

Flip Turn



Hello Swim and Dive families,

The holiday season provides a break that is soothing to your water-warriors. Most days, it seems every single second is accounted for as they (and you) go from one activity to the next. So, enjoy this brief break. (A great reminder from Maria, our partner in nutrition!)

She makes a great point. Rest and Relaxation is just as important for the parents as it is for the kids. Use this time to reboot and reset during the holiday season. Have some down time, where you do not talk about school or swim.

Sports are here so we can meet wonderful people and develop courage, tenacity, humility, and teamwork. The practice of competitive sports enriches our lives



TAPER to PAPER --- After your December taper meet, please be sure to update everything on your profile. This includes your times, all academics, test scores, physical stats! The last thing we want a college coach to see is 'old' times!



TAPER is OVER, now what?

Christmas training! This was always a favorite time for me (Lori) It gave me a chance to reconnect with my parents and friends without school and homework hanging over my head. *More importantly, it gave me a chance to dial in with my coaches and reset goals, training strategies and technique tweaks.*

Training itself was certainly challenging (I was a distance swimmer) First in and last out of the pool, and thousands of yards a day; Whew! But I couldn't wait to get into the water with my friends and knock it out of the park! We always had a 'plan' for after practice, with food first! Then some kind of fun, until the next practice a few hours later! Bottom line was, we all benefited from the holiday time, and were refreshed when it was time to go back to our normal schedules.



Trivia Question: Which swimming stroke burns the most calories?



WHAT YOU NEED TO KNOW ABOUT FAFSA

October 1st is the usual starting time for filling out the Free Application for Federal Student Aid (FAFSA ®); however, with big changes in the form, the 24-25 FAFSA will not open until December 31, 2023. Some of these changes include a more streamlined improvement, allowing students to skip questions that are not relevant to them. While waiting for the form to open, there are a few things first timers can do such as creating your account so you are ready when the FAFSA opens:

<https://studentaid.gov/fsa-id/create-account/launch>

To read more about FAFSA changes:

<https://www.collegedata.com/resources/pay-your-way/the-new-fafsa-9-big-changes-you-need-to-understand>

<https://studentaid.gov/announcements-events/fafsa-support>

Don't forget to file!

REMINDERS:

COMMITMENTS- If you have made your college commitment, please let your advisor know right away. Send us a picture of you in your school shirt, so we can post on our social media pages.

COMMUNICATION - *NEED BIWEEKLY* contact with the college coaches that have reached out to you. ***PLEASE CC*** us on your emails so we can follow up with them. Lack of communication (from you, the recruit) = lack of communication from the coaches. Be articulate and considerate. Write with proper spelling, punctuation and thought process. This is how you are presenting yourself to coaches. Remember it is a 'job' interview!

REFERRALS...*TELL YOUR FRIENDS ABOUT AMERICAN COLLEGE CONNECTION.*

> **NCAA RECRUITING SHUTDOWN DATES: *DECEMBER 18, 2023 - JANUARY 7, 2024***



CONGRATULATIONS TO OUR OWN *JACK ALEXY*...*VOTED BREAKOUT PERFORMER OF THE YEAR AT THE GOLDEN GOGGLES AWARDS*

Diving in college



Can you dive in college? We have been helping divers and their parents with the college recruiting process for years. We have worked with an NCAA champion at Miami and we are also working with a young lady who didn't start diving until she graduated from high school. She is currently diving at a Junior College and we will help her move to a 4-year school next year.

So, the answer is YES you can dive in college.

Most college diving coaches are one person operations. They do all the coaching and set up for practice in addition to doing all the recruiting. They obviously appreciate ACC when we connect them with divers.

If you want to dive in college keep your grades up and get some coaching!

UPCOMING NATIONAL MEETS:

December 6-9 Speedo Winter Jr Nationals SCY

January 10-13 TYR Winter Pro Series LCM

January - March Nationwide Sectional meet. SCY and LCM / site

June 15-23 US Olympic Trials Indianapolis LCM



ERIC KNOWLES (DR ALUM, NCSU/NCAA-ALL AMERICAN, USA TEAM MEMBER, OLYMPIC TRIAL QUALIFIER, WORLD JUNIOR TEAM MEMBER (shared from my Facebook post)

I had the privilege to have breakfast this past week with one of my former swimmers, Eric Knowles. Eric is a Dayton Raiders Alum, former USA National team member, NCAA ALL AMERICAN and ACC Champion at both his and my Alma Mater, NC State.

During our conversation, Eric shared several profound observations about his swimming career which I want to share with you.

I asked if he would mind helping me understand what he thought allows some individuals to get so much better in college where others not so much. Eric was quick to answer. He felt the #1 building block to his swimming career was the vast technique work he did during his age group years. He was adamant that it helped him. It struck me that I could use this information to help others I still coach in the pool and others I advise through ACC.

Eric contributes his later success to the fact he had a strong technical background. He was very good in high school, but not the fastest. I was able to introduce Eric to Coach Holloway at NCSU. Coach

Holloway took a chance on Eric for many reasons, but primarily he could see Eric’s **POTENTIAL** and that he was a late bloomer with excellent technique. Translated...Eric’s window of productivity was greater than others who overtrained really hard, lifted too early in their career and maybe neglected to continue to improve their technique as they matured.

Final thoughts from Eric Knowles:

- * Always have fun learning, failing, and succeeding
- * Watch what faster kids are doing in/out of the water...soft and hard skills
- * Don’t be afraid to ask other swimmers who are faster for advice and always Thank them
- * Take pride in your team, be the BEST TEAM MATE you can be
- * Never neglect or take for granted your skill work or your coach
- * Enjoy every minute, every sec you get to participate in such a GREAT SPORT
- * BE THANKFUL YOU ARE GIVEN THIS OPPORTUNITY TO CONTINUE YOUR ACADEMICS AND SWIMMING IN COLLEGE

FROM OUR ACC FAMILY TO YOURS WE WISH YOU A WONDERFUL HOLIDAY SEASON, GREAT GRADES AND FAST SWIMMING!

PLEASE REFER YOUR SWIM AND DIVE FAMILY FRIENDS ABOUT US

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