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SWIM TEAM

established 1962

Congratulations to Our All-Area Swimmers

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Congratulations to all of the 2011 All-Area Swimming selections. Over 20 QDD swimmers were recognized for their excellence during the high school swim season.

On the men's side, Greg Stoffa was selected as the Swimmer of the Year and David Basinger, Vincent Dunn, Peter Lord, Sam Stronko, and Justin Doyle were First Team All-Area. Grant Minick, Henry Campbell, Adam Mustafa, and Jacob Crossdale received Second Team honors while Ethan Mernin was awarded Honorable Mention.

On the women's side, First Team honors went to Audrey Kula, Casie Boyle, Emma Skelley, and Cat Rogers. Alex Doonis, Heidi Turner, and Alicia Cheripka were selected for the Second

Team and Kelsey Lisbon, Emily Minick, Delaney Voss, and Bridget Wunderly were awarded Honorable Mention.

In his interview, Greg Stoffa attributed his increased endurance, which aided him in an All-American swim in the 400 meter freestyle, to Coach Rick Benner and QDD Swim Team.

For the entire boy's and girl's All-Area selections and articles, please [click here](#) for the boys' selections and article and [click here](#) for the girls' selections and article.

Summer practice schedules, including Veterans Park practices, will begin June 20th. To check your respective practice schedule and practice location online at <http://qddswim.org/practice.html>

2011-2012 Registration to be available online soon

Upcoming Events:

- June 3-5: SNOW LC Invitational [Entries](#) and [psych sheet](#) online
- June 24-26: JC Summer Solstice Meet
- June 24-26: Winchester Invitational
- July 8-10: ASC/RSC LC Meet
Sign-up online by June 11th
- July 15-17: Summer Awards Meet
Sign-up online by June 18th
- July 21-24: VA Senior Champs
- July 28-31: VA Age Group Champs

Message From the Head Coach

What's the tag line they use to market and sell State Lotteries? Something like, "You've got to play, to win!" Have you ever considered the implications...

In essence, you can't win if you're not even playing the game. What does that mean for us and our athletes? A couple of things. Looking at it from the competitive side, it's tough to qualify for the State Championships if you're not competing in meets.

Conversely, if you're not working earnestly and diligently towards your goal of

qualifying for that Championship, its just going to continue to be a dream.

So, back to our analogy, "You've got to play, in our case practice and compete, to win?" Pretty straightforward.



QUOTE OF THE MONTH

"I enjoyed every bit of my swimming career. I think that is the most important advice—to enjoy what you do."

Summer Sanders

Nutrition Center

SWIM MEET DOs AND DON'Ts

What to Bring

- At least 32 oz. of water
- No more than 16-20 oz of sports drinks
- Energy bars (Kashi TLC Bars, Odwalla Bars)
- Whole grain pretzels, crackers, and cereals, nuts, seeds, and dried fruit
- Lower sugar fruit (strawberries, apples, cantaloupe, peaches)

What not to bring (or bring less of)

- Chips, Goldfish, Cheez-Its
- White bagels and breads
- High sugar fruits (bananas, raisins, pineapple, grapes)
- High sugar energy bars (Power Bars)
- Fruit juice and soda
- Cookies, candy, gummy bears

The best pre-meet breakfast consists of slow cooked oatmeal with fruit, eggs, and whole grain toast or cereal with skim milk.

Courtesy of USA Swimming

Employment-

a list of current positions is available at-

<http://www.qddswim.org/employment.html>

We are currently hiring Assistant Coaches for all Sites and Administrative Office Staff for our facility.

Message From the Board

The 2011-2012 QDD Board of Directors wants to assure each parent that our primary purpose is to assist our coaching staff in providing the best possible environment for our children to enjoy the sport of swimming, succeed in the sport of swimming and to use the life lessons learned from the sport of swimming to enrich the rest of their lives.

One of the most important components in this endeavor is to trust our coaches. Encourage your swimmer to trust the coach and then practice what you preach. Simply put, let the coaches coach and we the parents parent.

Submit items for publication to
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Parent Education

HOW TO BE A WINNING PARENT

1. Do not portray the competition as the enemy. Competition is not as much competing against each other as competing with each other.
2. Encourage your child to compete against himself. Winning is about doing the best you can do, irrelevant of how everyone else does.
3. Do not define success and failure in terms of winning and losing. If your child does his best and does not win, make him feel like a winner. And if your child wins, but does not perform at their best, do

not treat him like a winner.

4. Be supportive, do not coach. The last thing your child needs to hear after a disappointing race is what they did wrong technically.
5. Help make the sport fun for your child. Fun must be present for peak performance to happen at every level of sports.
6. Make sure "our goals" are your child's goals, not your own goals. If your children have their own reasons for swimming, they will be more motivated to excel and therefore will be more successful.
7. Give your child the gift of failure.

Failure is the perfect stepping stone to success.

8. Challenge you child-don't threaten him. A challenge does not entail loss or negative consequences should the athlete fail.
9. Avoid comparisons and respect developmental differences. Supportive parents will not use other swimmers that their child competes against to compare and evaluate their child's progress. Every child is different.

-Adapted from USA Swimming

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