

IMPORTANT DATES

October 11-12

WAC Start-Up Classic Meet

All Athletes

CSAC (Collegiate School
Aquatic Center)

October 19 4:00-6:00pm

Trunk-or-Treat

All Athletes & Families

Clover Hill Christian

Academy

****MORE Details to Follow****

October 24-26

NOVA Halloween Haunt

All Athletes

NOVA - Regency

November 7-9

Commonwealth Cup

13 & Over Athletes

w/Qualifying Times

Prelims & Finals

CSAC

November 15-16

WAC Swim Meet

All Athletes

CSAC



TEAM MESSAGE FROM COACH JOHN

The most fundamental concept in swimming, or in any sport, is the relationship between the coach, parent and athlete. A strong "triangular" relationship produces the best results in the swimmer's development and overall maturity.

The triangle is symbolic of this relationship as the swimmer is at the peak because they are trying to meet their highest chosen potential. Parents and coaches form the base of the triangle because they represent the support needed for the swimmer to reach their highest level. For each swimmer to have a steady experience in swimming, the lines between each point need to be held as true and straight as possible. The triangle collapses when one of the parties fails to fulfill its responsibilities, or when one party attempts, usually with good intentions, to take over the responsibility of the other party.

To have a successful program, there must be complete understanding and cooperation among parents, swimmers and coaches. The progress a swimmer makes depends to a large degree on this triangular relationship. Communication and understanding are the actions that produce success within this triangular relationship-just as in any relationship. It is with this in mind that this handout was developed and should be carefully considered by all families of Quest swimmers.



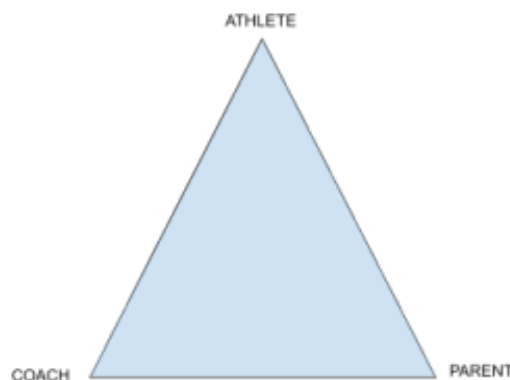
Do you have younger siblings, friends or neighbors interested in swim lessons this year? Please help us spread the word that the Quest Swim School has space available for group and private lessons.

Visit QuestSwimming.com for more details!

KEEPING THE PROPER PERSPECTIVE

Parents do a great deal in raising a child, especially through the environment that is created as they grow up. A child is a product of their parent's values, the structure of life they have provided, and the model they have been. Human nature, however, is such that a person may lose some of their ability to remain detached and objective in matters concerning their children. The following guidelines will help parents keep their children's development in the proper perspective.

1. Individuals learn at different rates and respond differently to the various methods of presenting skills (think potty training). Some children obviously take more time to learn than others. These different rates of learning require more patience on the part of the parents and coaches, who must remember that these children's ultimate swimming potential may be as great or greater than the potential of the faster learners / swimmers in their age group.



2. Plateaus can occur at one time or another in every swimmer's career. Plateaus can occur both in competition and in training. A plateau can happen for a number of reasons. The more successful athletes are those who are willing to work through this delay in improvement and go on to achieve greater performance and approach their personal potential.

3. All swimmers suffer inconsistencies in performance for a variety of reasons, and there is never a definitive "ONE" reason for a "poor" performance. This can be frustrating for parents, coaches and swimmers alike. Be supportive during these "poor" meets. BE PATIENT. BOTTOM LINE ASSIST THE SWIMMER IN LOVING THE SPORT!

4. Parents must realize that slow development of competitive drive at an early age is normal and perhaps more desirable than precocious or forced early development. It is important that everyone learn to compete and develop some competitive spirit. It is also important for children to learn to adapt to reasonable levels of emotional stress. The small disappointments they must learn to handle as youngsters prepare them for the larger ones that they are certain to experience as adults.

5. The true rewards of sport are gained over time with most coming during the teens and early twenties. For a child to truly benefit from their efforts in swimming, it is necessary to remain involved in the sport during those years. Pressure to perform is one of the primary factors cited by those who have quit the sport at an early age. Most children have the innate desire to please their parents, teachers and coaches and we may inadvertently add to this pressure in our deeds or words in response to those young swimmers' effort. Parent's attitudes and models often dictate those of their children. A child might not be consciously aware of what is taking place while subconsciously absorbing powerful messages about their parents' desires. For example, parents should be enthusiastic about taking their children to practice and meets, participating in fundraising projects and attending meetings. If the parent looks at these as they are a chore so will the swimmer and that will diminish the fun of swimming.

6. It is the coaches' duty to offer constructive criticism of a swimmer's performance. It is the parent's job to supply love, recognition, and encouragement to help athletes feel good about themselves. It is best for parents to refrain from making stroke corrections or trying to coach their swimmer. When parents interject their opinions about how a swimmer should train or compete, it causes considerable and often insurmountable confusion as to whom they should listen.

7. If parents have any questions about their child's training or team policies, the coach should be contacted. Criticizing the coach in front of the youngster undermines the coach's authority and breaks the swimmer-coach support necessary for maximum success. Parents should behave in such a way as to bring credit to the swimmer, the team, and competitive swimming. Likewise, any disagreement with a meet official should be brought to the attention of the coach and handled by the coach.

8. Parents should be certain that their youngsters swim because they want to swim. People tend to resist anything that they "have to do". Self motivation is the core stimulus of all successful swimmers. By the same token, deciding to participate in a certain organized sport such as swimming carries with it certain commitments on the part of the athlete. Occasionally, athletes lose sight of these commitments and it then falls to the parent to help them live up/follow through with them. The important thing is a good balance.

9. The roots of the word "competition" can be traced to two Latin words, "com" and "petere", which mean together "they strive." Parents should avoid "playing" their children against their nearest competitors, thereby creating vendettas within the team and swimming community. Close competition provides two great services for the athlete: it brings out the best in the swimmers and shows where improvement is needed.

The secret is not only to produce great swimmers but, rather, to produce great young people who swim.

.....



USA SWIMMING RECOGNITION

Congratulations to Emerson Callis on being named to the USA Swimming National Junior Team for 2025-2026.

Emerson's 400 IM time at Summer Junior Nationals placed her in the Top 5 female athletes in the country, ages 18 & Under. She is one of 91 swimmers selected to the National Junior Team for 2025-2026.

Teaching the Art of Swimming & Perfecting The Game of Racing

VIRGINIA SWIMMING AWARD RECIPIENTS



Swimmers of the Year

Anna Shnowske (17-18 Yr Old Girl)
Cadel Schwartz (11 Yr Old Boy)
Emerson Callis (15-16 Yr Old Girl)

Virginia Swimming 2024-2025 All-Star Team

Emerson Callis
Taylor Canada
Zach Fisher
Bertram Forsbach Sotelo
Emma Liebler
Molly Rogers
Cadel Schwartz
Anna Shnowske
Ally Vernon

Swimmers qualified for the All-Star Team by achieving one of the Top 5 fastest times in the state in an event in SCY and/or LCM in his/her respective age brackets.



Competitive Spirit Award Winner

Kemper Hayes (13 & Over Boy)



Competitive Spirit Award Winner

Christina McKinnon (12 & Under Girl)