

I thought I would try a new addition to the webpage and start bringing a **“Coaches Corner”** to you all once in a while. I know that many clubs do this in great fashion, but I was thinking about letting all the coaches on the club bring you some of their thoughts on how they think things are going in meets, practices, group progression, life in general, whatever...really. Just as long as we, as coaches, are staying in touch with our swimmers, parents, and fans. Let's call it a 'blog' if you will, only I have no idea about any of the new-age computer blogspot type stuff.

Here's the first addition to the **“MSC Coaches Corner”**:

Going on three and a half months as Munster Swim Club's Head Coach, I am not only excited about the way this job has gone for me personally, but feel excited for the crew I get to work with on a daily basis. Is it a lot of work? You bet it is! I had no idea (well, sort of) that a swim coaching job would be so rewarding, time-consuming, and mind-boggling all at the same time.....The job at times certainly has made me feel like rest is really not an option.....and the thing is, I've found myself completely consumed with not only the administrative part of the job, but the reason I fell in love with the sport in the first place.....the training and competition!!!! I feel like when I walk out of door “K” at night, I am drained and happy to have played my part in the swimming arena once again. What a job....wait, **WHAT A PASSION!!!**

Back to what I was originally talking about and that's the coaching crew we have....

I can understand the Head Coach and maybe the Head Assistant Coach genuinely wanting to arrive early and leave late each day knowing what needs to be done and having ideas of what **SHOULD AND COULD** be done with our club; but having assistant coaches doing the same thing is an absolute blessing. It has made my job much easier knowing everyone on our staff (Board members

included) **WANT** to better and promote the club as much as possible. This club is for real. Let's strive to keep it that way! Keep up the great work, Coaches.....you know who you are.

Going into the Holiday season is always a joyous and happy time and I would never take that feeling away from anyone; however, I also feel in the 'swimming world' it is a time of extreme duress and perseverance. Having been through many holiday training sessions where running around shopping and buying presents and watching old holiday movies is the 'norm' for most people, I found that this time was an extra way to get ahead of the pack and put in that extra mile(or 47) in the pool.....did I have a life? Sure I did, but it consisted of sleep and Seinfeld.....I was a little "off." Everyone has a choice in their swimming career, and what matters most is what **YOU PERSONALLY MAKE OF IT**. I'm not saying everyone needs to think about swimming all the time because you will find yourself slowly going crazy if you do and you really should go as far as you want and can handle in this wicked, time consuming sport.....I **AM** saying, however, that I will be offering up the toughest challenges of your swimming careers this coming holiday break.....officially starting two weeks ago....**HAPPY HOLIDAYS!!!**

On a lighter(but not less serious)note, Redhorses and Whitehorses, I am extremely proud of the improvement you've all made this season and want you all to know that the coaching staff is more than impressed with your ability to put up with us and learn our philosophies. I hope you're all having **FUN** this season....please let me know if you are not and I will make some immediate changes (or yell at someone else to make it happen).

On that note, I'll end my rant, only to leave you all with a few mottoes I find beneficial in our sport:

“Ideas never work unless you do”

“Practice does not make perfect, PERFECT practice makes perfect”

*“Coaching is to create the best person we can out of the athletes we meet, our **SECONDARY** goal is to make them the best athlete we can”*

“Internalize your experience. Know yourself and what you are capable of doing. Once it is yours, it's fun” (Dick Jochums)

*“The difference between good and **GREAT** is a little extra effort”*

(Borrowed from the great Charles E. “Skip” Bird)

...I believe I hear the Natatorium calling our name!!!

Coach Matt