

ANNOUNCEMENTS

SEPTEMBER 2016

1. **ADMINISTRATION** - We sincerely apologise for any inconveniences caused with administration during the booking process for Term 3. Unfortunately our Administrator Joy, had been hospitalised but we are pleased to say she is doing well but not in the office. This caused a backlog with some correspondence. In addition, we had technical challenges with our Internet Service Provider. Please do not hesitate to let us know if any matters remain outstanding. We are pleased to announce that we have been working on an AUTOMATIC BOOKING SOFTWARE that will make booking a smooth process with instant feedback to our swim parents. We hope to launch the new system in Jan 2017.
2. **PUBLIC HOLIDAYS 29TH & 30TH SEPT** - please be advised that the 29th of September has been declared a public holiday and the 30th will be the independence holiday. Therefore Thursday and Friday we will not be having any lessons.
3. **BSSA LEAGUE GALA RESULTS** - This past Saturday DMSS Gators attended the 1st BSSA League Gala at Thornhill Primary School and our swimmers did exceptionally well. We were able to gauge our current performance and see our weak areas which will need attention. We will use 3 league galas as preparation for our biggest local event, the BSSA Nationals in Dec, where we want to have peak performance. The next gala is scheduled for Francistown on 29th Oct, 2016 - more info to follow. [CLICK ON BELOW TAB FOR THE RESULTS.](#)
4. **INTERNATIONAL COMPETITIONS - Bloemfontein, Angola, FINA World Champs** - We would like to congratulate Ayaan Chand, Zinhle Bekker and Bonita Imsirovic on being selected to represent the Botswana National team to participate at the Cana Senior Champs in Bloemfontein RSA. Congrats to Amantle Mogara, Ayaan Chand, David Van Der Colff, Andre Van Der Merwe and Naomi Ruele for being

selected to participate at the AUSC Region 5 championships in Angola, Dec 6th to the 18th. Finally, well done also to Naomi Ruele, David Van Der Colff and Andre Van Der Mewe who have been chosen to participate at the FINA short course World Championships in Canada in December.

5. **TERM 3, 2016** - The season has gotten off to a great start. If you have not already done so, ***Book urgently as most slots are full.***
6. **www.dmss.co.bw** - Remember to regularly access our website, click on the DMSS members tab. You can access gala results, schedules, find out what is happening in swimming and much more. This also helps where emails for one reason or another do not get through, you can still access DMSS news
7. **ACCOUNTS** - Term 3 first instalments are due - please settle ASAP unless already paid.

Thank you for your attention to these announcements
DMSS Administration

Click me - BSSA League Gala Results



News

for

SWIM PARENT**S**

"Practice is Too Hard!"

Yes, sometimes some of the things we do are “hard.” We prefer the word “challenge.” Part of what we do in practice is to challenge swimmers to extend themselves beyond what they thought they are capable of doing. We do this with care and in a systematic and progressive manner. We do not attempt to drive weaker age group swimmers from the sport. Nor do we attempt to make each swimmer an Olympic swimmer. We have long term patience for each swimmer’s development.

How much “challenge” is enough? The answer depends on the age and level of swimmer. In our age group program less than 15% of the available time (on a weekly basis) is set aside for “challenge sets.” For some swimmers with the desire and ability, challenge sets will eventually make up 30 to 40 percent of the available workout time. It may take some swimmers two or three years to get to that point.

All the facts and figures do not matter to a swimmer who says “It’s too hard.” This is where helpful support from parents can be of great assistance. Parents can remind children that some exercises push children into zones of uncomfortableness with good reason. We do not adapt without some workout overload or stress. It is a basic principle of training applicable to all ages. **It is also a basic principle of life that sometimes things get uncomfortable and we work a little harder to bring about a change.**

With the change in coaching and in coaching styles the practices are indeed very different. We do far more stroke work now and we also challenge a bit more. With patience and support we are hopeful that all the children will adapt and eventually enjoy the practice session. In my 27 years of coaching I have rarely lost children from the program because they felt it was too hard. Indeed, in the past the most common cause for swimmers giving up was having unrealistic expectations, or training too little, but comparing performance with those train hard.

At the age group developmental level our primary goals are to teach technique and swimming skills, learn good practice habits, expose the children to life skills such as the relationship between hard work and good performance, set the aerobic conditioning foundation for senior level swimming, introduce competition opportunities, and to have fun.

“Fun” is an interesting word. Some time back, I asked 12 very exhausted swimmers Silver Squad swimmers, aged 10 through 12, “How many of you had fun today?” This I asked after they had completed their first ever 3000m workout in a 75 minute period. Of course I was expecting none of them to say they had fun. What I was hoping to do was create a teaching moment where we could talk about the difference between fun and satisfaction. To my surprise every child wearily raised their hands and said that they had had fun. When I asked

them to explain, they all said they felt that way because they had never done 3000m before. Many of them, now in Gold Squad are easily completing 5000m a 90 minute period. All those swimmers are still swimming and still loving the sport because the challenge is the fun and the fun is the challenge.

Yours in swimming,
D Morton

FOR FURTHER INFORMATION OR QUERIES:

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