

### Upcoming Events

**October 19-20**  
ODAC Rising Stars Meet  
All 8&U,  
Waves/Riptides Bronze

**October 26-27**  
757 Fall Fiesta Meet  
Waves Silver, Waves Gold,  
Riptides, Tsunamis  
• Declare your swimmer  
by October 13 •

**October 29**  
Howl-O-Swim Practice  
Hampton Aquaplex  
All swimmers welcome!

**Snap! Raise  
Fundraiser**  
Ends November 1!

**Swim Meet  
Changes**  
See Page 3 for changes  
to November meets

### Why Does Growth Mindset Matter?

Having a growth mindset helps you focus on developing your abilities rather than proving how smart or talented you are. Compared to a fixed mindset, a growth mindset encourages you to embrace challenges, sustain effort, and try new strategies—and that's true for both children and adults. Of course, no one embodies only a growth or fixed mindset; we are all a mixture of the two, and we can learn to recognize what triggers a fixed versus growth mindset. Shown evidence that the brain is like a muscle—something you can strengthen—students adopt more of a growth mindset about intelligence and earn higher grades. Finally, the concept of growth mindset doesn't only apply to intelligence: If there are qualities you don't like about yourself or others, keep in mind that people can change.

Pulse Check: Right now, how true are the following statements for you?

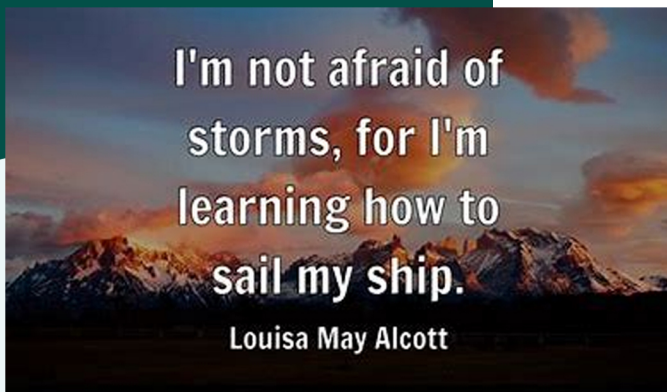
After I make a mistake, I always look for ways to learn from it.  
I love challenges because they make me smarter.  
I truly believe that people can change.  
I can always change how intelligent I am.

How do I encourage growth mindset in others?  
Much remains to be discovered about how teachers and parents can encourage a growth mindset in young people, but here are some preliminary suggestions.

Model it. Share stories of when you fell short of your expectations but nevertheless learned an important lesson: "I made the wrong decision that day. At first, I avoided thinking about it, but eventually I realized I needed to learn from the mistake. What I realized was..."

Celebrate it. Avoid praising young people for being "gifted," "talented," or "a natural." Instead, praise the process of learning: "I'm so proud of you—when you got stuck on the problem, you tried a different way to solve it and didn't give up!"

Enable it. Create authentic opportunities for learning. Give students meaningful challenges, consistent support, and timely, constructive feedback. To calibrate your efforts, ask them directly: "Let's set a stretch goal together—what's something you want to accomplish but can't do yet? What can I do to help?"



## Not to Worry

### How to quiet anxious thoughts

Today, we've asked Seth J. Gillihan to share his Tip of the Week.

Like many couples, my wife and I struggled to have kids. It took several months for us to conceive, and then we lost two pregnancies near the end of the first trimester. When the second miscarriage began, my wife lay down beside me on the couch, and we both fell asleep, too sad for words.

It was months before we were ready to try again. But more than a year later, my wife woke me up on a Monday morning with the words I was hoping to hear: "Seth—I'm pregnant!"

This time around, we worried constantly. I tried to force the worries out of my mind as best I could and think about something else. Although it made sense that I didn't want to dwell on the possibility that this pregnancy would end like the first two, ignoring my feelings didn't really work. I'd try to suppress my worries, but they kept creeping back into my thoughts.

What's a more effective way to reduce worry? Focusing on the present. A recent study found that participants who gently focused their attention on the sounds around them with "interest and curiosity" were better able to decrease their worry in the moment compared to when they tried to push away their anxious thoughts.

If I could go back and talk to my 32-year-old self, I would tell him this: Your worries are understandable, but trying to ignore those fears only makes them stronger. It's more helpful to redirect your attention to the present. For example, place your hands on the table when you're eating a meal. Feel how solid it is. When you're lost in fearful fantasies about the future, let your senses guide you back to what's real—right here, right now.

Don't try to pretend everything is OK when you're worried.

Do focus your attention on the present to ease your worries about the future. When young people feel anxious, help them redirect their attention to what they feel, hear, and see at this moment. Let them know that when their mind is filled with future-focused What ifs, they can guide their awareness back to What is.

With courage and gratitude,

Seth J. Gillihan is a clinical psychologist, therapist, and the author, most recently, of *Mindful Cognitive Behavioral Therapy: A Simple Path to Healing, Hope, and Peace*. He lives near Philadelphia with his wife and three kids.

**You have brains in your head**  
**You have feet in your shoes**  
**You can steer yourself**  
**in any direction you choose.**  
**You're on your own.**  
**And you know what you know.**  
**And you are the guy who'll decide where to go.**  
**-Dr. Seuss**

**You have BRAINS**  
**in your head. You have**  
**FEET in your SHOES**  
**You can steer yourself**  
**any direction YOU**  
**CHOOSE...**

### CHANGE to November Meet

We will be attending the 2024 Williamsburg Aquatic Club Fall Classic Nov. 16-17 at CSAC instead of the ISCA meet (which is at capacity).  
This is a 2-day meet Nov 16-17.

Generally, this meet is for: Ripples Gold, Waves Silver & Gold, Riptides & Tsunamis.  
12&U swim the am session (warm-ups at 7:30)  
13&O swim the afternoon sessions (not before 12:30pm)

Assuming we have enough entries by gender/age group, we will run as many relays as we can.



**Happy Birthday!**  
**McKenna Behan - October 4**  
**Jack Schwizer - October 4**  
**Gamorrhah Connor - October 8**  
**Arya McDermott - October 20**  
**Mila Valrey - October 24**  
**Michael Spady - October 27**  
**James Borer - October 30**

## SNAP! RAISE

through November 1

Snap! Raise is an online fundraising platform that helps programs raise more money with less effort. We can skip the door-to-door sales and keep fundraising efforts simple and safe. Our fundraising campaign will raise money by telling our story via email, text message, and social media.

**How to get started:**  
Your Fundraiser: HVA Current Swim 2024-2025

Use the QR code to download the Snap! Mobile app and enter your join code to sign up (or log in if you've already created an account).

Join code: 500663466

You can also use this link to sign up through your browser:  
[http://raise.snap.app/join\\_code/500663466](http://raise.snap.app/join_code/500663466)

Invite your supporters to donate: Enter 20 (or more!) email addresses and 20 (or more!) phone numbers.

Examples: parents, grandparents, other relatives, family friends, neighbors, parent's coworkers, former coaches

Remember, it's all online, so you can invite relatives and friends from across the nation or even another country!

Once the fundraiser is live, log back in to share on social media.



Scan to download the Snap! Mobile app.  
[snapmobile.app.link/download](http://snapmobile.app.link/download)