

GPAC's Mission Statement:

Develop all levels of swimmers and instill values and life-skills that foster success in all aspects of life.

Dates to Note:

- 4/8-Annual GPAC Awards Banquet
- 4/9-Splash 4 Cash/Bowling
- 4/22-5/1- Spring Break for UWF, PSC and Milestone groups—NO PRACTICES!
- 6/23-28: GPAC Team Trip!

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The GPAC Board meets the third Tuesday of every month.

Meeting are typically held at 6:30 PM @ PSC.

All GPAC members are invited to attend!

GPAC SPRINT

Vol. 2, Issue 1
Spring 2011

Off the Blocks ~ By Coach Phil

As I sit down to write this article I cannot help but marvel at our current weather. It seems like yesterday we were all bundled up in our Parkas and wondering out loud "when will it get warm". Well Spring is upon us and it is a mighty fine time of the year in our neck of the woods. Before we know it we will all be suntanned and wondering when it will cool down. But before we get to that point I encourage you to live in the moment. Not that I discourage looking into the future, as it is important, especially for our end of the season goals. However, each and every day brings about a new opportunity for each and every one of us to experience something new. First and foremost this means you need to attend practices, however showing up is not enough, you will need give effort as well. In swimming terms new experiences may mean we learn a new drill, accomplish a challenge set for the first time or try a new event. So today, whatever day it happens to be, is a great time to focus on what you are doing (rest, goal setting, nutrition, hydration, workouts, etc) to make yourself a better swimmer. Swimmers often come to practice with their head full of worries of homework or stories of the latest gossip. I used to be the same way and I see it almost everyday. I encourage you to leave everything in your life at the pool door and focus on swimming. Swimming can be a great escape but you cannot trudge up and down the pool, staring at the black line for hours on end and just turn off your brain. This way of swimming will not take you to new levels of achievement whether it be your first successful flip turn or an Olympic Trial cut. So before you look too far in the future to what is your goal or your ultimate outcome for this Long Course swim season, pay special attention to the process, the outcome will take care of itself. Now go outside and enjoy this beautiful weather, but don't get burnt!! GO GPAC!!!



Watching Your Swimmer at Practice— A Coach's Perspective.

At most of the GPAC locations, the pools offer bleacher areas for the parents to sit and observe practice sessions. We welcome parents and believe in keeping our practices open and observable. However, the swimmers (and coaches) are sometimes interrupted by parents trying to instruct or communicate with their swimmer(s). Here is a brief explanation of why this is discouraged (taken from an article published from American Swimming Coaches Association).

In our swim program, we want the child's attention focused on the coach and the tasks at hand. Occasionally children miss an instruction, or have a goggle problem, or are involved in some other distraction, or are simply playing and having fun – which is all normal behavior for young children. We view these little difficulties as part of the learning process and we allow the children an opportunity to develop the self discipline and self reliance needed to overcome these difficulties without the help of moms or dads.

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GPAC'S NEW TEAM RECORD HOLDERS

TORI BINDI: 11-12 50-YD FREE, 11-12 50-YD BUTTERFLY & 13-14 50-YD FREE

JACQUIE KINMAN: 13-14 100-YD BREASTSTROKE

CAROLINE PAGE: 13-14 50-METER FREESTYLE

WALKER PARRA: 8 & U 100-METER FREESTYLE

NEW TO GPAC?

If you are new to GPAC you may find your self a bit confused. The world of competitive swimming has a lot of terminology and it is relatively detailed. Having said that, once you are here awhile you will catch on. Don't want to wait? Check out our website under the new parent page. You will find information that you should have received in the welcome packet but you will also find additional information that may help. Still need help? Feel free to contact your swimmer's coach!

www.gpacswimteam.org

HELP WANTED!

We are looking for help with future editions of this newsletter. If you have expertise in this area please contact Coach Greg @ gpaccoachgreg@gmail.com.

Future publications will include more information on our swimmers as well as continuing to keep our members up to date on what is happening with GPAC.

2011 Long Course Meet Schedule*

May

7-8	CMSA Invitational	Mobile, AL	12 & Under
14 - 15	GPAC Distance Meet	The Club, Gulf Breeze, FL	All Groups
21	PNY Pentathlon	Pensacola, FL Corry Station	All Groups
22	3-mile Bridge Swim	Pensacola, FL	13 & Over

June

10-12	GPAC Tom Lalor Invite	Pensacola, FL	All Groups
23-28	Team Travel Trip	Duncan, SC	11 & Over

July

9-10	GPAC Last Chance Invite	Pensacola, FL	All Groups
14-17	SES Championships	Knoxville, TN	Qualifiers

August

8-12	USA Junior Championships	Palo Alto, CA	Qualifiers
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* Meet schedule is subject to change. Please check the sign up sheets at your pool to confirm entry deadlines.

Community Awareness. Are you a member of a community group? Do they need informational presentations? Do they need to know about GPAC? Help get our name out in Pensacola, contact Coach Phil.

GPAC TEAM TRAVEL MEET—June 23-28

Preparations are underway to organize this summer's team travel trip to Spartanburg, SC! The coaches met and decided on a fantastic meet, just a shade under 8 hours away from home. The Firecracker Invitational is hosted by Y-Spartaquatics (YSSC), arguably the fastest team in the state of SC and a nationally ranked program in USA Swimming. The meet draws talent from all over the Southeast, which gives our GPAC swimmers a great opportunity to swim against other competition.

Currently, we are working on contracting a charter bus for transportation and a hotel block in nice, new hotel in Spartanburg. We also hope to include a day trip to Charlotte, NC to visit Paramount Carowinds theme park! We are estimating the cost of this trip to be between \$500 and \$600 per swimmer.

The coaching staff feels that this type of team travel is well suited for swimmers aged 11 and over. Adult chaperones will be needed to assist the coaches. If you would like to be considered for a chaperone, please contact Coach Greg Johnson gpaccoachgreg@gmail.com. Chaperones will need to complete USA Swimming membership and pass a background screening process (USA Swimming rules). We estimate that four chaperones will be needed. More information to follow soon!

BIG WEEKEND ~ Banquet, Splash for Cash & Bowling!

It's Banquet time again!

Friday, April 8 starts off the weekend with our annual awards banquet. The banquet will be held at the Wright Place (First United Methodist Church, downtown) at 6:00 PM. We hand out a year's worth of awards, vote in new board members, and have food and fun. The cost is \$15.00 for adults and \$10.00 for children (ages 4-10). This year, GPAC will be inducting its inaugural Hall of Fame class. Four former GPAC swimmers who represented GPAC at swimming's highest level will be present to accept their place in the GPAC Hall of Fame!

Saturday, April 9 kicks off with our annual Splash for Cash fundraiser. This event is held at UWF and our swimmers gather pledges for swimming 200 hundred laps or as many laps as possible during a 2 hour period. This is an easy way to cover a families fundraising commitment and we donate 10% of the proceeds to the Children's Miracle Network.. You should have information about this event already, if you do not please let your coach know.

Following the Splash for Cash, GPAC will be at the DeLuna Lanes on 9-mile Rd for a few hours of bowling and fellowship. We will have lanes reserved from 11:30 AM -1:30 PM. Cost will be \$6.00 per person (shoes included). All GPAC swimmers and families are invited. Please RSVP to Coach Greg no later than **April 6** so they can reserve our lane space.

It's not very often that we can get all of GPAC together for a weekend of fun. We hope to see everyone there!

GPAC's SUMMER MEETS

This summer, GPAC will be hosting three meets, one at the Club in Gulf Breeze and two at UWF, including our marquee meet the Tom Lalor Invitational. It is named after Tom Lalor who was a GPAC meet director for several years and who was instrumental in obtaining funding for the meet.

As always we will need a large number of volunteers to help us run these meets. Please contact Jeff Stone to volunteer.

Remember this is also a great opportunity to meet your family's fundraising commitment. You can sell heat sheet ads and event ads. This is no cost to you only to the business you solicit. If you own a business it is a great way to spend your advertising dollars. Check the GPAC website to download these documents.

Watching your swimmer at practice...cont.

What's wrong with encouraging your child during practice? There are two issues. First we want your child to focus on the coach and to learn the skill for their personal satisfaction rather than learning it to please their parents. Secondly, parental encouragement often gets translated into a command to swim faster and swimming faster may be the exact opposite of what the coach is trying to accomplish. In most stroke skill development we first slow the swimmers down so that they can think through the stroke motions. Save encouragements and praise for after the practice session!

So please enjoy watching your swimmers learn and grow under the direction of the coach, and allow them the freedom to learn in a group environment. And as always, if there are questions, please ask the coach after practice.

GPAC

a **Speedo** Brand sponsored Team!



What does this mean for you? The best name in swimming apparel and gear at deeply discounted rates! Please see the folks at **All-American Swim Supply** to order your gear today!



ALL AMERICAN
SWIM SUPPLY

Everyone has the will to win, but do you have the will to prepare? Abraham Lincoln was asked what he would do if he had 8 hours to chop down a tree. His response was that he would spend the first 7 hours sharpening his ax. ARE YOU WILLING TO PREPARE?



GREATER PENSACOLA AQUATIC CLUB

WWW.GPACSWIMTEAM.ORG

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Head Age Group Coach: Greg Johnson
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Head Site Coach-The Club: Steven Fair
gpacclubcoach@gmail.com
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Spring Birthdays

Preston Jones- Apr. 1	Paton Olson- Jun. 12
Arielle Griffin- Apr. 2	Paul Ashton- Jun. 16
Sonia Yanovsky- Apr. 9	Cali Wilson- Jun. 17
Thomas Young- Apr. 11	Gabby Diehl- Jun. 21
Nicholas Petruska- Apr. 18	Jack Tona- Jun. 22
Justin Liu- Apr. 21	Holden Campos- Jun. 29
Al Moody- Apr. 21	Olivia Langhorne- Jun. 29
Garrett Edwards- April 24	Michael Barbee- Jun. 30
Alexis Tinker- Apr. 29	
Megan Thomas- May 2	
Grace Menzies- May 3	
Adam Gunn- May 4	
Cassidy Bosso- May 9	
Emmilee Gray- May 9	
Sydney Rush- May 12	
Avery Sterns- May 16	
Nikolas Bindi- May 23	
Mia Floyd- May 29	
Grace Overholtz- May 29	



10 Commandments for Swimming Parents

by Rose Snyder, Managing Director Coaching Division, USOC
Former Director of Club Services, USA Swimming

I. Thou shalt not impose thy ambitions on thy child.

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push him based on what you think he should be doing. The nice thing about swimming is every person can strive to do his personal best and benefit from the process of competitive swimming.

II. Thou shalt be supportive no matter what.

There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

III. Thou shalt not coach thy child.

You are involved in one of the few youth sports programs that offers professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. Never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

IV. Thou shalt only have positive things to say at a swimming meet.

You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember "yelling at" is not the same as "cheering for".

V. Thou shalt acknowledge thy child's fears.

New experiences can be stressful situations. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or meet if your child was not ready. Remember your job is to love and support your child through all of the swimming experience.

VI. Thou shalt not criticize the officials.

Please don't criticize those who are doing the best they can in purely voluntary positions.

VII. Honor thy child's coach.

The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

VIII. Thou shalt be loyal and supportive of thy team.

It is not wise for parents to take swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team find that it can be a difficult emotional experience. Often swimmers who do switch teams don't do better than they did before they sought the bluer water.

IX. Thy child shalt have goals besides winning.

Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

X. Thou shalt not expect thy child to become an Olympian.

There are 250,000+ athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.