

The Donner Splash

2/15/2017

Edition 1, Vol 2

TIME FOR BEST TIMES!



As a divisional meet host site it means **we need YOU** to volunteer to help us make your swimmer's meet run smoothly. Don't have anyone swimming? Catch up on volunteer points and try something new!

It also means it's time to make sure your swimmer is signed up if he or she qualified. These meets are the culmination of the hard work and dedication that Donner's athletes have put in this season. Please speak with your athlete's coach about signing up for these championship meets.



Congratulations to our Championship meet qualifiers :

Divisional Qualifiers:

Karissa Bevis, Kara Buntin, Jared Carroll, Darby Coles, Cole Ehara, Hudson Elwood, Nicholas Green, Rachel Gutman, Sammi Hoovler, Nicolas Jones, Betsy King, Paige Maddox, Karissa Miller, Jackson Nagel, Vaikhari Nalole, Evan Patterson, Angus Proctor, Ellie Proffitt, Adeline Rush, Paxton Rush, Sam Russell, Ainsley Sherlock

Age Group State Qualifiers: Hudson Elwood

Senior State Qualifiers: Nicholas Green, Darby Coles, Betsy King, Sam Russell, Evan Patterson

Futures Qualifiers: Darby Coles, Sam Russell

Mission: To create a safe and fun environment that teaches community youth excellence in all areas of life through swimming.

Vision: To provide a community focused club that fosters an environment of success as an athlete and a person. To teach swimmers to confront challenges and accept responsibility for success.

To develop in our swimmers values of self-confidence, leadership, respect for others, and courage to take on any challenge.



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UPCOMING EVENTS

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Feb. 10-11 IHSAA Girls State

Feb. 24-25 IHSAA Boys State

Feb. 24-26 Indian Creek

Beach Party Meet

March 1 Psych Dinner for Qualifiers

March 3-5 Divisionals

March 10-12 Age Group

State

March 17-18 Senior State

April 12-13 Summer Season Evaluations

April 12 Summer Season

start for Blue & Gold

April 17 Summer Season

start for Orange & Green

Swim Healthier...

Bartholomew Consolidated
School Corporation

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Edition 1, Vol

TIPS FOR SWIM PARENTS ABOUT THE CAR RIDE HOME

<https://swimswam.com/6-tips-swim-parents-car-ride-home//> (September 19, 2016)

by [Elizabeth Wickham](#)

"I'll never forget the ride home after a swim meet," one of my Masters coaches said. He's in his mid-fifties and he doesn't remember the car ride home in a good way. In fact, he joked that he was scarred for life. It was a meet where he swam really, really badly and the ride home was awful. Is that how we want our kids to remember spending time with us 40 years later?

According to the National Alliance for Youth Sports, approximately 70 percent of kids in the United States stop playing organized sports by the age of 13 because "it's just not fun anymore." One of the main reasons why youth sports are no longer fun falls on our shoulders. Kids feel too much pressure from us, they don't like being coached by parents, or we are bad spectators. A number of kids mention the ride home as something they dread.

We want our kids to stay in the sport for all the benefits it brings to their lives. We don't want them to quit at age 13. If we lighten up on the ride home, we can make their swim years more enjoyable.

Try the following tips on the way home from a meet and see how your kids react:

1. **Be quiet.** Experts recommend letting your kids have some time to let their own thoughts sink in. By starting the drive home quietly, we allow our children room to think and reflect.
2. **Don't rehash.** Our kids know if they swam poorly and they don't need us to remind them. Also, it's not productive to blame the coach or officials for a less than stellar meet.
3. **Listen.** Letting our kids take the lead in conversation, we may learn something from them. If we aren't good listeners, we may miss so much of what they are experiencing.
4. **Play music and sing loudly.** Having a fun atmosphere on the drive home will make your kids laugh, you smile and create memories for life.
5. **Invite teammates.** We want our kids to have fun and they love being with friends. Why not ask a friend to share the ride home? Or, ask other families to stop for pizza or frozen yogurt.
6. **"I love watching you swim," or "What did you like about today?"** These are two things you should say. I've heard from coaches and sports parenting experts to affirm you enjoy going to swim meets and watching your children compete, and to ask open-ended questions about their experience.

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WHAT DO YOU SAY OR DO ON THE RIDE HOME FROM SWIM MEETS?



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BIG thanks to our Winter Invitational Volunteers!! We would sink without the volunteers that have helped our meets run smoothly this season thus far. Your help with timing, marshalling, hospitality, admissions, concessions, at the head table, and more is appreciated! We also value the support provided through donations for concessions! **As hosts of Divisionals March 3-5 your help is crucial to our running a memorable and fun meet for the swimmers. Please sign up today!!**

Special thanks to Kevin Sherlock and Ralph Gutman for officiating at the Girls High School Sectionals.

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Coaches

GOLD
Logan
Schaefer

BLUE
Jill Arnholt
Erin Bieger

ORANGE
Kathleen
Proffitt
Kristin
VanDeventer

GREEN
Rusty Imlay

2016-17 Board Members:

Presidents: Jennifer Carroll & Tom King Vice Presidents: Rajesh Thyagarajan & Tim Proctor
 Secretary: Laura Gutman Concessions: Judy Hoovler Activities: Sara Donathen-Smith
 Vendor: Bev Addis Web Admin: Jack Tregoning Hospitality:
 Head Coach: Logan Schafer

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Swimmers Making a Splash...

Green Swimmers of the Month: Luci Sanderfer (Green 1), Nandini Kondhare (Green 2), Keaton Stephenson (Green 3)



Luci, Nandini, and Keaton have shown consistent excitement, work ethic, and improvement through their positive attitude, consistent attendance, and progress on their fundamental skills.

Orange Swimmer of the Month: Georgia Abdallah



Georgia always comes to practice with a smile on her face willing to learn and better her swimming. She is attentive and does what the coaches ask of her. Georgia is an excellent teammate and has seen consistent improvement throughout the season.

Blue Swimmer of the Month: Jack Tregoning



Over the past year, Jack has been asked to make a lot of changes to the way he swims. While this has been a difficult process, he has done everything that is asked of him and never once gave up. At meets he has gained experience in events he once claimed he could not swim. He is always willing to cheer on a teammate even after swimming back to back events. He has shown great improvements and we cannot wait to see what the rest of the season holds for him!

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