

Upcoming Events

September 21-22

Tide King Neptune Invitational Swim Meet
Princess Anne Family YMCA
Tsunamis, Gold & some Silver level swimmers

October 19-20

ODAC Rising Stars Meet
Midtown Aquatics Center
All B&U, Waves/Riptides Bronze or Coach Recommendation

October 26-27

757 Fall Fiesta Meet
757 Swim Aquatic Center
Waves Silver, Waves Gold, Riptides, Tsunamis



Welcome to an Exciting Swim Season!

Dear Swim Team Families,

I hope this message finds you all well and energized for another fantastic season! As your newly appointed Swim Team Board President, I am honored and excited to serve this amazing community of swimmers and families. Whether you're returning or joining us for the first time, I want to extend a warm welcome to each of you.

To keep you informed and connected, I would like to introduce our dedicated Swim Team Board members who have been working behind the scenes to ensure a smooth and successful season:

- Adam Chappell, Vice President (vp@hvacurrent.org)
- Nichole Smelser, Secretary (secretary@hvacurrent.org)
- Janet Searls, Treasurer (treasurer@hvacurrent.org)
- Indu Sharma, Member-at-Large (indu@hvacurrent.org)

These wonderful individuals have generously stepped up to help lead our team, and I'm confident their experience and passion will make this season a great one. However, we cannot do it alone and need the support from parents, swimmers, and the community. Therefore, if you are able, we encourage you to become an active member of one of the following committees:

- Manpower Committee: This committee will help organize swim meet volunteers for at home and away swim meets.
- Finance Committee: This committee will help with fundraisers and developing a plan to ensure our financial stability to support the team's success.

Moving forward, our newsletters will include important information, so please read through them carefully. We will also be sharing updates through our team's social media platforms.

Thank you for your continued support of our swim team. Here's to a fantastic season ahead!

Best regards,

Denise Thomas
Board President, HVA Current Swim Team
president@hvacurrent.org

The Secret to Mental Toughness. Kill the ANTs on Deck!

by Shantell Cornelius Davis

Call in the exterminator and build mental toughness! A while back, I was invited to speak to a group of athletes at a sports camp. It got me thinking, what kind of knowledge could I impart that might just be the key to their success? I'm excited to share with you what I believe is one of the most important factors that distinguishes between good athletes and truly exceptional ones. Today, we're going to delve into the critical aspect of mental toughness that involves managing your Automatic Negative Thoughts, or ANTs. We must kill the ANTs on deck!

As an athlete, you may have experienced moments of doubt or negative self-talk that can hold you back from reaching your full potential. Our brains have evolved to keep us safe, but sometimes they can produce negative thoughts that are not only unnecessary but also harmful. ANTs are notorious for creeping up on us and sabotaging our performance, and they can be a real hindrance for elite athletes. At our Olympian swim clinics, you'll often hear from athletes who have successfully conquered their ANTs or who have fallen victim to them, resulting in a less than ideal performance. I am reminded of an Olympic Trials story where one of our Olympians failed to qualify for their strongest event. Instead of leaving in defeat, they retreated to the warmup pool, killed the ANTs and returned to make the team in one of their weaker events.

This is the MUST learn. Dr. Amen, a neuroscientist and mental health expert, has identified nine species of ANTs that athletes may encounter. By recognizing these ANTs, we can take steps to control them and achieve our goals.

The first ANT is the "All or Nothing" mindset, which involves seeing things in black and white and often leads to extreme thinking. For example, thinking that you are either a complete success or a complete failure based on one race.

The second ANT is the "Focusing on the Negative" mindset, which involves dwelling on negative aspects and ignoring the positive ones. This may include only remembering the mistakes you made in a race rather than the progress you've made overall.

The third ANT is the "Fortune Telling" mindset, which involves predicting the future negatively without considering other possible outcomes. This can lead to anxiety and a lack of confidence in your abilities. I'm definitely going to mess up and let everyone down. There's no way I can beat them, they're just too good. My goggles will fall off like the last race.

The fourth ANT is the "Mind Reading" mindset, which involves assuming negative thoughts or motives in others without evidence. This can lead to unnecessary conflict and stress in relationships with coaches, teammates, and parents. Coach was quiet after my race he must think I'm a loser. You assume your teammates don't like you because they don't invite you to hang out outside of practice.

The fifth ANT is the "Guilt-Beating" mindset, which involves using guilt as a motivator and often leads to self-blame. This can be harmful to your mental health and can impact your performance negatively. You feel guilty for taking a rest day or missing a practice, even if your body really needs it. You constantly compare yourself to others and feel guilty for not measuring up to their achievements.

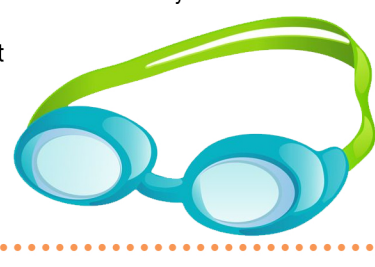
The sixth ANT is the "Labeling" mindset, which involves using negative labels to describe oneself or others. This can lead to limiting beliefs and a lack of confidence in your abilities. A coach gives you feedback on your technique, and you think to yourself, "I'm just not a very coordinated person, I'll never be able to fix this." A teammate makes a mistake during the meet, and you think to yourself, "They're so careless, they're not a good swimmer."

The seventh ANT is the "Blaming" mindset, which involves placing blame on others rather than taking responsibility for one's own actions. This can lead to a lack of personal growth and can be harmful to your relationships. You don't achieve a personal best time, and you blame your coach for not providing you with the right training program. Your parents can't make it to your competition, and you blame them for not being supportive enough.

The eighth ANT is the "Should" mindset, which involves rigidly holding oneself or others to a set of expectations without flexibility. This can lead to burnout and a lack of enjoyment in the sport. You have a bad race and think to yourself, "I should have performed better, I've been training so hard." Your coach gives you feedback on your technique, and you think to yourself, "I should have known better, I've been swimming for years."

The final ANT is the "Personalization" mindset, which involves taking things personally without considering other factors that may be involved. This can lead to unnecessary stress and anxiety about situations that may not be within your control. Your team doesn't make it to the finals, and you feel like you let everyone down. Your coach gives you feedback on your technique, and you take it as a personal attack on your abilities as a swimmer.

Remember, mental toughness is just as important as physical toughness in the sport of swimming. By controlling your ANTs, you can improve your performance and experience.



Welcome!

Welcome to Season 2! As a new team, we are ever-changing -- striving to improve -- hoping to make competitive swimming a fun, challenging experience for Hampon-area families. And these changes don't come about without their own challenges. In the coming weeks, our coaches will be working with your swimmers not only to improve their technique and endurance in the water, but also to set goals, delve into mental training, explore nutritional requirements to improve practice, recovery, and performance, discuss the importance of sleep, and many more topics that can serve as jumping off points for discussion for every HVA Current family.

There is far more to competitive swimming than the physical work that occurs on dryland or in the pool -- and we look forward to working with you to not only develop strong swimmers, but resilient, confident, young people with solid values and character. With your help, I know we can accomplish these goals.

- Coach Lisa -



Happy Birthday!

- Peter Lewallen - Sept 7
- Lucy Jackson - Sept 9
- Max Viau - Sept 10
- Aria Bevilacqua - Sept 23
- Max Vasquez - Sept 23
- Leon Vasquez - Sept 25
- Dylan Robinson - Sept 27

Heart • Mind • Will

What character is and why it matters - by Angela Duckworth

Here's an adage you may have heard before:

Watch your thoughts, for they become your words.
Watch your words, for they become your actions.
Watch your actions, for they become your habits.
Watch your habits, for they become your character.
Watch your character, for it becomes your destiny.

Aristotle likewise conjectured that character is the sum of our acquired habits. Good character, he argued, was consistently acting, thinking, and feeling in ways that are beneficial to others as well as ourselves.

What does psychological science have to add to these age-old questions: What is character? And why does it matter?

Like scientists who study anything, scientists who study character find plenty to disagree about. One area of unanimous agreement, however, is that character is plural.

Any parent who makes a list of the qualities they hope their children will grow up to embody will want a long piece of paper to do it.

In my research, I find three families of character strengths.

Strengths of heart encourage relating to other people in positive ways. They are interpersonal—either in the sense of an ethical and loving posture toward friends, family, and close others or in the sense of civic virtue, including our duty to our neighbors, our country, and the world beyond our borders.

Strengths of mind encourage active and open-minded thinking. In this day and age, these intellectual virtues may seem in short supply. All the more reason to intentionally support their development.

Strengths of will encourage the achievement of goals. These are intrapersonal insofar as they enable you to triumph over self-doubt, indecision, inertia, and other obstacles to a desired future.

There was a time when your character was assumed to be an inherited disposition that, good or bad, would never change. But modern research suggests the opposite. As Eleanor Roosevelt has been credited with saying: "Character begins in our infancy and continues until death."

At any age—and most critically during our formative years—our interpersonal, intellectual, and intrapersonal habits can be cultivated.

Don't see emotional character as fixed. And don't get hung up on whether the proper term is "character" or "social-emotional competencies" or "noncognitive skills." A rose by any other name would smell as sweet.

Do model, celebrate, and enable character strengths of heart, mind, and will. When he was just 18 years old, Martin Luther King, Jr. had the wisdom to declare: "We must remember that intelligence is not enough. Intelligence plus character—that is the goal of true education. The complete education gives one not only power of concentration, but worthy objectives upon which to concentrate."

Angela Duckworth is a co-founder of Character Lab.