



## COACHES CORNER

# 6 Excuse Busting Tips for Swimmers

**“I can’t do it because I’m not talented enough.”**

**“Their swimsuit is better so of course they beat me.”**

**“I wasn’t feeling up to it today, that’s why they beat me.”**

**“I’ll start training harder when I get my new goggles.”**

In one form or another, a variation of these excuses – and many more – have been uttered by a swimmer on the pool deck. Certainly you’ve heard a teammate or competitor use an excuse to tone down a poor performance, and I’d be willing to bet that at one point you also have used a less than concrete explanation to pass off a bad swim, or to procrastinate on starting something.

I know I certainly have at more than one point or another.

When swimmers do get called out for making excuses, the reaction runs along the lines of—

*“They just don’t have enough willpower.”*

*“They didn’t want it bad enough.”*

*“They are lazy.”*

## Here are six ways to combat and overcome the excuses that you make for yourself and your swimming –

### 1 Get to the Root of Why You Make Them

We tend to make excuses based out of fear. Fear of looking inferior, of being weak, of being considered a slower swimmer than we know ourselves to be. Back in my racing days there was one particular swimmer, whom I will never forget and not name, who had his excuse ready before he even touched the wall. I’d be struggling to catch my breath, looking up at the scoreboard, and he’d be floating over to the side of my lane, excuse loaded and ready to go. Often times we make excuses without realizing the reason we do it. Get to the root of why, and suddenly that excuse will lose its validity with the person who matters most – you.

### 2 Accept the Power

Accepting responsibility for your actions – or lack of – and your performances does not have to be a burden. Accepting that you control how you perform in the pool – not your competition, not the water temperature, not your bathing suit – is actually quite freeing. Because this allows you complete and utter autonomy over your swimming. You are not subject to the whims of outside factors as everything that affects your performance is within you.

### 3 Realize How They Make You Feel

Excuses are a faulty apparatus. While outwardly they serve a purpose – mask fear and perceived inferiority, they don’t actually make you feel any better, do they? In your heart of hearts, you know they are rubbish. Excuses tend to leave you with an overwhelming sense of feeling unfulfilled.

### 4 Un-Point the Finger

Finding fault with others and outside influences doesn’t help you grow, it doesn’t help you become a better swimmer, and it doesn’t give you any control over yourself.

### 5 See Yourself Clearly

We are not nearly as subjective as we like to think we are. We tend to over-exaggerate our weaknesses, and downplay our strengths. Try to assess your performance as subjectively as you can. I realize this can be challenging, so get feedback from your coach and/or teammates as well.

### 6 Bounce Back Harder

The ultimate 1-2 punch for excuse-making comes in the form of –  
1. Honestly acknowledging that you didn’t perform as well as you could have and not sugar-coating or downplaying your responsibility in your lack of performance.  
2. Create accountability by asking, “How can I learn from this to improve myself?” Knowing that you didn’t perform as well as you could or should have, and then dictating the steps for insuring it won’t happen again help you make a negative a positi

# SPA NOVEMBER SWIMMERS OF THE MONTH



## BRONZE II



### Parker Effrid

What is your favorite movie?  
**The Smurfs**  
What do you like to eat for breakfast?  
**Bananas**  
Who is your favorite famous swimmer?  
**Ryan Lochte**  
Where were you born?  
**Houston**  
What is the best part of the holidays?  
**Christmas**

## BRONZE I



### Patrick Macasaet

What is your favorite movie?  
**Star Wars Episode II**  
What do you like to eat for breakfast?  
**Waffles**  
Who is your favorite famous swimmer?  
**Michael Phelps**  
Where were you born?  
**Missouri City**  
What is the best part of the holidays?  
**Christmas**

## SILVER



### Kendall Pikerton

What is your favorite movie?  
**Catching Fire**  
What do you like to eat for breakfast?  
**Chocolate Chip Pancakes**  
Who is your favorite famous swimmer?  
**Missy Franklin**  
Where were you born?  
**Houston**  
What is the best part of the holidays?  
**Snow while traveling**

## GOLD



### Taylr Landry

What is your favorite movie?  
**The Perks of Being a Wallflower**  
What do you like to eat for breakfast?  
**Cinnamon Rolls**  
Who is your favorite famous swimmer?  
**Missy Franklin**  
Where were you born?  
**Houston**  
What is the best part of the holidays?  
**Winter Clothes**

## SENIOR II



### Natalie Romero

What is your favorite movie?  
**The Avengers**  
What do you like to eat for breakfast?  
**Mom's Chocolate Chip Muffins**  
Who is your favorite famous swimmer?  
**Rebecca Soni**  
Where were you born?  
**Houston**  
What is the best part of the holidays?  
**Being With Family**

## SENIOR I



### Jose Topia

What is your favorite movie?  
**Spirit**  
What do you like to eat for breakfast?  
**Eggs and Sausage**  
Who is your favorite famous swimmer?  
**Jason Lezak**  
Where were you born?  
**Caracas, Venezuela**  
What is the best part of the holidays?  
**Family Getting Together**

# WHO WILL BE NEXT MONTH!

# WAY TO GO SPA SWIMMERS!

## November Meet Review:

In November SPA hosted an open meet, thank you again to all the parents and families who volunteered to help make the meet a success. At this meet our swimmers swam extremely well. **We saw the team earn 72% best times and drop over 1300 seconds.** Some of the great swims turned in at the meet were by Mackenzie Batson dropping 30 seconds in her 200 back, Emma Bleasdell dropping 1:18 in her 1000 free, Madeline Streeter dropping 12 seconds in her 100 fly, and Anthony Aranda dropping 4 seconds in his 500 free to earn a new sectional cut. SPA swimmers who went all best times at this meet were: Ava Boettiger, Emily Frank, Anja Hartge, Bobbi Kennet, Sydney Miller, Madison Mok, Gabriella Pena, Ryleigh Will, Joshua Arias, Garrett Balaski, Eddy Chen, Evan Forrest, Kamren McKinney-Lyons, Nikolai Mok, Nick Roehm, Marlon Urcia. We also had new Gulf Champs cuts earned at this meet from the each of the following swimmers: Emma Bleasdell(1000 Free), Jane Cleary(50 Breast), Sydney Miller(50 & 100 Back), Madeline Streeter(100 Fly), Kamren McKinney-Lyons(50 Free & 100 Back). Overall it was a great meet and we are very proud of all of the SPA swimmers.

**We saw  
the team  
earn 72%  
best times and  
drop over  
1300 seconds**



## Time Standards Achieved

### New B Times-

Anna Alberty  
Emma Bleasdell  
Kaylie Fiedler  
Teresa Garcia  
Tyler Landry  
Leighton McElreath  
Madison Mok  
Emily Peden  
Natalie Romero  
Catherine Roosa  
Joshua Arias  
Michael Batson  
Cole Kennett  
Alex Koennecke  
Patrick Macasaet  
Justin Mercier  
Nick Roehm  
Ryan Schoonover  
Benjamin Thompson  
Marlon Urcia

### New BB Times-

Nadine Barrera  
Emma Bleasdell  
Chrissy Byler  
Teresa Garcia  
Bobbi Kennett  
Sydney Miller  
Luisa Romero

### New BB Times-

Madeline Streeter  
Joshua Arias  
Cole Kennett  
Kamren McKinney-Lyons  
Justin Mercier  
Benjamin Thompson  
Marlon Urcia  
Migus Wong

### New A times-

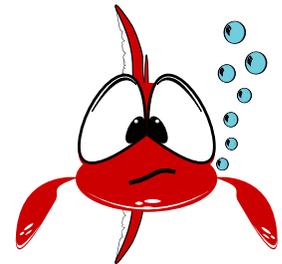
Emma Bleasdell  
Jane Cleary  
Sydney Miller  
Luisa Romero  
Chris Bready  
Kamren McKinney-Lyons

### New AA Times-

Mackenzie Batson  
Emma Bleasdell

### New AAA Times-

Anthony Aranda



## ? OF THE MONTH

**What is the new rule concerning  
Breaststroke and Butterfly turns?**

The new rule is an expansion of the non-simultaneous touch rule, this rule states that a swimmer must touch the wall on turns and finishes with both hands at the same time. The expansion to the rule was added during the 2013 season, the expansion requires swimmers not to cross their hands over top one another as this may block the view of the official from seeing whether both hands touch simultaneously. Enforcement of the new expansion created confusion for officials as there was no definition as to what constituted hands crossed over, due to inconsistent calls being made pertaining to this rule, USA swimming redefined the rule to say that the hands can not be touching each other in any way in the process of the turn or finish. This does not apply to the swim portion of the stroke so when a swimmer is not turning or finishing they are permitted to have their hands touching.

## The Pre-game Meal

by J. Anderson, L. Young and S. Prior1 (12/10)

Posted on: <http://www.ext.colostate.edu/pubs/foodnut/09362.html>

A pre-game meal three to four hours before the event allows for optimal digestion and energy supply. Most authorities recommend small pre-game meals that provide 500 to 1,000 calories.

The meal should be high in starch, which breaks down more easily than protein and fats. The starch should be in the form of complex carbohydrates (breads, cold cereal, pasta, fruits and vegetables). They are digested at a rate that provides consistent energy to the body and are emptied from the stomach in two to three hours.

High-sugar foods lead to a rapid rise in blood sugar, followed by a decline in blood sugar and less energy. In addition, concentrated sweets can draw fluid into the gastrointestinal tract and contribute to dehydration, cramping, nausea and diarrhea. Don't consume any carbohydrates one and a half to two hours before an event. This may lead to premature exhaustion of glycogen stores in endurance events.

Avoid a meal high in fats. Fat takes longer to digest as does fiber- and lactose-containing meals.

Take in adequate fluids during this pre-game time. Avoid caffeine (cola, coffee, tea) as it may lead to dehydration by increasing urine production. Don't ignore the psychological aspect of eating foods you enjoy and tolerate well before an event. However, choose wisely -- bake meat instead of frying it, for example.

Some athletes may prefer a liquid pre-game meal, especially if the event begins within two or three hours. A liquid meal will move out of the stomach by the time a meet or match begins. Remember to include water with this meal.

**DYK?**  
Did You Know  
**SWIMMING TRIVIA**

**The oldest standing world record in swimming is the men's short course 1500M held by Grant Hackett since August 2001.**

