



November/December 2013

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## Francis Family YMCA Swim Team

Season: September – Mid March

Everyone's A Winner

On the Francis Family YMCA Swim Team, every swimmer is a champion. Swimmers celebrate goals and the mission of the YMCA through team work and sportsmanship.

The YMCA's Core Values are Caring, Faith, Honesty, Respect and Responsibility.

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### Coaching Staff

*Assistant Coach:* Brittany Johnston

*Assistant Coach:* Brittany Knauss

*Assistant Coach:* Evan Madden

*Assistant Coach:* Jim Sorensen

*Assistant Coach:* Aurora Biggs

*Assistant Coach:* Katie Dunnett

*Dryland Coach:* Kerri Schreder

Aquatic Director: Addy Soden

734-856- 9622 or  
asoden@ymcatoledo.org



### HELPFULLINKS

<http://francisstingrays.weebly.com/>

<http://www.swimoutlet.com/>

# FFY STINGRAY NEW

How often do you think about the amount of and type of praise you offer your child? The wrong kind of praise, or praise used too frequently or infrequently can cause difficulties. Sometimes we think that it is not possible to over praise a child because constant praise will build a child's self esteem. However, there is a real world for the child outside of the home and a child's peers may not always be as praise giving as his or her parents. Other children are usually quite truthful and blunt about the feats of their peers. A child constantly praised at home may feel himself placed on a pedestal only to be knocked off outside the home.

In a article in "Parents Magazine", educational consultant Fredelle Maynard listed the dos and don'ts of praise. First the don'ts:

- Don't praise by comparison ("You're the best athlete on the team"). It may encourage unnecessary competition or fear of failing next time.
- Don't praise constantly. If everything a child does is terrific, wonderful, the best, you will run out of superlatives and the child will become blase about applause.
- Don't praise indiscriminately. Children who are veteran competitors know when a performance is good or bad. Parental ecstasies over mediocre performance can either make children cynical or cause them to feel like frauds.
- Don't praise so extravagantly that children feel pressure to go on shining. Over enthusiastic applause destroys a good motive for activity (to please oneself) and substitutes a poor one (to please parents).
- Don't use sarcastic or "backhanded" praise. "Well, you did all flip turns for a change." "You didn't false start. I can't believe it."

The best praise to use is encouragement. Encouragement helps build a child's confidence and autonomy while praise can be more manipulative, emphasizing what the adult wants.

Encouragement allows kid to "own" their accomplishments and to find within themselves the strength and desire to do their best. The following are Maynard's dos:

- Do be specific. Instead of using words that evaluate ("What a great race"), describe in concrete terms what you see: "You kept your technique during that race."
- Do describe the behavior and its consequences. For example, "Thanks for getting dressed and out of the locker room so quickly. Now we have more time to go shopping for the new equipment you need."
- Do focus on the child's effort, not the product. "You practiced hard for this meet and it really paid off."
- Do point out how your child has progressed. "You couldn't have done that last year!"
- Do give control back to the child. Let the child do the evaluating. Rather than say, "I'm so proud of you," say, "You must feel so proud of yourself." Instead of "I like the way you helped that relay," try, "You were able to help that relay."

Adapted from "News for Swim Parents." Published by the American Swimming Coaches Association. Used with permission

### A Swimmer's Prayer

Dear God, another swimming  
Meet is scheduled for today  
I'm going to be quite busy  
So I won't have long to pray

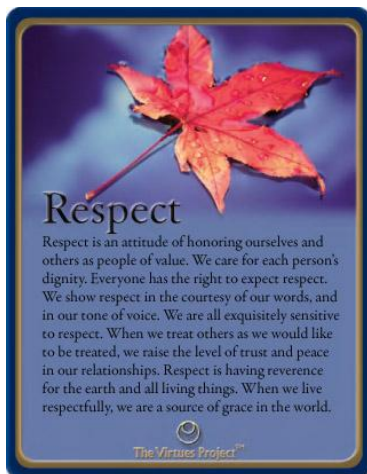
Bless my Mom, Dad, and Coach  
And keep us close to you  
Let the friends I make today  
Be loyal, good, and true

Please help me not forget you  
God each time I take the blocks  
I sometimes get distracted by  
The noise and all the clocks

Let my starts and turns be quick  
My arms and legs be sure  
And help my strokes be smooth  
and strong  
To help me to endure

Help me find the confidence  
I've struggled for so much  
So I can find the shortest way  
From start to final touch

And when the droll computer  
Writes my time across its face  
Please let me not think win or  
lose  
But how I swam the race!



### Upcoming USA Meets

November 29 – Dec 1<sup>st</sup> – GTAC Turkey Meet @ University of Toledo

Dec 7-9 – BGSC Holiday Bowl @ Fremont Ross High School



### Upcoming YMCA Meets

November 16<sup>th</sup> – Lima Fall Fiesta

\*November 23<sup>rd</sup> – Williams Co & Monroe @ Francis

December 14<sup>th</sup> – Williams Co & Francis @ Defiance

\*Home Meet

### Upcoming Events

**Turkey Swim – Friday November 22, 2013 during practice**

### **Carb Nights**

**Friday, November 22<sup>nd</sup> 7 p m & Friday, December 20<sup>th</sup> 7pm**