

“Self” Coach

Over the past few weeks our weekly volume has consistently increased with intensity to follow in the upcoming days. Keep your mind on the books while remaining focused on daily training with the following thoughts to assist your efforts in the pool and in school. Develop the "self" coach. Believing in your abilities and create an unwavering commitment to achievement which is applicable in school and in the pool! No DOUBT, do something about it. Assist your teammates in a positive manner when you recognize an area that may be improved. Group coaching is extremely beneficial and will go a long way in assisting team unity. Be adaptable. Accept change as a way of life and embrace it, work on corrections in mechanics as well as your effort to the workout as a way to facilitate self-improvement. Sleep = Rest... Weekends are a time for recovery from the week of training. Remain proactive with your studies for more hours of sleep during the week. Time Management.... Reduce school stress with time management with your studies and assignments. Remember academic procrastination is the #1 reason athletes fail in their training. Discipline....Uncompromised desire to achieve excellence in your behaviour, with respect to swimming mechanics and your emotional state of mind. Communication....Talk to your coaches, teachers and parents on a regular basis for assistance in your efforts. We are off to a tremendous start so keep up the efforts for excellent results at the end of the season.

"For every person who doubts you, tells you you will fail, try twice as hard to prove them wrong."

IM Xtreme Challenge

This summer Men's Olympic head coach Eddie Reese came up to Fairbanks. One of the things he told the kids is that if he was running an age group team he would have them all train for the 1650FR and the 400IM. When he said this you could hear the groan from all of our kids as they looked over at me to see how big my smile was. This is what we believe as well!

It is always better to be able to come down to an event than to try and swim up to a distance. The first time they swim a distance should not be in a meet. This is why all of our kids, no matter which group, swim longer than race distances. Our seniors just did a set where they worked their way up to doing multiple 300FL's at the start of a set. Because of the over distance work we do they were happy when I cut their last set down to 400IM. We never want any of our kids to be scared of any event or distance. By doing the things we put them through in practice they will be better prepared to face tough challenges in practice, meets & life.

"We all have dreams. But in order to make dreams into reality, it takes an awful lot of determination, dedication, self-discipline, and effort."

IMX Rankings

USA Swimming has developed a program to recognize swimmers for all-around excellence. This program takes results in all 4 strokes plus the individual medley. Last year we had 19 swimmers with IMX scores, including one who finished the year ranked #1 in her age group in Alaska (Alyssa Keill). So far this year we have 5, with one presently ranked #1 in their age group (Julie James).

Why we at MSST like this program so much is because everyone can do it. All it takes is the guts to swim every event. We know that there are certain events that can seem scary to swimmers of any age. Once they swim them they do not seem as bad. Also, you do not need a certain time to qualify. As long as they swim the events they will achieve a score. Where they end up ranking will depend on the times they achieve. Just achieving a score is an accomplishment in and of itself.

2007-2008 IMX Rankings

Richard Chen 11B 2nd, Kuba Grzeda 12B 8th, Tommy O'Donoghue 10B 4th, Julie James 13G 3rd, 14G 1st, Neil Magnuson 13B 6th

2006-2007 IMX Rankings

Richard Chen 10B 6th, Tommy O'Donoghue 9B 7th, 10B 13th, Kelly Hoffman 12G 8th
Kira O'Donoghue 12G 11th, Geena Spencer 11G 15th, Jacob Carson 11B 10th, C.J. Lester 11B 16th, Phillip Martinez 14B 2nd, Keegan Severns 14B 4th, Gregory Evershed 14B 5th, 13B 2nd, Jeff Danielson 14B 12th, Alyssa Keill 16G 1st, Elizabeth Bennett 15G 2nd Christine Butcher 16G 2nd, Annie Goering 15G 4th, Victoria Martinez 15G 9th, Elle Robbe 15G 12th, Kristina Miller 16G 4th, John Lee 18B 2nd

"People whine, 'I haven't succeeded because I haven't had the breaks.' You create your own breaks."

Championship Attitude

Championship attitude is created on a daily basis beginning with the first days of practice. Our program is off and running with new members to the group mixing well, as existing swimmers have provided leadership to a fantastic start highlighted with outstanding enthusiasm.

Developing a "championship" attitude begins with winning practice each and every day. To become a winner tomorrow one must first win today's training session. You will become a better person tomorrow for what you do successfully today. If you wish to be the best swimmer on the team, state or in the USA you must first become the best swimmer in your lane. You must create a higher standard for yourself. Aim to do it faster, do it with better technique on a consistent basis especially when you are tired.

The following are focus points to help you win each day during training:

Arrive early to prepare for daily training sessions. Have equipment ready, clean drink bottle filled, perform your required warm up exercises and be ready to be the first athlete in the water.

Great technique begins with one stroke done correctly then repeated. Start your training sessions striving to perform skills and technique to the best of your ability which requires concentration and attention to practice detail. Perfect drop-in, streamline, breakout and stroke with conscientious efforts on performance.

Ask yourself questions when considering your training efforts:

Could I do this with fewer strokes, fewer breaths, better technique, better turns / finishes and more consistently with better effort? Could I do this faster with better skill when I am tired?

You have the ability to increase the likelihood of success by making training more demanding than you thought possible. With each training session swim faster aiming for the "possible" in training, striving for best times, faster repeats, stronger kicking with better technique creating a championship attitude while attempting to win the workout.

"If you want to accomplish anything in life, you can't just sit back and hope it will happen. You've got to make it happen."