

JOE FLAHERTY'S DOLPHINS



PLEASE SHARE THIS INFORMATION WITH YOUR SWIMMERS

We often get blank looks from the swimmers when we mention things that were emailed recently. Not all emails to you are directed at all swimmers, so use your discretion.

Motivation is crucial for swimming (and life), so please share the inspirational things sent to them thru the parents. A current example is the results of the Distance Challenge. Ask your kids to commend those who did it. Encourage them to plan on it for next New Year's Day.

COVID-19 UPDATES

While we are thanking God for President's Trump's Impossible Dream of a vaccine in less than the 2 or more years that so many in the media said was the reasonable deadline, we must remain disciplined.

BRING A BAGGIE

In our effort to *EXCEED THE STANDARD*, we are now requiring an extra step for all swimmers: Bring a plastic baggie for your kids' masks. We want them to wear masks right up to the pool's edge, put their mask in the baggie and get right in.

BRING YOUR OWN FLIPPERS & KICKBOARDS

These cannot be shared in this covid-19 season, but athletes will benefit from bringing their own. These can be purchased thru the team store on the JFD website

REMIND YOUR KIDS THAT A MASK IS REQUIRED WHEN SOCIALIZING IN THE QO BUBBLE

This is a crucial part of life, especially for young people. Yet pool time is expensive, and your swimmer's progress and discipline is important. Please bring your children early / pick them up late with the understanding that they are encouraged to talk with their friends before / after practice, but that they are expected to get in on time.

REFER YOUR FRIENDS

In this time of limited activities, the pool is one of the safest places to be! Feel free to invite your family, friends, and neighbors to join the JFD Team!

EXCEED THE STANDARD

THIS IS OUR MANTRA FOR THE NEW YEAR & IT APPLIES FOREMOST IN:

COVID-19 mitigation protocols, skill execution, & recorded sets!

THIS WILL CARRY OVER FOR ALL OF US TO MANY ASPECTS OF LIFE

What if all of JFD took the “exceed the standard” philosophy into: school work, household chores, Scouts, music lessons, Religious service, kindness to strangers, kindness to our families, etc.

Ask your swimmers the themes of the past two years to see if they have been paying attention at practice and reading JFD emails.

THIS WILL CARRY OVER FOR ALL OF US TO MANY ASPECTS OF LIFE

“Things work out best for those who make the best of the way that things work out”

and

“Do hard things”

LET’S ALL TALK ABOUT THIS OFTEN...

- Think about it
- Live it
- Carry it with us for the rest of our lives.

PERHAPS YOU CAN ASK YOUR SWIMMERS SOME AFTER-PRACTICE QUESTIONS LIKE

- Did you exceed your test set standard today?
- Did you exceed the skill credit challenge and earned your points?
- Are you exceeding the social distancing requirements?
- Are you exceeding the teacher’s standard at school?
- Are you exceeding your standard for...



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