



CRUSHING TIMES

Newsletter of the Norbeck Hills Anacondas



CONDAS CRUSH CARDEROCK SPRINGS!!!

It was a great swim on Saturday as the Anacondas swept Carderock Springs in a 420.5 vs. 363.5 victory. Congratulations team and thanks for all who came out to support the team!

The Anaconda's will take on **Plantations** at Norbeck Hills for our next B meet on Wednesday, June 28. Remember, swimmers must sign up for this meet by Tuesday evening prior to the meet. Swimmers please arrive at the pool by 4:30 for warm-ups for this home meet.

Our next A meet in on June 30 at **Inverness Forest**. All swimmers should arrive for warm-ups by 8:00 am or meet at Norbeck Hills at 7:00am to caravan.

And don't forget the **Division H Relay Carnival on Sunday, July 9, 10am** (rain date July 10) at Waters Landing in Germantown! Please try to be available for this important meet because the division meets strongly shape our overall standing. If we cannot field a relay of 4 in each event we forfeit valuable points. More info to follow.

Remember swimmers and parents - it takes every swimmer to make a TEAM and your presence at meets REALLY makes a difference! Please make every effort to participate/attend meets. We need your body, your voice and your team spirit to succeed!

SAVE THE DATE

- June 30** Team Photos – arrive at 9:15 am and wear your team suit (or similar color)!!!
- July 9** A. M. Relay Carnival @ Waters Landing
- July 11** Coaches Long course Meet @ RMSC
- July 15** Swim-a-thon/Sleepover at Norbeck Hills
- July 22** A divisionals at Calverton
- July 23** Swim Team Banquet..5pm to 9pm
- July 29** All Stars Relays @ RMSC (Section I)
- July 30** All Stars Individuals @ RMSC

On your mark with Coach Chuck...

Congratulations Anacondas for an Outstanding meet this past Saturday with Carderock Springs. Your victory was a Total Team Effort. Your attention to detail in practice is paying off with improved times, and more importantly, with an increased self confidence. I'm very proud of how you encouraged each other through the meet and stayed focused on the little details.

Thank you Parents for being supportive and encouraging Good Sportmanship. A very special Thank you to Emma Poe-Yamagata and Lisa Valverde for stepping up and swimming in the 13/14 Girls age group. Great Teams are built from selfless actions and yours are to be commended. Once again, CONGRATULATIONS ANACONDAS for you first victory in a year.

Beware the Constrictor Inverness Forest. The Condas are coming to your pool and we're gonna put the squeeze on.

..... Coach Chuck

DID YOU KNOW? Fitness swimming gives you the best aerobic workout with the least amount of joint stress or impact. According to studies, full body workout swimming burns up to 790 calories per hour. That's 70 more calories than running and cycling which are the next closest common activities.





SWIM TEAM PRACTICE SCHEDULE

Group 1: 7:30 – 9:30
Group 2: 8:30 – 10:00
Group 3: 9:30 – 10:30
Preteam: 10:30 – 11:00

Evening Practice

12 and under: 6:00-7:00
13 and up: 7:00-8:00



10 Commandments for Swimming Parents

by Rose Snyder (adapted)

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.

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?"

III. Thou shalt not coach thy child. Your job is to provide love and support. The coach is responsible for the technical part of the job.

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. 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. 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.

VIII. Thou shalt be loyal and supportive of thy team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions.

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.

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%.

TEAM SPIRIT THEME FOR JULY 1: IRELAND!

Aye, lads and lassies, this week the Anacondas celebrate the BRAVEHEARTS of Ireland. Find the Celtic warrior within you to conquer Inverness Forest.

SWIMMING: IT'S NOT JUST FOR THE KIDS!

It's hard to beat swimming when it comes to a sport that strengthens the body, soothes the mind, regulates breathing, stimulates circulation and puts no stress on the joints - all in one. Unlike running or weight training, which concentrate on specific muscle groups, swimming benefits the upper body, torso and legs together and is one of the fastest ways to improve general strength, stamina and cardiovascular fitness.

Swimming is a very low impact exercise. The provided weightlessness of the water greatly reduces stress on joints, virtually eliminating the potential of back, knee and other muscular injuries that are common in high impact activities such as running. The water pressure against the legs and arms is also beneficial to the circulatory system. The water pressure adds to the muscle pressure exerted on the veins to aid in returning blood to the heart and lungs.

According to the American Heart Association, just 30-60 minutes of physical activity, 3-4 days per week can help reduce your risk for heart disease, stroke, and diabetes. As a regular physical activity, swimming can also help lower your blood pressure and cholesterol.

Health/Fitness Benefits of Stroke Skills:

- Controlled breathing leads to developing your lung muscles and overall aerobic fitness.
- Arm pull – This action will build your triceps, shoulders, chest and back muscles.
- Rolling torso – This action will build your abdominal muscles.
- Kick – This action will build all leg muscles.

Source: <http://www.aquasphereusa.com/home.html>