

AGON

This Week

April 3 - CGAC Samantha's House Charity Meet entries due

April 7 - BSC Summer Invite entries due

This Month

April 18 - Last day of Lesson Session V for Mon/Wed groups

April 19 - Last day of Lesson Session V for Tue/Thu groups

April 21 - CGAC Samantha's House Charity Meet

April 21 - No practice

April 28 - THT Summer Steam entries due

April 30 - First day of Lesson Session VI for Mon/Wed groups

Next Month

May 1 - First day of Lesson Session VI for Tue/Thu groups

May 11-13 BSC Summer Invite

May 11-12 - Practice TBD based on meet entries

May 23 - Last day of Lesson Session VI for Mon/Wed groups

May 24 - Last day of Lesson Session VI for Tue/Thu groups



FAST 10 & Under Splash Meet Highlights

Cora Emmons swam the 50 Free and the 50 Back in her first ever USA Swimming meet.

Ever the laid-back swimmer, **Keaton Norris** was cooler than the other side of the pillow even in his second ever USA Swimming meet.

This being her fifth meet, **Ellie Vagedes** was the veteran of our crew at this meet. She had a huge 8.56 second drop in the 50 Free and placed 5th in high point scoring even though she swam less than the maximum allowable number of events.



February Attendance Leaders

Silver - Ellie Lewis
Prep - Ian White



March Attendance Leaders

Silver - Ellie Lewis
Prep - Keaton Norris

IM Ready Athletes

Sophia Kapperman
Ellie Lewis
Lina Duncan



IM Xtreme Athletes

Sophia Kapperman

Six Meet Athletes

Sophia Kapperman
Ellie Lewis

Small Group Instruction

In response to requests for private lessons we are offering small group (no more than three swimmers) instruction on Saturday's from 12-12:30 immediately following Prep practice. We are offering this to Prep, Silver, and Masters swimmers at no additional cost. A link to a google sheet for sign-up should have been provided to all of our members. If you did not receive an email inviting you to sign-up for a Saturday, please contact me and I will send the link your way.

So that all interested members have a chance to take advantage of this opportunity we are asking members to limit selection to one date for now. If spaces remain open we will send an email inviting members to select an additional date. As of now we still have spots open on the two Saturdays between the CGAC meet and the BSC meet.

My goal is to have our underwater camera system set up by this coming Saturday. We are close but not quite there yet.

Lessons

Any advanced notice members can give regarding their desire to continue lessons into future sessions will be very helpful for scheduling. Also, should any new families decide not to continue lessons, please let me know so that we can reimburse you for your USA Swimming membership.

Happy Easter!



Upcoming Meets

Meet	Date	Entry Due Date
CGAC Samantha's House Charity Meet	April 21	April 3
BSC Summer Invite	May 11-13	April 7
THT Summer Steam	June 1-3	April 28

In the email containing this newsletter are meet info and entry form attachments for the above meets. These documents are also available on the "News" page of the team website.

Please notice that we have two entry forms due next week. On Tuesday, April 3, entries are due for the CGAC Samantha's House Charity Meet. On Saturday, April 7, entries are due for the BSC Summer Invite. I apologize for such short notice regarding entries for the CGAC meet, information was only made available yesterday.

About the CGAC meet, I mistakenly told some families that the meet would be held at Indiana University-Purdue University Indianapolis, when in fact the meet will be at the University of Indianapolis. This meet is a great chance to swim short course yards (25 yard pool) during the summer season. I expect a fun, relaxed atmosphere making it a great introductory meet for those new to competition. They'll also be offering mixed relays which should be a lot of fun for our athletes if we can get enough members to enter the meet.

Also, as the name suggests, the CGAC Samantha's House Charity Meet is being used as a fundraiser for Samantha's House. The hosts will not be charging anything for spectator admission but they will be accepting donations.

The BSC Meet is our most convenient meet of the summer as it is held in Bloomington. Additionally, the facility is the best on our summer meet schedule with a separate warm-up/warm down pool and 50 meter competition pool. Swimmers will be pleased to know that the warm-up/warm down pool is actually warm!

Masters swimmers may be interested to know that the THT Summer Steam will be a dual sanctioned USA Swimming/United States Masters Swimming meet meaning masters swimmers can compete! The Vigo County School Corporation Aquatic Center is a new indoor 50 meter pool and THT does an excellent job hosting meets that run smoothly.

We'd love to see our Prep and Silver swimmers taking advantage of these unique meet opportunities. If you have any questions about the meets or entry procedures, feel free to contact me.

One final note for swimmers new to USA Swimming who may be taking advantage of USA Swimming's 30-day trial period. Because swimmers must be registered with USA Swimming to compete, we will register swimmers with USA Swimming on receipt of a meet entry meaning the 30-day trial offer will no longer be available.

Emily Neubert: Setting & Achieving Your Goals

Following are three different summaries of a presentation Emily Neubert gave at our team meeting.

Full Summary

Over her career, Emily set and achieved a number of ambitious goals including qualifying for Junior Nationals, qualifying for the Olympic Trials, earning a spot on Texas A&M's roster, and qualifying for the NCAA Championships.

It all began at age seven when she first got into swimming. She described swimming as being fun and said she fell in love with the sport. She was goal oriented from a young age. After seeing the older and faster swimmers swimming butterfly she taught herself the stroke.

Although she was participating on a small team she didn't set small goals. At 9 she decided she would swim in college ruling out Baylor as a possibility (her father worked there which meant she could get a deal on tuition) because they didn't have a team. At 13 she set her sights on national powerhouse Texas A&M after attending swim camp in College Station. Importantly, her goals were always her own and reflected what she wanted to accomplish.

Then she went about doggedly pursuing her goals, crossing them off her list as she would one day cross off names of Texas A&M swimmers as she surpassed their times. She took the initiative and had her club coach get the attention of the Texas A&M coach before she could technically be recruited. Swimming posters adorned her walls and goals were posted in clear sight. When Emily's performance reached a level where it became more difficult to drop time at every meet, she made sure to focus on daily practice goals.

With ambitious goals however, things didn't always go according to the script. At her championship meet where she planned to qualify for Junior Nationals, she missed the cut. Instead of being discouraged she jumped at the opportunity to compete in a last chance meet where she achieved her goal of qualifying for Junior Nationals.

This habit of unrelenting focus on her goals even in spite of setbacks would continue into her collegiate swimming career. She missed qualifying for NCAA's as an underclassman but this unachieved goal continued to be her goal in future years. In her senior year she again missed the cut. Knowing this was her last chance to make NCAA before retirement she told her coach that she would swim the event three times if need be to qualify at a last chance meet.

In her first attempt at the meet she was slower than the time needed to qualify. She stayed optimistic and was motivated to improve on her second attempt, which she did, qualifying for NCAA's. The path towards her goals was not without setback, but she remained committed to her goals and pursued them with a fighting spirit.

Throughout her swimming career Emily was able to excel in the classroom as well as in the swimming pool. Rather than swimming detracting from her studies she credits swimming for her academic success. Swimming taught her how to set tough goals and how to go after them. She graduated as valedictorian of her high school and later earned the Elite 89 Award for the highest GPA for an athlete competing at the NCAA Championships.

Her mantra during her swimming career was, “Before gold, silver, and bronze, there is hard work, determination, and commitment.” She would also add goals to that list.

Her message for young athletes who may be intimidated by competing in meets is not to let their fear of failure keep them from trying.

Championship Traits Summary

Some traits of champion athletes that stood out from Emily’s presentation on setting and achieving goals:

Passion - Emily’s journey in swimming started at age seven. She describes swimming as being “fun” and says she “fell in love with the sport.”

Ambition - Emily’s ambition was evident early in her career when she taught herself butterfly in order to be like the older, faster swimmers. Although she was from a small team she set big goals for herself including deciding at age 13 to swim for national powerhouse Texas A&M. Importantly, her goals were always her own, they were what she wanted to accomplish.

Personal Responsibility - Not only did she create her own goals, she accepted responsibility for achieving them. Rather than sit back and hope to be recruited, she took the initiative and had her club coach contact the Texas A&M coach to get his attention.

Resilience - Emily suffered setbacks throughout her career including not qualifying for Junior Nationals at her championship meet and later not qualifying for the NCAA Championships. In both instances, rather than becoming discouraged, she stayed focused on her goals and motivated, and successfully achieved both at a later date.

Work ethic - Emily transferred the same work ethic she brought to her swimming and transferred it to the classroom as well. Swimming taught her how to set ambitious goals and go after them. Transferring that skill to the classroom enabled her to graduate as valedictorian of her high school and earn the Elite 89 Award as the swimmer with the highest GPA at the NCAA Championships.

Drive - Emily was uncompromisingly committed to achieving her goals, so much so that her senior year of high school she was traveling 1.5 hours to practices each way!

Emily’s mantra was, “Before gold, silver and bronze is hard work, determination, and commitment.” She exhibited those characteristics and more during her successful career.

Twitter Summary

Before gold, silver and bronze is hard work, determination, and commitment. Decide what you want and then work towards it every day.

Thank you for being a part of the Agon family!