



Saluki Swim Club

P.O. Box 3293
Carbondale, IL 62902
618-457-1103 (Saluki HQ)
618-985-6309 (billing questions)
Email: coach@swimsaluki.com

NET RESOURCES

Saluki Swim Club Online
www.swimsaluki.com

USA Swimming
www.usa-swimming.org

Ozark Swimming
www.ozarkswimming.org

GET THIS LETTER BY EMAIL

Go to www.swimsaluki.com to get this letter sent to you electronically each month.

ALERT!

Qualifiers for the Ozark Division 1 and the USA Sectional meets are posted on the Saluki website. All swimmers and parents are urged to check this information for accuracy.

Deadline to register for the meets are:

- Ozark Division 1—23 February
- USA Sectional—14 February

The Tut File #94

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Board of Directors

Clay Kolar	President	457-4627
Richard Halbrook	Vice President	549-3691
Pam McLean	Treasurer	833-3991
Carolyn Reed	Secretary	964-1245
Susan Aud	Meet Coordinator	893-4551
Nancy McDonald	SRC Rep	942-2737
Millie Hanson	Pulliam Rep	521-0318
Mike Green	Ozark Rep	988-8727
Bill Price	Head Coach	457-1103

The official journal of the Saluki Swim Club

The Tut File

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Clay Kolar

Saluki staffing MVC championship: Parents, A call for help!

As most members are aware, the financial base of the SSC comes from several sources—Club dues, profits from our home swim meets, the summer swim school program and from fund raisers, donations, and other miscellaneous sources. While the first three sources provide the bulk of our income, they alone do not make us a fiscally solvent club. We need the extra income obtained from the lesser sources to get us “over the hump” each year. These extra dollars benefit all members by helping to keep the dues for all of us as low as possible.

In the last couple of years we have not had many extra fund-raisers. We now have an opportunity to raise some dollars for the club in a somewhat “painless” fund-raiser of sorts, but complete success depends on some of our members volunteering time. The University Men’s and Women’s swim teams will be hosting the Missouri Valley Conference meet at the Rec Center pool on 15, 16 and 17 February. If we can muster 20 volunteers for mostly timing and a few other miscellaneous jobs for each of six sessions, we will earn \$225 per session and a potential total of \$1350.

The sessions are approximately 2 to 2 ½ hours in duration and start at 11:00a and 5:00p on 15 and 16 February at 10:30a and 4:30p on 17 February. Your Board has de-

cidated to commit to the sessions on Thursday and Friday night and for both sessions on Saturday. There is a sign-up sheet going around at both the Pulliam and Rec Center pools for these sessions. Swimmers can work, but only those 11 or older.

If at all possible, we would also like to commit to the 11:00a sessions on Thursday and Friday. This would bring in an additional \$450. We will not do these two extra sessions unless we have the necessary workers to fulfill our obligation. Unfortunately, there is not much time. I apologize for the short notice. We need to let the University teams know by this Friday (2-Feb) afternoon if we will do the extra sessions. If you and/or a loyal friend can work one or both of the two extra sessions, it is important to contact Coach Bill at the pool after practice, at Saluki HQ or by email. You can also contact me, Clay Kolar (457-4627 or bjkcak@hotmail.com), or Pam Adams (988-8736 or pkadams1@earthlink.net). If we can get a commitment from twenty people for these two extra sessions, the SSC will earn the extra dollars. I appreciate the efforts of everyone in this activity and in all the other Club activities, for that matter, that require volunteerism to make this Club work.

*Your President,
Clay Kolar.*

practice changes

- No PM practice for any group on 09 February due to the Cape Girardeau meet.
- No AM practice on Monday, 12 February.
- There is no Saturday practice on 10 or 17 February.
- On Thursday, 15 February and Friday, 16 February all groups will meet at Pulliam with the following schedule:

Jedi 5:00-5:45p (no 6:00p Jedi practice)

AG1 5:00-6:00p (no 6:00p AG1 practice)

AG2, Junior, Senior 6:00-7:30p

From the ground up

It is unusual when knowledge and the opportunity to use it exist together. In 1984 I was coaching in Brunei, a small country on the western coast of Borneo. Part of my job was creating a national age group swimming program where athletes could eventually progress from lessons to international competition—building the base of athletes for national teams. It was a great opportunity but unfortunately I didn't really know enough about how this process worked to make it successful.

Since then researchers have begun looking into what it takes to produce successful, long-term athletes. Based on our success in international events one could certainly argue that the United States seems to have what it takes—whatever it is. But another equally valid argument is that our success rests on the large base of athletes we have to choose from. Given 100 athletes for example, 1 or 2 are bound to be above average. From the approximately 200,000 USA Swimming athletes we are able to come up with a pretty good Olympic team. Although it sounds callous this dependence on numbers is the source of our success. Indeed it's the source of success in any group effort where attrition affects the outcome *i.e.* the more people you start with the more you'll end up with. The guiding theme behind U.S. age group programs is train as many athletes as possible and then harvest those who have the talent and desire to excel.

Until recently no one really thought much about those left behind—the athletes who drop out of the sport because they don't like it or find little success or encouragement in it. But sport is a crucible for athletic talent, young or old. The problem is not that athletes drop out but rather *when* they drop out. This is the point made in the *1998 USA Swimming Sport Science Summit Report*: we are subjecting our youngest athletes to an inappropriate competitive model, one that is better suited to their older brothers and sisters and one that subjects youngsters to competitive situations too early for the athlete to gain any benefit from them or for coaches to learn anything useful about the athlete's progress. The current model rewards children who have simply matured earlier and discourages those who are not yet as big and strong. Swimming skill never enters the picture because the model measures only time. Unfortunately, because

racers for young swimmers are so short, strength and speed trump skill and even though the "best" swimmers are usually not the fastest at young ages it is the fastest who reap the rewards.

When we talk about development we usually end up with discussions of how to pick the U.S. Junior team or should we have eliminated the U.S. Junior championship etc. These questions deal with athletes who have already reached the upper level of swimming in the U.S. The real question central to athlete development is not how to train or motivate our best athletes but rather: How do we get them there in the first place? How does a timid 8-year-old end up on a U.S. national team 10 years later? What keeps them involved and interested in the sport long enough for them to be successful?

At present we're not allowing them enough time to learn the skills they need to compete successfully in our sport before rushing them into meets in the traditional model. And no matter how much we talk about different formats for meets we have made no serious attempt at adjusting how young athletes are evaluated.

An effective competitive model for youngsters must reinforce and evaluate the fundamentals of our sport. Since early maturers are the biggest and strongest they are also usually the fastest swimmers. Does this make them future candidates for U.S. national teams? Not according to the *Report*. Late maturers are far more likely to be the better athletes and by the mid-teen years have frequently caught up with the so-called early maturers. Additionally, they are more likely to have a better understanding of the skills involved in the sport simply because they have spent more time learning them. Early maturers can get by on brute strength and whether they can streamline effectively or understand the relationship between stroke rate and stroke length doesn't really matter (to them) as long as they swim fast. Indeed according to the *Report* only 25% of athletes identified as "outstanding" in their early years were still identified that way later on.

The main point of the report in this writer's opinion is that if we are trying to produce long-term athletes then we are making a fundamental error when we apply one competitive model to all athletes. What this

News Bits

Spring session opens one week earlier than previously published

Mark your calendars for 19 March. This is the new starting date for the Saluki spring training session. Training for the popular long course swim season will get underway. Additionally, new swimmers will begin to get a head start on the summer league season.

We think that space in the various training groups will be limited this spring so early registration is encouraged.

Website meet registration

Soon the calendar of meets for the summer will be on the website. Meet registration will take place on the website and on the phone. We do not use a meet registration sheet for the summer season.

To register for a meet online go to www.swimsaluki.com and click on "Register for a meet" (at the top left of the opening page). Fill in the form, click "Register" and presto! you're done.

Presently only end-of-season meets are listed on the website registration form. In a few weeks the entire summer schedule will be available.

Meet entry escrow

The act of registering for a meet causes a charge on a family's escrow account. It doesn't matter whether or not a swimmer actually attends a meet. As long as they were registered for it the charge is placed on the account.

Anyone who registers for a meet and then realizes that they will not be able to attend can avoid the charges if they notify Saluki HQ (by phone or email) before our team entry is sent to the meet host.

Even if you notify SHQ after the meet entry is sent coaches appreciate knowing who to expect at a meet and who might not be coming.

all leads up to is this: We are going about the process of age group sport development the wrong way. The science points us in one direction but we are drawn the opposite way mostly because that's where we feel most comfortable. We need to find a way to better serve our youngest athletes so that more 8-, 9- and 10-year-olds will have an opportunity to find out if they truly have what it takes to rise to the top of our sport.

The full text of Coach Price's article is available at www.swimsaluki.com.

February 2001

Check the expanded calendar at:
www.swimsaluki.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Age Group 1 Age Group 2 Junior Senior 10:00-11:45a
4	5 Board Meeting 7:00p, Alumni Lounge	6	7	8	9 No PM practice	10 No Saturday practice
Parent Observation Week at Pulliam					Cape Great Times meet	
11	12 No AM practice	13	14	15	16	17
Cape				Practice changes – see below		
				Missouri Valley Championship		
18	19	20	21	22	23	24 Age Group 1 Age Group 2 Junior Senior 10:00-11:45a
25	26	27	28	<p>On Thursday, 15 February and Friday, 16 February all groups will meet at Pulliam on the following schedule:</p> <ul style="list-style-type: none"> ■ Jedi: 5:00-5:45p (no 6:00p Jedi practice) ■ AG1: 5:00-6:00p (no 6:00p AG1 practice) ■ AG2, Junior, Senior: 6:00-7:30p 		

Rufus T Firefly

Saluki is now in the final stages of the winter short course season and I hear from various Saluki guru's that things are looking pretty good for the final meets of the season...36 swimmers will lead the attack at Cape Girardeau in one final attempt to get the coveted Ozark 'Q'...**Connor Rossi** is battling to get his own Ozark Q's but he is being held back by an uncooperative swim suit that simply will not stay on unless the determined 8-year-old makes a few modifications to his start...Other reports reaching me about recent meets indicate that the Pulliam crowd has two swimmers who have taken streamlining to the next level...**Glynnis White** and **Megan Adams** have both demonstrated remarkable streamlines and breaststroke pull-outs...attention to fundamentals is paying off!..Swimmers in the SRC groups live in constant fear of be-

...and
another
thing...

ing labeled with a nickname (a new one—*Maximillion*—will be unveiled at the Cape Girardeau meet)...but **Paige Saliba** is desperately in need of a nickname so any suggestions will be appreciated...one of our Junior swimmers (who has paid to remain nameless) has discovered that rubbing Cheetos through her hair is a cheap way to dye it a lovely orange color...After reading **Coach Price's** editorial last month I think he should rename the *Saluki Project* to "Scaring the living daylight out of people"...I can't wait to see the finished product...From the *I can't believe it department*: 3 SRC swimmers asked if they could re-swim their T-30 last month...who?...**Danielle Culpepper**, **Mara Sarabia** and **Brad Byars**...If you would like to insure that your name does not appear in this column send \$10 **and your name** to Saluki HQ...developing.

important dates

3 Star Invitational

36 Saluki are already entered.

09-11 February, Cape Girardeau, MO

USS Sectional Championship

12 years and over, qualifiers only. Check the website for the Q's.

01-04 March, Fayetteville, AR

Ozark Division 1 Championship

All ages, qualifiers only. Held at the Rec-Plex pool.

09-11 March, St. Peters, MO

Spring session begins

Opening day for the spring training session has been moved up by 1 week. Tell your friends and neighbors.

19 March, Pulliam pool

Annual Awards Banquet

Full information is coming soon.

25 March

Saluki Long Course Invitational

First 50m competition of the new season.

18-20 May, Carbondale, IL

Saluki Swim Club

P.O. Box 3293

Carbondale, IL 62902-3293