook says "as a swimming parent, you also have responsibilities. Some of these are to you child, and some are to the Club. Because CSC is a parent-run organization, it is very important that every family help the Club build upon its quality. After all, we are all doing this for the benefit of our children, not for us.

While the CSC Board struggles with how to quantify volunteering, here are some things to keep in mind:

- Volunteering for CSC helps our children have a better experience.
- Volunteering only works if everyone helps
- Volunteering at meets is time sensitive – it makes for a long weekend but it's only a few times a year
- There is a volunteer position that matches your skill set.
- You are serving as a role model for your children
- You are always with other dedicated parents.

Most quality organizations could not run without volunteer support. Think what our public school classrooms would look like with only paid staff. Some of our private schools wouldn't even exist without parent support. No church or synagogue could operate with only its paid staff. We all have to make choices by prioritizing those issues and organizations that are important to us and then doing what we can for each one. If you have made swimming a priority in your child's life, it is important to follow through on that commitment at all levels and volunteer to your capacity with CSC. We wouldn't exist without you.

To learn about ways to volunteer, please contact Brenda Walker at WalkerD@mchsi.com.

Contact us

Do you have an idea for an article in the newsletter or photos to share? The newsletter committee would love to hear from you!

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Beat fear and succeed

By Craig Townsend

Director of *It's Mind over Matter*

Fear is one of the greatest hurdles for a swimmer to overcome in their quest for greatness. Just to make your quest a little tougher, fear arrives in many different masks so that you never quite know where it will be lurking or when to expect it. However, I will show you one of the most potent ways of overcoming it –

and at first you're going to think I have gone a little crazy, but you will also see that I am right!

First of all, do you really love swimming? I hope so, because the sure way to beat fear is through love. OK, OK, let me explain. Anyone who really 'hates' competing at a particular pool is actually feeling fear when they swim there – and swimming with fear means they will almost always 'bomb out' there. Right? Whereas the swimmers from

that particular pool (who think it's the greatest pool in the world) will always do well there. Why? Because they love it.

Another example: A swimmer may hate to compete against a particular competitor. Why? Because deep down they fear this competitor – and while they fear them, they will never beat them. Yet other swimmers who get on fine with this competitor will never have any problem beating them because they will not be wasting their precious energy worrying about them!

My point is that fear saps your energy, whereas love energizes you. In short, loves beats fear every time. Let me show you how to use this principle better: Whenever you dislike any of the conditions at a meet (the pool, the warm-up pool, the competitors, coaches, etc.), you must visualize in your mind the exact opposite. The only way to succeed over conditions you dislike is by regularly imagining that you really 'love' the conditions – the pool, enjoying the competitors, just feeling how much *fun* the whole experience is going to be. When you do this, the fear will slowly but surely evaporate and disappear.

If the whole meet is an *ordeal* to one swimmer and great *fun* to another, who's going to swim better? It's a no-brainer. The swimmer who's relaxed and enjoying the meet including *all* of its conditions, such as the pool and your competitors. Imagine every meet being a *fun*, *positive* experience and don't waste your precious energy hating the conditions. We all know who wins the race between swimmers with a positive and a negative attitude.

The mind controls the body and the mind is unlimited!

Are you new to Columbia Swim Club?

CSC welcomes all new swimmers and their swimmers! Here are some pointers for parents to make the experience a positive one for your whole family:

1. Get to know your child's coach.

This is the most important relationship you will have at CSC. The CSC coaches are incredibly professional and great at what they do. As skilled coaches, they want to have a good working relationship with you regarding your child's swimming career. You need to know that you can go to them with any questions or concerns and they need to know that they can talk to you. Most relationships at CSC flow from the swimmer-coach one. Coaches will be your best source for swimmer expectations.

2. Familiarize yourself with the CSC Website.

The site is loaded with useful information such as practice schedules, meet information; upcoming events, the CSC handbook, an online store for swimsuits and accessories, and a system to pay for dues and meet entries. To obtain a username and password to access the payment system, please

contact Sarah Seris at sarah@cscsharks.org.

The site also has great links to a variety of extremely useful information such as what size suits to buy for your swimmer and information about good nutrition for swimmers including what to eat before and during meets.

3. **Volunteer!** This is a great way to learn about the club, meet other interested parents and help the organization. There are many different ways to volunteer, so there is sure to be an area that fits your skill set and interest.

4. Network with other parents.

Everyone sitting in the stands at practice and at meets has something in common. Other parents can serve as great resources for more information about the club and what has worked for their swimmers, from goggle information to calming jitters the first time at an away meet

5. Encourage your swimmer.

Swimming is fun! (This is No. 1 on the CSC mission statement.) CSC should be a great great experience for your whole family.

Meet the Coach

In each issue, we will highlight one of the CSC coaches. In this issue, meet Phil Garverick.

Phil joined CSC's coaching staff in 1997 and became head coach in 1999. He has a long list of accomplishments in his tenure with CSC: Missouri Valley Conference Senior Coach of the Year in 2003 and 2006; American Swim Coach's Association Award of Excellence (coach of a Top 8 swimmer at a national meet) in 2003; ASCA Level 4 Coach; Missouri Valley Coach's Rep in 2004 and 2005; Missouri Valley Senior Chair in 2008-; as well as coaching two Olympic Trial qualifiers, five National swimmers and more than 20 Junior National swimmers. *Shark Bites* asked Coach Phil a few questions to get to know him better:

SB: What is your hometown?

PG: Columbia, Mo. – born and raised!

SB: When did you begin swimming?

PG: I am not sure when I started swimming, but my competitive swimming career started at the age of eight at the All-City meet. Of course I told my mother I would not swim in the meet, but once I did I was hooked.

SB: What was your biggest accomplishment as a swimmer?

PG: As an age-group swimmer, my biggest accomplishment was on a relay as a 10-year-old when three of my friends and I won Division I. We broke Missouri Valley records in the 200 Free and 200 Medley relays. That year, our 200 Free relay was ranked 11th in the country. As a senior-level swimmer, it probably would be achieving my goal of being All-State in swimming, golf and band in the same year. Also, being able to swim at MU!

SB: Who was your biggest influence as a swimmer?

PG: My biggest influences came from so many people: My parents, who were so supportive and active with the club. All of my coaches, who each taught me something different that I still use to this day as a coach. Plus my teammates, who became my family and were always there during the tough times and the fun times.

SB: When did you begin coaching?

PG: I began coaching in 1996.

SB: Why do you coach?

PG: I love the sport, the kids and the challenge to make yourself better on a daily basis! Also, watching kids and young adults accomplish things that they never thought were possible. Their faces are priceless!

SB: Of what are you most proud?

PG: I am proudest of the fact that for 11 years I have been coaching the team that I swam with as a kid. Watching it grow and become a top-level club has been a real joy. Also, the relationships I have had with my swimmers, parents and colleagues in and outside of the club. I love the family atmosphere in the entire swimming community.

SB: What advice would you give new swimmers and their parents?

PG: To swimmers: Have fun! At every age fun comes from different places. I can tell a million stories during the time that I swam. Very few of them are about how hard practice was! To parents: Be supportive and educate yourself about the sport and CSC. Find ways to be involved and make sure your child has every opportunity possible!

SB: What do you do when you are not coaching?

PG: I enjoy being outside, playing golf and cycling. I love playing my drums! Basically, doing anything that gives me a sense of accomplishment.

SB: What is one thing that we don't know about you?

PG: I will keep that a secret! Can't I have one thing?!?

Columbia Swim Club Board of Directors

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Preventing Shoulder Pain

by Kevin Marberry, MD

No one can argue with the Olympic success of Team USA. As a physician with an interest in swimming and caring for swimmers, I am constantly learning from the success of others. When Michael Phelps was here at the Missouri Grand Prix, I spent some time with his coaches trying to determine how he and other elite level swimmers stay relatively injury free despite their brutal training regimens. While I expected an elaborate explanation, their answer was simply “Michael has perfect technique”.

Swimmers are particularly prone to shoulder injuries that can affect training and competition. It has been estimated that approximately 80 percent of elite level swimmers have experienced shoulder pain at some point in their careers. In fact, this type of pain is so common that it is termed “swimmer’s shoulder”. A majority of the time, this pain is treated with appropriately structured rehabilitation and the swimmer will eventually return to competition.

Very rarely will surgery be required to alleviate the problem.

Incidentally, as a surgeon, I’m always amazed by the fact that we never hear about an elite level swimmer having surgery like we do baseball pitchers. The difference lies in the velocity of the overhead throw vs. that of the catch and pull phases of the stroke cycle. In other words, swimmers subject their shoulders to repetitive and cumulative low-grade injury that can result in pain, but rarely do they disrupt or tear structures within the shoulder itself.

“Swimmer’s shoulder” simply implies shoulder pain in a swimmer. The exact definition of this entity has evolved over the decades. The current understanding of its etiology includes components of shoulder instability (looseness), training and technique errors, shoulder muscular imbalance, and overuse. We can control three of these four components, but unfortunately, we can’t control the natural looseness of a swimmer’s shoulder.

When it comes to pre- or post-competition stretching however, we can help to eliminate further worsening of shoulder instability problems. USA Swimming believes that traditional stretches that target the shoulder joint capsule should be discouraged. Instead, skillful muscle stretching that relaxes tight shoulder muscles has an important role in swimming programs. Every athlete is different and every athlete has unique needs.

The prevention of swimmer’s shoulder is multifaceted. First, parents and athletes should be aware of signs of overuse. If shoulder pain persists longer than three days, I recommend consulting a physician, physical therapist, or athletic trainer. Second, muscular imbalance, if present, can be identified and corrected with structured rehabilitation. Third, athletes should avoid overstretching the shoulder joint. And finally, just like Michael, we should all have “perfect technique”. If it was only that easy.

Upcoming swim meets			
Oct. 4-5	FAST IMX Kickoff	Lindbergh High School, St. Louis	All groups
Oct. 19	CSC Intrasquad Pentathlon	MU Aquatic Center	All groups
Nov. 7-9	Tsunami Fall Roundup	Henley Aquatic Center, Independence	Tigersharks, Dolphins and Barracudas
Nov. 7-9	Carmel Fall Frenzy	UIPI Natatorium, Indianapolis	Piranhas and Seniors
Nov. 21-23	CSC Fall Invitational	MU Aquatic Center	All groups
Dec. 4-7	Short Course Nationals	Georgia Tech, Atlanta	Qualifying swimmers
Dec. 6-7	MVC East Level II Championships	Central High School, Kansas City	Qualifying swimmers
Dec. 11-14	Short Course Junior Nationals	Austin, Texas	Qualifying swimmers
Dec. 12-14	MVC Level I Championships	Capital Federal Natatorium, Topeka	Qualifying swimmers

Please check the CSC Website for schedule changes and future meets.

MEET PICS

