

# TRINITY FELLOWSHIP CHURCH

Education Ministry since 1994  
Genesis Academy Christian School, Pre-K thru 12th Grade  
Sports Ministry since 1997  
Team Genesis & LOVE Sports

## Minutes of Swim Symposium Meeting #1 of 12

Thursday, September 18, 2008

5:30 pm – 7:30 pm

Ryan's Restaurant

Festus, Missouri

Roll Call: Rudolph Oates, Alice Oates, Mary Ouhl, Amy Ribaud, Jeff Ribaud, Jamie Methvin, Kristen Scaggs, John Scaggs, Diana Skidmore, Richard Skidmore, Suzanne Meade

Others: Sven Meade, Sydney Meade and Shahana Nawaz

Tape began 5:30 pm

Coach Alice asked Mrs. Scaggs to take minutes.

Coach Rudy welcomed everyone to our 1<sup>st</sup> Symposium of 12. He told everyone that it is very informal as it is just a step to open up communications to everyone to deal with any issues that might be forthcoming and on anyone's minds. We have quite a few new parents and this is new for them in the Sport. We experienced the same having 5 boys. Coach Rudy said there is no such things as a stupid question. We had people take us under their wings and they are still teaching us to this day. We will share the knowledge that we have and what we do not know we can all up to USA Swimming and we can find an answer to almost any question and if they cannot answer it, they will consult with others to find out. Then he welcomed everyone again.

Coach Alice checked to make sure that everyone had water and refreshments. Coach Alice thanked Mrs. Methvin for all of her help since being on the Team.

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"Love one another. As I have loved you, so you must love one another". John 13:34-7

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Coach Alice welcomed libations to symbolize the end of Jesus' suffering on this earth and welcomed everyone in the room to toast to our Lord with her. She informed everyone that the line was drawn by our Team. We be the Christian team and we have good kids. Our responsibility is to minister to everyone and to show love. This is how Team Genesis came about and LOVE Swimming. This is our mission; we are to love one another. We have a very diverse Team and we are thankful. She reminded everyone it's all about what's in our heart – love in our heart for our fellow man.

Mrs. Methvin gave the prayer to bless our meeting.

Coach Alice invited anyone to sing. No one wanted to sing☺

Dr. Methvin unable to be with us this evening. So Mrs. Methvin spoke on the importance of all swimmers getting in their physical. She also stated that we should all get our physicals every year. Coach Alice reminded everyone that the sports physicals/medical releases are good for a year and that our medical liability release authorizations are good for only 30 days.

Coach Rudy mentioned that over the years we have learned about VCD (vocal cord dysfunction) and that it does affect the swimmers and it is real. Our son Dexter had to be treated for this for over a year – it can mask itself like asthma, but it is not asthma. We have a lot of children who grow really fast and we must make sure that their joints are being protected as coaches we try to do a lot of preventive maintenance so that we can strengthen our children. We have seen a lot of overtraining and injuries as a result – a lot of promising swimmers lose opportunities because of the fact that they are just injured unnecessarily. We are gearing more towards dryland. Some kids will say, I signed up for swimming not dryland and we respond if you don't do your dryland you cannot swim because the body has to be fit.

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Swimmers who prepared for Show Me State Games this year in Championship Camp were really trained and there was reluctantancy to allow our LOVE Swimmers to participate in this very intense camp. Coach Rudy stated that the children did really well and that 2 weeks later the swimmers they could probably use a meet because sometimes they really peak and perform at a meet – there body will start clicking, their mental will start clicking and they will really be into the zone.

Coach Alice reminded the parents that it is important to keep the swimmers well. A lot of complaining from our swimmers (pain, aches, cold, knee hurts, injuries at school, etc.) She asked the parents to protect their children from colds as best they can because down time is down time training. When a swimmer is down swimmers in their age group is picking up more water time and water time is very important. She cited an example of a swimmer who had missed time from practice for being sick (cold, etc.) and went to a meet and had to compete against swimmers with more water time. It was not that she was not a good swimmer they just had an edge over her and she could not compete with them. A swimmers good health is critical. Timing is everything in swimming. Just remember that swimming is cyclical and whatever they do not do this year it will come back next year, that opportunity, that meet will be back next year whether it be next year, two years, etc. The goal is to try to make each year better; better attendance, higher yardage, more meets.

Coach Alice informed all of the parents that we still need to come up with an Awards, Motivation program for our Swim Suits gifted to us from USA Swimming. Mrs. Coile has the suits. Maybe we could consider having a day like the schools do (i.e. pajama day, etc.) when the swimmers could wear any suit, cap, etc. that they want --- this is just something to consider. Also, Coach Alice mentioned she is in receipt of the proposal from Mrs. Skidmore and Mrs. Methvin to give suits to Special Olympic swimmers and this is also something we may consider. We need to continue to discuss and develop a program to manage this gift.

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Coach Rudy said swim meets are opportunities for our swimmers and it is critical that we get a time on our swimmers. This is one of the best ways to gauge if they are progressing and adapting to their training. He mentioned that the swimmers need support at home because their training is hard and they need to be able to retreat at home with their family. Swimmers have a lot of issues so it is important to feed them, make sure they get their rest (8-10 hours) because training does extract mentally and physically. The longer they stay in the sport the more attention they will receive from other people because longevity in swimming is the key as you need to realize that swimming is a long view. Longevity in the sport of swimming is critical to be successful.

Coach Rudy discussed Nationals at IUPUI Natatorium a world class facility where they have 2 pools running at the same time and how it can get confusing for the swimmers and how they can miss their race getting caught up in the moment. He cited a situation that occurred with Rowdy Gaines the US Olympian. He mentioned the Olympics scheduled to be in London in 2012 and Chicago in 2016. He mentioned how patience in swimming is critical. Coach Rudy said his primary concern is to protect the children at practice, at the meets, etc. by supervising them and keeping them safe. We are not to trust anyone with our swimmers. We are to always keep our swimmers within our sight.

Mrs. Skidmore reported that she has no speakers and has not heard from anyone. Coach Alice mentioned that if we can get someone to come in and speak to us on different issues related to swimming that maybe we should try to get someone to come in and speak into our parent. Symposiums do have an educational component. Coach Alice also mentioned she had received Mrs. Skidmores email that she is too busy to help coordinate the symposiums so we will need to see who can help coordinate our symposiums.

Coach Alice mentioned that swim team dynamics are different than any other sport. A lot has to run its course and we must remember that God is in control. For the few years we have just worked with Megan Ouhl and Christopher Pipkin and we are very blessed to have more swimmers because this is our mission and how our children became involved in the sport of swimming. Coach Alice reminded the parents that no question is stupid and encouraged the parents to speak up. We are a Team first and this is our focus.

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Coach Alice presented to everyone Swim Parenting 101:

USA Swimming is the national governing body of swimming in this country and has been since the 1978 Sport Act (which broke up the Amateur Athletic Union) when all the Olympic Sports was broken up into National Governing Bodies (NGB). USA Swimming has approximately 300,000 swimmers and 3,000 Clubs. USA Swimming is a very small family and they watch everything. LOVE Swimming is one of 3 United States Masters Swim Clubs in Ozark. Trinity Fellowship Church has 5 Swim Clubs and we feel very blessed even though we have to endure a lot and we survive because of our sponsors and private contributors. She emphasized that everything in USA Swimming comes down to insurance. Swimmers have 15 minutes from the time practice ends to the time that they get home and anything outside that has to be documented if an incident occurs. If our swimmers have a lot of energy after practice – then that means they have not practiced. Swimmers are not to play or be in the water before practice because it does affect the quality of their practice. USA Swimming has named the Jefferson County YMCA to our Liability Insurance and we are now under Contract with the YMCA. The key is to provide an opportunity for our swimmers.

We are in the process of becoming a partner in USA Swimmings Make a Splash program. We have been doing Free Clinics for a year and the only swimmers who have attended is the Methvins, Meades (attended one) and maybe one or two others and we have been asked to continue these Clinics. For the most part none of our Clinics have been attended or supported by any of our LOVE Swimmers. We have spoken to the YMCA to continue these Clinics and they have not gotten back with us yet. Since there has been no interest here so far, all of our Free Clinics for the 2008-2009 Swim Season have been scheduled at Webster University, St. Louis, Missouri. Coach Alice mentioned that all of our swimmers need strengthening and are currently pretty weak. Our plan is to dedicate Thursdays to dryland. The YMCA has offered us water on every date/day we have requested to train and the only adjustments we have had to make is pool availability, etc. and we will work with the YMCA as coaches. Scheduling conflicts need to be brought to our attention so that we can try to resolve them ASAP. Coach Alice mentioned that Thursday practices are currently scheduled to be late and we are working on accepting these times or do dryland and we will be getting back to you on Thursday times.

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Mrs. Methvin asked what is the time availability on Tuesday and Coach Alice told her it is the same as Monday. Mrs. Ouhl asked about Thursday late time and currently we had to time set yet. We may have to be in the water at another location or train on Tuesday and this is currently being decided, however; dryland is gone on Thursday as we originally hoped that we could schedule.

When we were put on a contract with the YMCA, a membership to the YMCA is no longer a requirement as it has been in the past. We do not have program fees because we do not have paid staff (salaries). Our costs is for administrative supplies/equipment, sanctions, swim meets, insurance, etc. Coach Alice explained that the YMCA is charging us to reserve a lane for \$10 which we have been told is half what is charged to others. Coach Alice mentioned that water charges are a reality no matter where you swim. Coach Alice discussed the benefits to having the swimmers in their individual training groups based on ability, skills, etc., the numbers are low and the swimmers can barely get through their practice because the distractions are low and they have to do the work. So when practice is over they are done because it is tough for them to complete their practice.

Championship Training initially gave selected swimmers a better base and are currently handling practice better that swimmers who did not complete Championship training. Coach Rudy felt the swimmers who completed Championship Training are awesome and that they are eligible to participate in swim team programs.

Mrs. Ribauda feels we are halfway restricted from our water time because the pool gets busy and we told her our contractual arrangement is a good thing with the YMCA because it assures reserved space for our swimmers.

Mrs. Ribauda feels Morgans practice is shortened. Morgans practice was extended due to the crowding but not anymore because we are set to task and she has space and time. Coach Alice did not encourage younger swimmers to participate in Clinic because it requires focus. Eventhough everything looks the same, it is not the same.

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Mrs. Methvin asked if Noah, Madelyn and Morgan are eligible to do Clinics and Coach Alice said yes because they completed Championship Training, however; that does not mean they can do it, we will have to see how they perform, how they handle it, if they can handle it. We have to take the long view.

Mrs. Ouhl said so in the Technique Clinic you will be fine tuning flip turns. You have not done a lot of that. Mrs Ouhl did not think so...

Mrs. Methvin interrupted to say that there is a sheet that list the dates if the Clinics and Camps.

Mrs. Ribauda said that at the dive clinics that she would like to see Morgan dive more. Coach Rudy interjected that diving does hurt and they begin to just lay there so, we can only do so much with the swimmers. We have to deal with what comes next so everything has to be done in moderation because from the time they hit the water the race is on. Coach Rudy said this is a progression because of all that is involved in mastering the skill including the way that the swimmer learns. Coach Alice explained that there are a lot of steps to diving and that we have to be patient to keep the swimmers from crashing on us. They will dive... It is critical that we nurture our swimmers now during their sensitive period as this opportunity does diminish in time. They can always learn but as they get older certain foundational skills are very difficult to develop. Our goal is to get them to College healthy, uninjured and proficient in all 4 strokes. Our swimmers are special and they are being trained not only to be competitive but beautiful swimmers.

Mr. Scaggs asked for further clarification of the Thursday practice and Coach Alice again explained our options.

Mrs. Scaggs asked if the YMCA will refund our money if they pool is closed to other issues, etc. Coach Alice informed them she is not sure and will check with the YMCA but that she thinks Rockwood does not refund. We can always do dryland swim drills which is critical and welcomed because it is rare to get the time to do this during a regular practice. Usually only elite or swimmers in private training get this opportunity.

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Mrs. Skidmore said the swimmers can do their pushups at home. Coach Alice interjected to say that she knows this and it sounds good but does not always and most times does not work or get done so they do need to be supervised.

Mrs. Methvin asked if they could contact Jefferson College to use as a backup and Coach Rudy said we have checked and look to hear back from Vetta Sports, Jefferson College, etc. Coach Rudy is concerned about water and needs to make sure the water is not too hot at Jefferson College as experienced when our swimmers trained there in the past.

Coach Alice mentioned that we just finished our first Devotional Clinic and she really enjoyed it. She personally likes the Clinics and the Camps because it's like one-on-one and she gets to know how they feel and get their opinion on things. It is important that they have a voice and can actually say something about their swimming this is the first step in them taking actual ownership of their swimming and until they take ownership of their swimming they are just out there going through the motions. It all comes out you find out where the deficiencies are and where their qualities are – this is why she really likes the camps and clinics. She has some problems and blessings. One thing that is tough with several children is that as coaches we do not get time for our parents and this is why the symposiums are so important – this is our time.

The median income for a swim family in the United States is about \$85,000 per year and swimming is a lot like child care because you have to have professional child care with your children. Swimming is just not really set-up for the regular child. Even though we do not deal with normal kids there is nothing wrong with our kids. We do not deal with regular kids because it takes a lot for the children to train.

Mrs. Ouhl stated that “Megan is afraid to say anything”. Coach Alice stated, “what happened” and Mrs. Ouhl again stated, “she is afraid to say anything”, her work ethic now is “I am going to work so hard and show them that I can do it, I am not going to tell them anything or ask them, cause I am afraid”, Coach Alice stated “well, I don't want her afraid but I'll tell you one thing I like that work ethic, I like that work ethic, because Megan was playing, playing for awhile, but you know, I think, I can get past that, I am glad you told me that, I work with her on that.”

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Coach Rudy said well, she does not have to say anything to me, I got a kid name Morgan that draws me picture and asks me stuff in the pictures, “can we have some fun today?” ☺

Coach Alice said that Megan is at a tough time, it is not going to be easy a lot of it is because of her age right now and because of her year in school and another thing Megan has had to go through a lot of changes and I have spent a lot of one-on-one time with Megan being that she has been the only one for years and all of a sudden she is surrounded by all these girls and all these boys, so she not just going through growing up changes she is going through changes with her coach and I am trying to show her it is ok, it’s alright, this is a good thing --- it’s just like Christian told us, life was great until you and Dad had to have Justin, so I think it is an adjustment period and I think she is going to be ok, but she does not have to be afraid of her coach, Megan has never been afraid of her coach. Now, alot of times I do not have a lot of time a lot of time like I did when there was nobody but just Megan and Mr. Pipkin, but now it’s sharing time. She has to learn how to deal with others because this is apart of swimming, this is a life thing, she’s gotta learn how to do this when she gets a job at work, she’s gotta learn how to get along with people and stuff and so this is another good thing about swimming this is why a lot of times people will put their kids on swim team it’s a positive/negative a constant negative resistance, it helps and makes you perform to your best. I feel Megan is gonna be ok, I see a lot of growth in her. Megan is not use to waiting her turn and when she has to wait it hurts but we all have to learn to share.

It’s just like Eric because he does not have the water time like the other children. Eric gets in the lane and he races to pass Madelyn, I am saying this is a boy thing and by the time he gets to his 3<sup>rd</sup> lap he’s worn out and Madelyn is still swimming alone. Eric is so competitive, he’s got that great attitude, Eric is a swimmer, he just needs time. When Coach says don’t swim fast, dvice is don’t swim fast – swim regular speed – maybe it’s a male thing it seems they go at one speed fast.

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Mrs. Ouhl interjected that Eric will not be competing/doing swim meets. Coach Alice recommended that he train with the Fitness Group for a better swimming experience instead of the Competitive Swim Team Group since he is at a disadvantage with water time and is having difficulty keeping up. Mrs. Ouhl said Eric has to train with the Competitive Swim Team Group because she cannot bring him at another time, he will just have to pick-up the pace. When Coach says don't swim fast, advice is don't swim fast – swim regular speed – maybe it's a male thing it seems they go at one speed fast.

Mrs. Ouhl stated that she don't want Megans yardage to go down. Coach Alice said her yardage is gonna go down because her body is changing and we gotta figure out what to do with her. She is swimming different, she has returned to a 2 beat kick and she is a trained 6 beat kicker. Morgan is trying to model after Megan and Madelyn is holding her own.

Mrs. Skidmore asked is the fact that they are swimming in the pool less time does affect their yardage? Coach Alice responded that Maggie's time has not changed, number 1 because Maggie is being pushed and we are watching her closely and this is why Maggie is running with Megan and Nathaniel and they all have to take point and trade off. The bottom line is if they train --- before when they were training a lot of playing, socializing, fooling around, even the parents complained to me but now if they actually come to practice and they train, then their yardage is not affected at all. Coach Rudy interjected that his year training emphasis is going to be power and endurance swimming all 4 strokes more IM based training. When you do breast stroke, 1 arm stroking and this is the only effect if any on training yardage which is negligible compared to the benefit of developing their power and endurance to increase their range.

Mrs. Ouhl asked is that like 3 right, 3 left 3 full. Coach Rudy interjected to say this takes time. This is where you do not have a lot of time to do it but it is necessary because they need that particular type of stress and if you don't do it then the body is not using those particular muscles. This type of training leads to even more successes. Coach Alice again emphasized their training time is the same minus their socializing and playing in the lane. Mrs. Skidmore interjected that the training is more intense. Coach Rudy verified it is more stressed to get their body to respond. If they do not do it then the body will reverse itself.

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Coach Alice also reminded everyone that we are at the beginning of the season and we need to concentrate on their focus there is no longer 18 swimmers in the water it is only 5 to 6 swimmers in the water --- their training group.

Mr. Ribaud said initially they were always told about yardage and goals now it seems not so important. Coach Alice said we are always focused on yardage and actually Morgan was doing less yardage at times with no one in the lane, it is their performance and concentration during practice. Their yardage actually should be the same or better because they are not training with 2 or 3 groups – they are just training with 1 group - their group. Coach Rudy said we will continue to strengthen first and their workload volume will increase as they get stronger. Coach Alice reminded everyone that we have to be patient and remember balance, swimming is a privilege and school grades are the priority and there are other things to do too... We all have to be careful with our swimmers life cycle and daily activities. Our swimmers have to have a life, else we will all be pulling their psych profiles and a swimmers physiology and mental skills have to have a chance to develop if you truly want them to be successful in life. Natural talent ranges from very little if any up to maybe 13% for both males and females so that means 85+% has to be work and work is hard... just be patient.

Bottom line is, (1) “is your swimmer healthy, balanced and progressing” consistently (0.01 seconds) achieving personal best times (a half of a second per year is the norm), (2) consistent and dependable coaching (swimmers have deal with enough changes in training), (3) Long-view and (4) parent patience. These 4 items are always necessary to address and continually deal with if you really want your swimmer to be successful in swimming.

Coach Alice mentioned a parent turned Coach who came up to her at the ASCA World Clinic who felt she could bake a better apple pie whose son Coach Alice had as a 7 year old. He was fast and his parents wanted him even faster. Now 3-4 years later she walks up and hugs Coach Alice in hindsight which is always 20/20 and does not have the same enthusiasm --- just maybe there is a balance issue with her son --- even worse, could he be lost to the sport, here we go again...?

End of Tape 7:30 pm/ Meeting Adjourned 8:00 pm  
Mrs. Scaggs submitted minutes to Coach Alice

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