



## ***SPLASHES***

**Volume 2, Number 2**

**March/April 2007**

### **Comments from the CEO**

Man is not an aquatic animal, so water is not a natural environment. The laws of physics do not apply as they do on the land. “Equal and opposite reactions” is the rule in the water. Almost all of us can float (some horizontally, others vertically), therefore we need to become more aware of where our center of buoyancy is. Some of us think we are “floating challenged”, but we really do not know where that center is. Competitive swimmers do not swim **IN** the water but rather **ON** the water (high). Body positions are straight to reduce drag and resistance forces.

Learning to adapt to the water environment makes swimming efficient, less complex, and consequently, more fun.

“My child can swim underwater” is a comment we hear on a daily basis from new parents joining our program. We take that to mean they can put their faces in the water and are not afraid to move around the pool. Our mission is to increase the child’s skills so they can swim **ON** the water, with limited effort, and eventually reach that 300 yards that the aquatics industry has determined is **SAFE**.

Last month I spoke about swimming 300 yards to be safe. I also mentioned some of the reasons why. But yesterday I heard of another one: snowmobiling on a “frozen” lake and finding part of the lake wasn’t frozen.

The weeks til summer is now under 20. Hopefully you get the children registered for lessons soon.

Visit the Swim Fitness Center website at [www.swimfitnesscenter.com](http://www.swimfitnesscenter.com).

Ed Dellert

### **Dates To Remember**

<b>Date</b>	<b>Event</b>	<b>Time</b>
March 15	Register for April & beyond	
April 15	Register for May & beyond	
May 5	Customer Appreciation Day	11 am to 1 pm
May 15	Register for June & beyond	
May 18	No classes	All day

## Comments from Aileen

We have now been open for 1 year at the Swim Fitness Center. We are a growing swim school and want to make sure your child is water safe.

Spring and summer as well as vacations are right around the corner. Please keep in mind the water safety checklist for your child/children. The power of water should never be underestimated. Life cannot exist without water. It empowers us and commands that we respect it and be ready for it at all times. Below is a list of precautions that should be taken seriously and abided by.

**ALWAYS SWIM WITH A BUDDY**

**NEVER RUN, PUSH, OR JUMP ON OTHERS IN OR AROUND WATER**

**ALWAYS WEAR A U.S. COAST GUARD APPROVED LIFE JACKET WHEN YOU ARE IN OR NEAR AN OPEN BODY OF WATER, A BOAT, OR WHEN PARTICIPATING IN WATER SPORTS**

**INFLATABLE INNER TUBES AND “WATER WINGS” ARE NOT A SAFETY DEVICE**

**SWIM ONLY IN DESIGNATED SAFE AREAS OF RIVERS, LAKES, PONDS, AND OCEANS**

**NEVER DIVE IN SHALLOW WATER, RIVERS, LAKES OR OCEANS**

Most important – **LEARN TO SWIM AND BE WATER SAFE**

Splash into Safety with your children!

## Program Highlights:

### Program of the month: *Aquatic Occupations*

**Lifeguard Training March 9, 10, 11, 17, 18 Cost: \$249  
(includes CPR & First Aid)**

@ Blair Academy

3/9 7:00pm Water Test(s)

3/10 8:30 am to 5pm Deep Water Instruction

3/18 8:30am to 5pm Testing & Waterfront\*

@ Swim Fitness Center

3/11, 17 Classroom, Shallow water & CPR/First Aid testing

**Water Safety Instructor Course April 13, 14, 15 Cost: \$249**

@ Blair Academy

4/13 7:30 pm Deep water/diving

@ Swim Fitness Center  
4/14, 15 8:30 am – 5pm Classroom & Shallow water

**Waterfront Training March 18 Cost: \$50**

@ Blair Academy (following Lifeguard water testing)

**CPR Challenge (no review) March 17, 3pm Cost: \$50**

@ Swim Fitness Center

**Lifeguard Challenge (no review) March 18, 2pm Cost: \$50**

@ Blair Academy 8:30am

## Customer Appreciation Day

Join us on May 5, from 11 am to 1pm, for hot dogs and soda. More details to follow.

## First Annual Jersey Gators Golf Outing

On May 18, the Sussex Warren Aquatic Club / Jersey Gators Swim Team is sponsoring a golf tournament at the High Point Golf Club in Montague. Proceeds will benefit the swim team and the swim lesson programs we offer at Swim Fitness Center to children with disabilities.

Foursomes, hole sponsors, prize donations are available.

Details are available on the website and at the front desk.

## Gift cards

A gift card *in any denomination* for a swim lessons or water fitness session is available at the desk.

## Specials

- Combination specials for 4, 8, or 12 week programs are available for March, April, and May. A 4 week program remains \$75, 8 weeks are \$140, 12 weeks are \$210. One session per week.
- Bring A Buddy and receive a \$10 off coupon toward your next class

## Happy Birthday

Happy Birthday to everyone born in March and April.

## Best Wishes

Congrats to new moms Susan Gerndt, Susan McCarthy, Priya Mukundhan, and Joanne Pleva. The little ones born recently are growing quickly and learning to visit the pool with their older siblings.

## **Birthday Parties**

We offer birthday parties for children ages 3 to 10. Call or check our website [www.swimfitnesscenter.com](http://www.swimfitnesscenter.com) for more information.

## **Weather Closings (*hopefully no more*)**

The Swim Fitness Center will occasionally need to close for inclement weather. If the Sparta school district is closed then we will also be closed. Scheduled makeups will be offered either (1) one day or (2) on availability. ***In either case, there will be no makeup for missing the re-scheduled class.***

As a backup, the cancellation will also be available at the following websites:  
Cancellations.com ([www.cancellations.com](http://www.cancellations.com))

## **Sightings (*where we've been or will be*)**

March 3: NJ Swimming 8 & Under Championships (Aileen Donnelly)  
March 3-4: NJ Swimming 9-10 Championships (Ed Dellert & Aileen Donnelly)  
March 6: Sussex County Chamber of Commerce Wellness Committee Meeting (Aileen Donnelly)  
March 7: North Jersey Trout Unlimited Board Meeting (Ed Dellert)  
March 8-11: Eastern Zone North Sectional Championships - Massachusetts (Ed Dellert)  
March 10-11: NJ Swimming 13 – 19 Silver/Bronze Championships (Aileen Donnelly)  
March 13: Sussex County Chamber of Commerce Business Breakfast (Ed Dellert & Aileen Donnelly)  
March 14: Conference Call US Swim School Assn. Communication Committee (Ed Dellert)  
March 15-18: Eastern Zone South Sectional Championships – Maryland (Ed Dellert)  
March 16-18: NJ Swimming Junior Olympics (Ed Dellert & Aileen Donnelly)  
March 21: North Jersey Trout Unlimited Meeting (Ed Dellert)  
March 23-24: Sussex County Chamber of Commerce Spring Expo (Ed Dellert)  
March 31: North Jersey Trout Unlimited Awards Banquet (Ed Dellert)  
April 3: Sussex County Chamber of Commerce Wellness Committee Meeting (Aileen Donnelly)  
April 4: North Jersey Trout Unlimited Board Meeting (Ed Dellert)  
April 10: Sussex County Chamber of Commerce Business Breakfast (Ed Dellert & Aileen Donnelly)  
April 17: Sparta Council Breakfast (Ed Dellert)  
April 18: North Jersey Trout Unlimited Meeting (Ed Dellert)  
April 19-22: USA Swimming Board of Directors Meeting, Colorado Springs CO (Ed Dellert)  
May 2: North Jersey Trout Unlimited Board Meeting (Ed Dellert)  
May 5: Customer Appreciation Day at Swim Fitness Center  
May 11-12: Eastern Zone meeting, Portland, Maine (Ed Dellert)  
May 16: North Jersey Trout Unlimited Meeting (Ed Dellert)  
May 18: Sussex Warren Aquatic Club/Jersey Gators Golf Outing, High Point Golf Club  
June 9: Sparta Day, Mohawk Avenue School

## Member of Organizations

- [United States Swim Schools Assn](#)
- [United States Water Fitness Assn](#)
- [Aquatic Exercise Assn](#)
- [Sussex County Chamber of Commerce](#)
- [Sussex County Chamber of Commerce Wellness Committee](#)
- [Sussex County Economic Development Partnership](#)
- [Sparta Council of SC Chamber](#)
- [USA Swimming](#)
- [New Jersey Swimming](#)
- [SwimAmerica](#)
- [American Swim Coaches Assn](#)
- [World Swim Coaches Assn](#)
- [American Red Cross Authorized provider](#)

## Testimonials

“When Sam, age 3, began taking swim lessons he was hesitant to come to class and teary-eyed much of the time. Under the supervision of the extremely caring and professional staff, today Sam was able to swim the length of the pool with minimal assistance. Sam, his grandparents, and I are so thrilled and excited with his achievements. Now Sam can hardly wait to attend his swim lessons. Every day it’s ‘can we go swimming today, Mommy?’ “ Lisa P.

“Thank you for the greatest swim lessons”. Kim T.

“My children have learned more in two classes at Swim Fitness Center than they have anywhere else.” Barbara K.

## Articles worth printing and reading

- (1) [Keep Things Balanced](#)
- (2) [50 Things to Help your Child Achieve](#)
- (3) [Physical Growth & Maturation](#)
- (4) [Recipes](#)

### **(1) Keep Things Balanced (1/31/2007) (USA-Swimming)**

Some children become so involved in athletics that they neglect studies, families and social responsibilities. Both you and your child need to remember that swimming is only part of life. Sometimes children overemphasize sport because their parents do. Ask yourself if you’re giving unbalanced attention to your child’s “swimming career.” If so, slack off and show interest in other areas of your child’s life. Otherwise you risk giving

your child the impression that swimming is the most important thing in life. If you are overly involved in the team or overly concerned with the outcome of your child's races you are not modeling the balance that your child needs to learn. Other signs that things are out of balance:

- \* You spend a lot of time talking with the coach about practices, meets, and your child's development
- \* Your child asks you not to come to meets or practices
- \* You require your child to take extra practice or private lessons
  - You are the indispensable "swim team parent"

## **(2) 50 Things to Help your Child Achieve By Wayne Goldsmith and Helen Morris**

1. Love them unconditionally.
2. Support their coaches.
3. Accept that they cannot win every time they compete.
4. Allow them to be kids and have fun.
5. Help them to develop as people with character and values.
6. Turn off as a sporting parent: don't make sport the one and only topic of conversation at the dinner table, in the car, etc.
7. Don't introduce your child as "This is my son/daughter the swimmer." Their sports are something they do, not who they are.
8. Don't do everything for them: teach responsibility and self-management.
9. Reward frequently for success and effort but make the rewards small, simple, practical and personal. Kids don't need a CD or \$20 just for playing a sport or getting a ribbon.
10. Reward them with what they really love: your time!
11. Be calm, relaxed and dignified at competitions.
12. Accept that progress in any sport takes a long time: at least 7 to 10 years after maturation in most sports for the athlete to reach full potential. A little manual work and helping out with household chores are important lessons in developing independence.
13. Believe it or not, kids can learn to pack and unpack their training bags and fill their own water bottles: teach and encourage them to take control of their own sporting careers.
14. Don't reward championship performances with junk food.
15. Skills and attitude are most important. Don't waste money on the latest and greatest equipment or gimmicks, hoping to buy a short cut to success.
16. Encourage the same commitment and passion for school and study as you do for sport.
17. Avoid relying on or encouraging "sports food" or "sports supplements"-focus on a sensible, balanced diet which includes a variety of wholesome foods.
18. Allow kids to try many sports and activities.
19. Don't specialize too early. There is no such thing as a 10 year old Olympic swimmer.
20. Junk food is OK occasionally. Don't worry about it, but see #14 above.
21. Praise qualities such as effort, attempting new skills and hard work rather than winning.
22. Love them unconditionally (worth repeating!!)

23. Have your “guilt gland” removed: this will help you avoid phrases like “I’ve got better things to do with my time” or “do you realize how much we give up so that you can swim?” Everyone loses when you play the guilt game.
24. Encourage activities which build broad, general movement skills like running, catching, throwing, agility, balance, co-ordination, speed and rhythm. These general skills can have a positive impact on all sports.
25. Encourage occasional “down time”-no school or sport-just time to be kids.
26. Encourage relationships and friendships away from training, competition and school work-it’s all about balance.
27. Help and support your children to achieve the goals they set, then take time to relax, celebrate and enjoy their achievements as a family.
28. Never use training or sport as punishment-i.e. more laps/more training.
29. Do a family fitness class-yoga or martial arts or another sport unrelated to the child’s main sport. Everyone benefits.
30. Car pool. Get to know the other kids and families on the team and in turn you can allow your child to be more independent by doing things with other trusted adults.
31. Attend practice regularly to show that you are interested in the effort and process, not just in the win/lose outcome.
32. Help raise money for the team and kids, even if your own child does not directly benefit from the fundraising.
33. Tell your children you are proud of them for being involved in healthy activities.
34. Volunteer your time for the team.
35. Teach your child the importance of “team”-where working together and supporting each other are important attributes.
36. Even if you were an athlete and even if you are a trained coach, resist the temptation to coach your own child, it rarely works.
37. Be aware that your child’s passion for a particular sport may change.
38. Be aware that skills learned in one sport can often transfer to another.
39. Accept “flat spots” or plateaus-times when your child does not improve. During these times encourage participation for fun, focus on learning skills and help develop perseverance and patience.
40. Believe it or not, American kids are unlikely to die from drinking tap water!
41. Cheer for your child appropriately. Do not embarrass yourself or your child.
42. Make sure that each week includes some family time where you do family things and talk about family issues-not about sport.
43. Take a strong stand against smoking and drug use (both recreational and performance enhancing.)
44. Set an example with sensible, responsible alcohol use.
45. Don’t look for short cuts like “miracle sports drinks” or “super supplements”- success comes from consistently practicing skills and developing an attitude where the love of the sport and physical fitness are the real “magic.”
46. If one of your children is a champion athlete and the others in the family are not so gifted, ensure that you have just as much time, energy and enthusiasm for their activities.
47. Eliminate the phrase “what we did when I was swimming.....”
48. Encourage your children to find strong role models but try not to let this decision be based on sports only. Look for role models who consistently demonstrate integrity, humility, honesty and the ability to take responsibility for their own actions.

49. Encourage your children to learn leadership and practice concepts like sharing, selflessness, team work and generosity.
50. Don't compare your child's achievement to another other children-good or bad. This creates barriers and resentment and we don't need any more of that!

### **(3) Physical Growth & Maturation**

During childhood kids grow on average 2.5 inches in a year and gain five pounds per year. Athletes of the same chronological age can vary by as much as five years in biological maturation! So, with two 13 year old swimmers, biologically one may be 10 years and the other 16 years - - what a huge difference. This is illustrated by the picture on the right that shows three boys all of whom really are 13 years old.

Girls generally reach peak growth around 11-13 years old, and boys generally reach peak growth around 13-15 years old. Hormonal changes in males and females cause different and often drastic changes in body composition.

Once a child reaches puberty, scientists and coaches feel more serious training can begin. This can be a particularly frustrating time for swimmers. During this transition from age group to senior swimming and from childhood to young adulthood, an athlete may experience a plateau in performance. Best times can be few and far between, while training commitments increase, requiring more time and dedication. Hopefully the coaches have prepared swimmers for this change, but many parents may begin to question whether a child's swimming career is over at this point. These factors, coupled with the other normal difficulties of puberty, can sometimes lead a swimmer to leave the sport prematurely. It is critical that parents and coaches be cooperative and very supportive during this period of adjustment, realizing that it will pass and the rewards will be even better.

Below are common discussion topics dealing with growth and development.

<http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=403&Alias=Rainbow&Lang=en>

### **(4) Recipes from *Low Carb Recipes* by Karen Hall (available for sale for \$14.95)**

#### **Side dish:** *Snow Peas and Mushrooms*

1 c. Mushrooms, Sliced  
2 T. Butter

½ lb. Small Snow Peas  
1 T. Soy Sauce

Saute mushrooms in butter. Stir in snow peas and soy sauce. Cook until crisp-tender. Toss and serve

#### **Appetizer:** *Salsa and Cream Cheese Dish*

1 (8-oz.) Package Cream Cheese,  
Softened

3 T. Low Carb salsa

Mix cheese and salsa. Serve stuffed in celery or with fresh veggies.