

AGON

December

Dec. 18 - Practice at BHSN
Prep 7:00-8:00 pm
Silver 7:00-8:30 pm

Dec. 19-20 No Practice - Pool
Closed for Maintenance

Dec. 25 - No Practice

January

Jan. 1 - No Practice

Jan. 4 - EHS Home Meet
Prep & Silver 3:30-4:30 pm

Jan. 9 - EHS Home Meet
Prep & Silver 3:30-4:30 pm

Jan. 10 - EJHS season begins,
6:30 pm Prep & Silver practice
start times are the normal time

Jan. 13 - No Practice, team
participating in competition

Jan. 13-14 Mudsock Classic

Jan. 15 - No Practice - MLKJ
Day

Jan. 20 - No locker rooms

Jan. 30 - EHS Home Meet
Prep & Silver 3:30-4:30 pm

February

Feb. 3 - No Practice - Pool
Closed



CGAC Jingle Bell Classic Highlights

November 17-19, 2017

This was the first USA Swimming meet for **Ellie Vagedes** who competed in the 50 Free. **Ayrica DeHart** swam a new event, the 50 Back. **Melina Duncan** picked up two new events, the 50 Fly and 100 Back, and dropped over 12 seconds in her 50 Free. **Brendan Jennings** went for it in his 100 Back doing flip turns throughout the race. **Sophia Kapperman** picked up new best times in a number of events including a drop of more than six seconds in her 100 Back. **Ellie Lewis** used a competitive backstroke start for the first time in her 50 Back. Adding to the team's impressive backstroke performance over the weekend, **Chloe Purcell** swam her first 100 Back and demonstrated improvement in her breakout technique.



November Attendance Leaders



Silver - Ellie Lewis



Prep - Ellie Vagedes

IM Ready Athletes

Sophia Kapperman

BSC Winter Invite Highlights

December 8-10, 2017

Sophia Kapperman picked up the first team IM Ready score of the season by swimming the 100 IM. **Lina Duncan** checked two more IM Ready events off her list by completing the 100 IM and 100 Free. **Brendan Jennings** picked up a new event, the 50 Fly. **Ellie Lewis** had a big drop in the 50 Fly and is now just a 100 Free away from an IM Ready score. **Chloe Purcell** swam her first 100 Free. **Ellie Vagedes** dropped almost three seconds in her 50 Free in as many weeks since she last swam the event. **Ian White** saw big drops as well over the weekend but was most impressive when he overcame his apprehension associated with swimming the 100 Breast.

With each meet I see the team growing closer and closer as they share the ups and downs of competition and enjoy each others company in the extended time between events. For me, the best moment of the weekend was seeing **Chloe Purcell, Ellie Lewis, Sophia Kapperman, and Lina Duncan** together behind the blocks for the 200 Medley Relay, giving each other high fives and being supportive of one another.



Practice at BHSN

Monday, December 18th, while our pool is closed for maintenance, we are picking up a practice at BHSN. The address is below:

3901 N Kinser Pike, Bloomington, IN 47404

Prep practice is 7:00-8:00 pm and Silver practice is 7:00-8:30 pm. I'll plan to meet members in the main entrance lobby before going to the pool at 6:50 pm.



Winter Vacation

December 19 & 20 we will not have practice as maintenance work is completed on EHS pool. We will return to our normal practice schedule on Thursday, December 21st.

Monday, December 25th, and Monday, January 1st, we will not have practice in observance of Christmas and New Years. Otherwise, our practice schedule over break remains unchanged.



Junior High Swim Season

EJHS swim season is beginning January 10th, this is earlier than was previously planned for on our practice calendar. Please note that beginning January 10th practices start times are pushed back to 6:30 pm.

For members who plan to cease participating with Agon during the Junior High season, please email me so your invoice will reflect your intentions.

Fable of the Eagle and the Chicken

Our swimmers are learning that I really don't like hearing them say the word "can't". First, it's often dishonest to me and to themselves when they tell me they can't do something. Second, saying "I can't" is an excuse not to try something, and as author Eric Greitens wrote in his book Resilience.

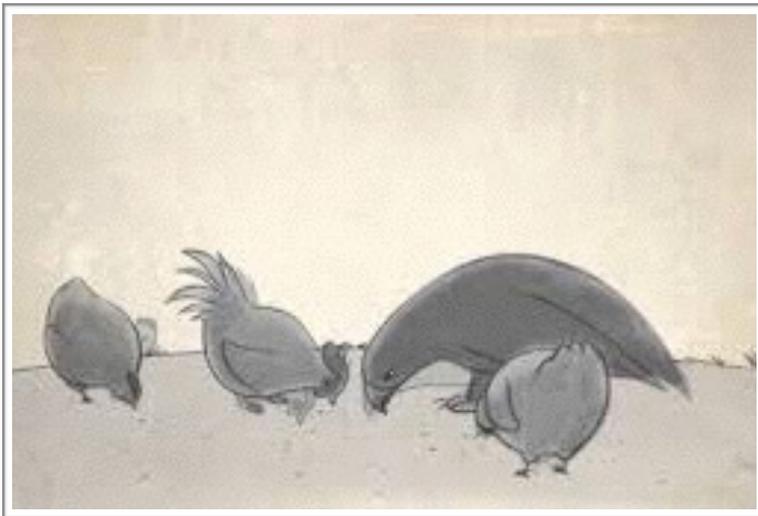


“Excuses are incompatible with excellence.”

Remember, the pursuit of excellence is fundamental to our team's mission of facilitating human flourishing. So, "I can't" is counter to what we are trying to accomplish as a team.

If we are willing to be dishonest with ourselves and others about what we are capable of achieving, and we are willing to make excuses so as to avoid challenges, we also avoid growth and limit ourselves in ways that could be far reaching.

The fable of the eagle and the chicken is an illustration of how we can be limited by our beliefs.



Once upon a time, a farmer noticed some unusual activity behind his barn which continued for several weeks. Two huge majestic birds continually circled the area, coming and going at different times. When the farmer went to investigate, he noticed a huge nest perched at the top of the barn. After a little research he realized that the birds were eagles.

One day he decided to try a little experiment. He snuck up to the nest, took out one of the eggs and placed it in one of his chicken coops with some other eggs in a hen's nest. Two weeks

passed and all the eggs in the chicken's nest hatched, including the strange looking, larger one. All the new born chicks were then taken out by their mother to parade around the barnyard and to learn all the things that chicks need to know, i.e. how to walk like a chick, scratch for feed, peck for corn, etc. All the chicks learned their lessons well, including the huge, funny looking one that had come from that strange egg.

Months passed and the chicks grew into chickens. While they'd flap their wings and squawk a lot, they never flew because EVERYONE KNOWS that chickens can't fly. The biggest "chicken", which looked very much like an eagle, followed all the other chickens around, acting like a chicken, which is of course what he BELIEVED himself to be.

One day he was out in the middle of the barnyard scratching for feed when this majestic bird soared overhead. Everyone in the yard stopped to gawk. The big "chicken" who was really an eagle asked King Rooster, the wise old sage of the barn yard, what kind of bird could fly so powerfully and gracefully. King Rooster proudly replied, "That my son is an Eagle, the greatest bird of all!" The funny looking chicken, gazed wistfully up to the clouds and replied, "Oh how I wish I were an eagle so that I might fly like that". Where upon King Rooster and everyone else listening began to laugh. "Don't be silly, son", the rooster advised, "You're a chicken and everyone KNOWS that chicken CAN'T fly!"

And so for the rest of his life, the big, funny looking chicken stayed in the barn yard acting like a chicken, wishing he was an eagle and never even attempting to fly.

The funny looking chicken accepted that he couldn't fly because he was told he couldn't. Likewise, I see our athletes telling themselves they can't do things that they are, in fact, capable of achieving.

By accepting limits, whether imposed by others or ourselves, we become limited. However, just as saying "can't" has the potential to limit our athletes, if they can see that they are capable of more than they previously believed, the effects can be equally powerful. Kurt Hahn put it best when he said,

"There is more in us than we know. If we can be made to see it, perhaps, for the rest of our lives, we will be unwilling to settle for less."

I'll continue looking for ways to show our athletes that they are indeed capable of great things and to challenge them to try the things they claim that they can't do.

Rather than limiting ourselves through excuses, we want our athletes to embrace the opportunities for growth that challenges provide. As our team motto states, "In the challenge lies our triumph." It's through struggling to improve that our athletes have a chance to find out that they can achieve great things. That's an empowering lesson to learn that will hopefully change the standards our athletes set for themselves for the rest of their lives.

Thank you for being a part of the Agon family!