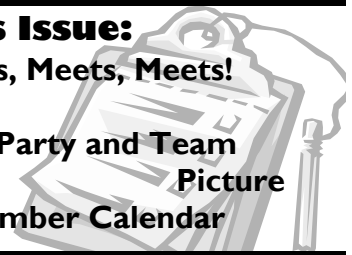


HDSST

THE FLIPPER NEWSLETTER 2.0

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WWW.HAINESDOLPHINS.ORG

Upcoming ABC Meet - Sitka

Our first Southeast meet is coming soon. The Southeast ABC meet is in Sitka. It is an invitational meet and recommended for all levels of swimmer (**especially**, those planning to go to Age Group Champs in December). See more about what "ABC" means on back.

Meet information:
 Meet dates: Nov. 14-16
 Sign ups: Oct. 29 - Nov. 5

Accommodation:
 Swimmers who want to be housed by a host family must be in 8th grade or higher. Please let coach know if you need housing.

Also, the Dolphins have reserved 12 beds at the Juneau Youth Hostel for those who need accommodation while over-nighting in Juneau. Cost: \$5 children, \$10 adult.

Travel:

Southbound
 Nov. 12th: HNS - JNU (via Skagway)
 Depart 12:30pm; Arrive 7:30pm
 Nov. 13th: JNU - STK
 Depart 8:00am; Arrive 12:30pm

Northbound
 Nov. 16th: STK - JNU
 Depart 1:30pm; Arrive 6:00pm
 Nov. 17th: JNU - HNS
 Depart 6:45am; Arrive 12:45pm

Cost: \$82*
Note: \$16* group rate, if 8+ swimmers
 *Includes \$50/swimmer travel stipend)

Mentor Meet Time Trial

Our annual mentor meet will be **Nov. 22**. All younger and new swimmers will be paired up with an older team member/mentor. The mentor will introduce the younger swimmer to the swim meet structure and support them during their races. This has proven to be a great team builder for everyone, not to mention a valuable learning experience for our younger swimmers. Participation is free.

Team Picture

There will be a team picture followed by a pool party on Thursday, Oct 30. Team picture, 3:30pm. Pool party, 3:45 - 5:00.
Parents: Please bring snacks to be shared in the lobby after the party.

Friday Practice

Yes, there is practice on Friday Oct. 31.

Issue: October 27, 2008

November 2008						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Upcoming Events

- Oct 30**
Team picture and pool party.
3:30-5:00
- Oct. 31 - Nov. 1**
HS Regional Champs
- Nov. 5**
Last day to sign up for Sitka ABC Invitational swim meet.
- Nov. 8**
Saturday practice begins for A squad and up. 9am - 11am.
- Nov. 10**
Return of B2 and New A2 squads.
- Nov. 14 - 16**
Southeast ABC meet.
- Nov. 22**
Mentor meet/time trial.
- Nov. 26**
Last day to sign up for Age Group Champs in Ketchikan.

B2 and A2 Begin Soon

This month will mark the return of our B2 squad along with the introduction of our A2 squad. These squads are for advance level A and B swimmers (selected by their coach). Each swimmer will be moved up to the upper squad (A or Silver) for the last half hour of their practice on M/W/F. This will help them adjust to the new practice demands as they transition into their next squad. Inclusion in these squads does not guarantee advancement, but is design to help swimmers continue to progress both physically and competitively. Participation in this program is FREE!

ABC Times

Most swimmers are familiar with "qualifying" times. All championship meets require that a swimmer have a specific time in order to qualify for certain championship meets.

ABC times are nationally set standards. It's a good way to rate your swimmer with how they compare to other swimmer's nation.

Look on www.hainesdolphins.org to see what events your swimmer has ABC times in.

(Times to be posted this week, stay tuned).

For all the latest info,
visit us at:

[www
hainesdolphins
org](http://www.hainesdolphins.org)

Kids and Sport

By Ira Klein, ASCA Level 5
Sarasota Y, Florida

Recently I read an article from Sports Psychology magazine, written by Dr. David A. Feigley. He works with the Rutgers University Youth Sport Research Council. The article was entitled "Why Kids Quit" and contained interesting and useful information which I wish to share with all of you.

First, why do kids play sports?

There are three basic types of participants. Ability oriented children enjoy competition and "want to be the best". Task oriented children enjoy the activity itself and often focus on self-improvement. Social approval oriented children work to please others such as coaches, parents, and teammates. To my surprise, the author says that the evidence suggests that those who work for social approval persist the longest.

Children aged six years and younger cannot distinguish between ability and effort. They believe that when they try hard they are automatically good at what they are doing. Praise tends to be accepted positively by very young children regardless of whether the task was successfully completed or not.

Children aged seven through eleven develop the ability to differentiate between having talent and trying hard. They compare themselves with others, and if they feel they cannot succeed, they would rather not try. They find it easier to attribute failure to a deliberate lack of effort, than to admit that they lack ability.

Children from age twelve become skilled at making social comparisons and realize that expending effort is no longer a guarantee that they will succeed.

What can we do to help reduce the pressure?

1. Encourage enjoyment of the activity and self-improvement.
2. Encourage children to interpret comparisons with others solely as a tool for improving. Comparisons should be constructive and never as simple as "they are better" or "you are not as good".
3. Praise must be an earned reward. As children mature, they begin to value praise for successful outcomes much more than praise for trying hard. Look for specific successes.
4. Continually remind your children that ability often changes dramatically as they mature.

Stay in the loop: Subscribe to the Dolphin Digest email updates.