

Swimformation



UNITED STATES SWIM SCHOOL ASSOCIATION NEWSLETTER

SUMMER 2007

Defining A Champion

By Dan Vawter

Growing up an athlete, much of my competitive life was dedicated to striving to be a champion. My coaches would often ask us to define what being a champion was. As a child my definitions were usually limited to; "The one that wins," or "Someone who overcomes obstacles." As I have aged and become a coach myself, my definitions have changed.

At the beginning of the summer I asked myself the question again, "What is a champion?" I realized now that as a coach it was not only my responsibility to create champions but to be a champion myself. So with a new perspective on the question, how was I to define a champion?" My definition: "A champion inspires and brings out the greatness in others..."

In order to better define a "champion," I asked myself who champions were in my life. The first example was obviously my parents. They sacrificed themselves, their time and their finances in order to make me greater than themselves. They understood the importance of not only being a champion in the pool, but to be a champion in life. My parents provided me with everything I needed to be great; they provided an example of true love, they provided me with a fantastic education, and they provided me with an understanding of God in my life.

My second example was a more recent, but just as important an influence; Christian Early. Christian (one of our Starfish Swimmers) is a mature 21 year old gentleman that has been swimming with me for about a year. Christian lives with autism, which most would think limits his perspective on life. Christian's simple understanding and his intrigue about his surroundings

provides him with a greater perspective on life than many could ever possibly achieve. Everyday that I am able to experience Christian in my life, I am inspired, that is why I must say thank you to Christian for being a Champion!

One of the greatest champions in my life is my final example, Coach Jack Nelson. It's funny because as a child athlete and now as a coach, Jack Nelson has always been one of my champions. When I was a young athlete, Jack Nelson was a champion to me because; he was successful as an athlete in swimming, he was successful as a coach in swimming, he worked at the greatest swimming facility in the world and as a butterflyer myself I had an affinity for the great athletes of the stroke. Coach has inspired thousands of champions; his champions were not only champions in the water but champions in everyday living. Coach Jack Nelson will always remain one of life's champions because of the greatness he has inspired in others!

As Head Coach of the Jack Nelson Swim School and one that is honored to carry on the tradition of Coach Nelson, it is my ultimate goal to remain dedicated to being and creating champions. My hope is that as you read this article and when you are on your pool deck you are inspired to be a champion. I look forward to being the one to bring out the greatness in all of the JNSS family members; our swimmers, our parents and our staff. I encourage you all to live your life as a champion and everyday to work to bring out the greatness in those around you. Remember, "Access To Success Is Thru The Mind..."

United States Swim School Association Core Purpose

To provide resources to assist our members in achieving their goals in the learn to swim business.

United States Swim School Association Core Values

Provide opportunities for learning and sharing for our members. Help maintain high ethical and professional standards in our industry. Provide business development education for our members.

INSIDE

- | | |
|--|----------------------------------|
| 2 From the President's Desk | 5 Swim lessons put comfort first |
| 3 Finis, Inc. | 6 Around the Association |
| 4 Kids First's 5 Hiring Mantras: Part 2 of 5 | 7 Ask Alison |

Ask Alison

Cindi Coats of Club One Brentwood, Brentwood, CA asks:

What are the advantages and disadvantages of using water softener to soften every drop of water coming into the facility?

Water softeners are mechanical devices that cause calcium and magnesium ions in the water to be replaced with sodium ions which do not precipitate out of solution. Water softeners simply cause an ion exchange – sodium for magnesium and calcium.

There are certain benefits to soft water, but softened water should not be used to fill a swimming pool. Water is considered “hard” if it contains a high level of calcium and magnesium. Calcium hardness levels should be maintained between 200 and 400 ppm in most pools, since a certain level of mineral hardness is needed to protect the pool surfaces and equipment.

Calcium hardness is a measure of the temporary carbonate hardness or calcium ion content of water, and can be measured with a test kit using titration. After several weeks, most of the hardness in pool water is due to calcium, so most pool operators only measure calcium hardness levels, and ignore the magnesium hardness. If your test kit includes a test for total hardness, the test is measuring both calcium and magnesium hardness.

Soft, or under saturated, water is aggressive and will cause circulation pipes, heater elements, and other metal components of the pool to corrode. Pool wall surface materials will deteriorate. Since soft water increases soap’s ability to lather, pool or spa water may foam, particularly if aerated with hydrotherapy jets, counter current jets, sprays, geysers or waterfalls. Plaster will soften and etch, vinyl liners will become brittle, metal staining will increase, and tiles will become loose and begin popping off the walls.

If softened water is used to fill a pool, calcium chloride dihydrate will need to be added to make the water harder again. Add 1.6 ounces of 100% calcium chloride (or 2 ounces of 77% calcium chloride) for each 1 part per million desired change, per 10,000 gallons of pool water.

Swim schools in some parts of the country deal with source water that is too hard, but using water softeners is not the solution. Hard, oversaturated water can cause unsightly white stains visible at the pool waterline. Excess calcium deposits out on the pool walls, damages pool equipment – especially heater elements, and restricts water flow through the recirculation lines. To lower calcium hardness, dilute, add sodium hexametaphosphate, install a nanofilter, or add cellulose fiber as a filter aid. To prevent calcium damage, pay close attention to the mineral saturation or water balance. Since water is the universal solvent, all things will inevitably dissolve in water until the water becomes saturated. Eventually, water will become unbalanced or oversaturated, and excess products will precipitate. Scale will build up on solid surfaces, making the surfaces rough, and discoloring dark surfaces. Calcium carbonate scale will also build up on the interior surfaces of the pool recirculation pipes causing a condition similar to “hardening of the arteries”. Water flow will be restricted and pressure will increase. Sanitizer effectiveness will be reduced, and algae growth may increase.

If the saturation index formula indicates that the pool water is not balanced, make the appropriate chemical corrections, starting with total alkalinity, followed by pH, temperature, calcium hardness, and TDS. Well balanced water will increase bather comfort and will dramatically extend the life expectancy of the pool and its components.

Do you have a question for Dr. Alison? Submit your inquiry to: office@USSwimSchools.org

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