

COACHES CORNER

DECEMBER 2011

Head Coach Andy Lehner and Coach Lauren Brenneman National Training Group and Senior Development

The NBAC Christmas Meet and MAC Winter Frolics Meet are quickly approaching. This is where all of your hard work pays off. Please remember that when you are in the middle of taper you should not make any changes to your diet, activity level, sleep schedule, etc. These types of changes need to wait until taper is over. Budget your time so that you are not up late doing homework the week of the meet. Stay positive and give thought to how you will swim at the meet. Visualize yourself succeeding in your races. There should be no surprises or negativity when you step up on the block.

After the taper meets we will begin building the yardage back up. It is very important to attend practice so that you progress through the yardage increase in a safe way. We will be doing intense training over the last week of December and your body needs to be ready to maximize the quality of the workouts and stay injury free.

Coach Jenn Thackston Age Group Development

Taper Time

As we quickly approach our taper meet of the season, it is important to keep a couple of things in mind.

First, it is critical to keep your body in the best shape possible. This can be done through a number of ways. Make sure you are getting between 8-9 hours of sleep every night. This will allow you to train as hard as possible at every single practice. Secondly, avoid toxic foods. Things like sodium, saturated fats and even diet sodas are harmful to your body and your training. Thirdly, hydrate! Be sure that you are drinking plenty of water throughout the day as well as during practice. Finally, make sure that you are re-fueling properly. Eat a variety of fruits and vegetables, avoid processed sugars and focus on lean meats and proteins.

Secondly, in order to get the most out of this taper, it is important to work as hard as possible during practice. This means listening to the feedback of the coaches and applying it during training. Also, working to make the interval determined so that your body is truly able to get the full effect of the taper when the time comes. Finally, remain positive so that all individuals in this environment are able to focus on getting better.

Finally, the next meet is the Winter Frolics; December 16-18. I met with the swimmers to discuss times and events and I have registered them for these. Please sign up for the next meet, WSY January 14-16, at your earliest convenience. Thanks to both parents and swimmers for all you are doing to ensure success with this sport!!

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Coach Chris Kaplan Age Group 1

Being At Practice

We are now about half-way through the Short Course season and our swimmers are making some significant strides in their overall development. As we proceed into the heart of the holiday season we need to make sure that we stay on the right track. Once we get through New Year's Day there are only two months until our season championship meets and that time flies by. We need to continue to take advantage of each and every practice. Up to this point our swimmers have been adapting to the new challenges and expectations placed on them and the swimmers are continuing to rise to the occasion. We are now at a great place to build on the base we developed over the past 3 months. With family visiting, traveling to visit family, or taking family vacations it is easy to put swimming on the back burner and regularly miss practice. I can't stress enough the importance of finding a way to get to practice through the holidays.

Taking Advantage of Practice

Regularly attending practice (especially during the holiday season) is the first piece of the puzzle. Just being at practice however is not enough. Swimmers must take advantage of every practice and use them as an opportunity to improve. - Do things at practice the way you want to do them in a meet. - Practice is a time for the swimmers to teach their bodies how to do things correctly. Doing things correctly over and over again gives them a much better chance to perform well in meets when they are often nervous, not always thinking, and tired at the end of races. We are constantly reminding the swimmers to focus on the little things like streamlines, proper turns, kicking off the walls, etc... If they take advantage of practice and do these little things well they will be better prepared to race at meets.

As Vince Lombardi said,
"Practice does not make perfect. Only perfect practice makes perfect."



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Coach Jeb Beaver Age Group 2

Happy Holidays!

Good luck to all swimmers at the NBAC X-Mas Meet. Please make sure you are getting enough rest and eating healthy!

I am a big fan of motivational quotes. I would like each swimmer to come up with one of their favorite motivational quotes write it on an index card and keep it with them during there swim meet.

- * Thomas Jefferson - I'm a great **believer in luck** and I find the harder I **work**, the more I have of it.
- * John Wooden - Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming."

John Leonard is one of the leaders in the swimming community and he forwarded this article during the 1970's. Every year since being a coach he releases to coaches:

On Doing Less...a story *by John Leonard*

Once upon a time, in a swimming pool in the far north, near the Arctic Circle in upstate New York, I learned a lesson. There was a lane we called "the national team". Some of these 8 or 9 bodies had national cuts and others just aspired to have the national cuts, and were close. They all thought they were special. They came early, they stayed later, they were "the National Team".

They weren't the only ones I had in the pool during this time, and I moved from group to group, so periodically, I'd pass them by and say something like "*Nice Job. You guys are working hard, keep it up, Good Work*". They improved when they went to swim meets and swam faster and faster.

One day as I walked past, I heard Lynn Scully say to Amy Richards, "*hey, cut me some slack here, slow down, I can't go that hard right now.*" (for purposes of full disclosure, Lynn is a male, Amy a female)

Amy looked at him in a quizzical way, and went hard again. I ignored it and walked away.

The next day, I walked past, said "*good job, Good work, makin' progress*". Lynn and two other male swimmers didn't look me in the eye. Later in that practice, I heard Pete say, "*Amy, I'm dyin' here, give me a break hey?*" and heard Lynn chime in, "*Yeah, no need to go this hard*". And a third male say "*Crap Amy, you're makin' us all work too hard to keep up with you!*"

Amy slapped her hands on the water with frustration, gave up, stepped aside and moved to the middle of the lane to let Pete lead.

Our nationals sucked.

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AG2 cont'd

I learned from this that we can be two kinds of people...the kind that encourages everyone around us to work hard and achieve more, or we can be the kind that says "*we don't have to work that hard to achieve more*". We each of us have both people within us. And everyone who has ever coached or ever swum or ever competed knows this is the truth.

If just one person backs off, it lets the next weakest person do likewise. Its a disease, and it spreads fast.

After that lesson, I always paid attention to the "lane talk" in workouts. And I'd talk to my teams about how to encourage each other to be achievers and how no one person in the group can achieve more than the group aspires to achieve. The group has got to get it right, and none can have the attitude that says "*we don't have to work that hard*".

And if they didn't want to be their personal best selves, they didn't want to train with me. They could train somewhere else and float through with some other coach. Life, and this sport, does not reward those who "float through"...it rewards those that enjoy the work for its own sake.

I would say for awhile that I was "amazed" at how much satisfaction the swimmers took from encouraging each other to do more than they thought was possible.

Now, I look back and know it was not amazing at all. It was normal. Because, you see, we can all chose to be the person who says "*lets do less*" or the person who says "*lets swim faster*". And once the team decides to only accept the positive input, there is nothing amazing about it. Its normal.

Since 1974, that experience left an indelible mark on me. It marked me with the knowledge that just one person who thinks they can "do less" can ruin a team, or a group, or an office, because we all have the capacity to sink, or to rise to leadership.

Think about that when your team is swimming up and down that lane.

