

Gulliver Swim Club

MONTHLY NEWSLETTER- JUNE RECAP; LOOKING FORWARD TO JULY



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Senior Swimmers-

Our Seniors are heading to Sectionals, Senior Championships, and Futures Championships. Read to find out what that entails for our older athletes.

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Meet Wrap Up, Schedule, and Monthly Question

SFTL recap and a look ahead to Sectionals, Junior Olympics, and Senior Championships.

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Age Group Monthly Summaries

Snippets from our Age Group Coaches, as they recount the development focus points for the month of June and what to expect in the month of July.



Word of the Month:
relentless

(adj): Oppressively constant;
incessant

End of Season Meet Preparation

(Also known colloquially as, tapering)



June → July

SENIOR SWIMMING

Gulliver senior swimmers used the SFTL Prelims/Finals meet format to prepare for Championship meets in July. Our Senior athletes were able to capitalize on evening races against great competition to achieve new time standards for Sectionals, Senior Championships, and Futures.

Mindfulness:

(n): a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique

Our Senior swimmers are always learning how to better race at a high level on any given day. College teams look for athletes who are able to compete with elite times at weekly dual meets. After stressing the importance of swimming fast in the Prelims session to *have the chance to swim at night*, our Senior athletes did a wonderful job of racing hard every morning. The morning efforts allowed them to race in prime positions at night.

The focus and attention the athletes have had in practice on the *process* of swimming fast was evident. Swimmers were better able to identify one or two key points they could improve session to session and adjusted themselves admirably.

Their continued focus on mindfulness, recovery, and mental preparation in the early weeks of July will be crucial to their success at Championship meets. Meets and events are won in practice and preparation- the actual event is merely the execution of the rehearsed thought.

SFTL International Classic 2018



Seniors-

Senior swimmers had a fantastic meet. We had a good number of fast swimming conducted in the morning sessions. New Sectional cuts were achieved by Sarah Abril and Isaiah Jimenez, amongst others.

Lucas Jaramillo, Phillip Meira, Benji Carey, and others experienced lifetime bests; while almost the entire group achieved season best times in at least one event.

Age Groupers:

Our GRSC Age Groupers raced extremely well. New JO cuts were achieved by Maria Grant, Max Pagan, and Caro Acosta.

Gio Musiello won the 100 Backstroke for her age group! We look forward to seeing how they perform next month at Junior Olympics.

Key Swim Meets Coming Up:

Sectionals- GAINESVILLE, JULY 6-9

Junior Olympics- STUART, JULY 20-22

Senior Championships- CORAL SPRINGS, JULY 27-29

Futures- CARY, NC, AUGUST 2-5

BIRTHDAYS IN JUNE 2018:

Julia Piquet- 07/05

Jason Cheng- 07/07

Nicole Regueira- 07/07

Eric Macedo- 07/08

Eduardo Egea- 07/10

Matias Jaramillo- 07/11

Everardo Vidaurri- 07/12

Daniel Messinger- 07/21

Raquel Hernandez- 07/23

Alex Perez- 07/23

Fernando Collazo- 07/25

Kyle Korvick- 07/29



QUESTION OF THE MONTH:

“How much information should my swimmer receive from a coach after a race? Sometimes my child comes back and says no more than, ‘Coach said it was a nice swim, but I didn’t negative split.’ Is there a specific amount of feedback they should get?”

The general rule of thumb for feedback is feedback should last as long as the race did. If a coach gives more information than a child can possibly absorb, only so much will be retained. By keeping constructive criticism, feedback, and positive reinforcement to the absolutely essential items, coaches focus on the most important aspects of a swimmer’s development.

Remember, coaches will help those who *want to be helped*. Swimmers should always come ask for feedback and remember that no information is ever meant to hurt anyone’s feelings. We learn from making mistakes and can only develop further in the sport by learning from what we do when we race.

A great additional idea is to keep an “Improvement Journal.” A simple black and white composition book is a great place for athletes to write down what they are told following races. Committing those lessons to paper will help swimmers remember their mistakes next time they race that event!

Age Group Recaps:

Senior Prep and Gold: It's Championship Season, My Dudes!

And with championship meets coming up this month, everyone is getting excited and ready to swim fast. We have spent a lot of time talking about our goals, and how to reach them this summer. In sports, as in life, we try to approach everything in a positive way. We want to talk about swimming fast, winning, and having fun. Coaches use positive reinforcement to encourage swimmers to learn new skills and perfect new technique. Teammates cheer for each other as a way to boost confidence. Athletes wish each other good luck before races, and congratulate one another on outstanding performances. All positive things that keep swimmers coming back for more.

But the reality of sports, and life, is that you do not always win. It might take longer than expected to reach a goal. The swimmer in the lane next to you might get their hand in the wall first, even though you gave your absolute best effort. Circumstances out of your control can affect your performance. And when athletes are faced with a less than desirable outcome, it is important to understand the difference between losing and failing.

It is possible to have perfect practice attendance, give your best effort, and to go a best time, and still come in second. It is possible to have the race of your life and still get beat. And still lose. But losing is not the end all be all. It might be a setback, but losing is not finite. After losing, high level athletes are able to move on, and continue to improve while enjoying their sport.

If after a great race, you see a loss as if it was your destiny, like there is nothing you could do to change it, then it failing. Failing to understand that you can learn more. Failing to understand that your career is not over. Failing to understand that maybe you did not prepare the way you should have for this practice/race/meet. Failing is viewed as finite; it is the way that things will always be. After failing, it may be difficult to move on, continue to enjoy the sport.

So what is the difference between losing and failing? Losing reflects the score; failing reflects your attitude. I would rather have a team full of losers at Gulliver, than failures.



SILVER: With championship season right around the corner it's time to swim fast and smart. We are going to add more speed to the practices and techniques. The reason for this is to get used to swimming perfect at a fast pace. During these fast meets it's important to motivate each other with positivity. It's a very exciting time to see the Silver group give their best and best at their best. #RaidersOn3

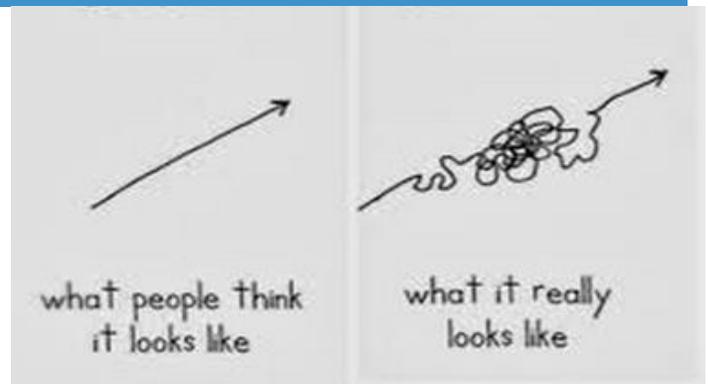
BRONZE: *THE BRONZE GROUP HAS CONTINUED TO WORK ON CONCENTRATION, LISTENING SKILLS, STREAMLINE, KICKING SETS AND FREESTYLE TECHNIQUE DURING PRACTICE. WHILE WORKING ON CONCENTRATION WE WANT TO REMEMBER TO FOCUS ON THE SKILL BEING LEARNED, AND DOING IT TO THE BEST OF OUR ABILITIES. WE ARE GOING TO CONSTANTLY, AND CONTINUALLY BE BRUSHING OFF OUR TECHNIQUES NOT ONLY ON FREESTYLE, AS WELL AS ON ALL OF OUR STROKES, AS THERE IS ALWAYS ROOM FOR IMPROVEMENT.*

Extra Reading:

This month, we include a great piece about the overall development of talent- regardless of sport. Too often youth sports parents expect development to be identical to educational development. Unlike the classroom, where students “develop” and take on the challenges of the next grade level every single year- unless there is a complete failure, youth sports development takes time. Each year does not bring the same equal level of development. Some years children grow more than others. Some years children mature more than other years. Some children develop in a variety of ways quicker than others. Instead of being discouraged by their personal rate of development, we encourage our parents and swimmers to enjoy the process and focus on individual progress. As long as you are beating the best version of yourself every day, you’re getting better!

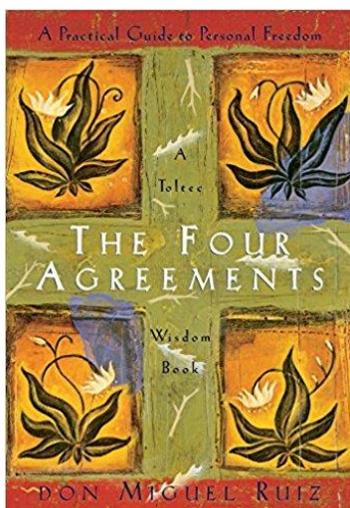
Click [here](#) to enjoy a wonderful article, including a word from U.S. National team soccer superstar, Abby Wambach.

Talent Development



This Month's Recommended Reading:

Senior Parents and Athletes:



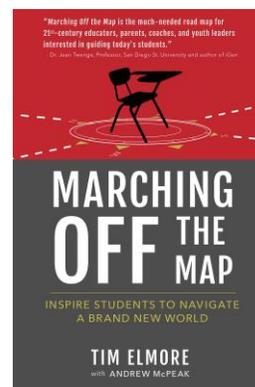
Ever wondered why you feel so extremely frustrated at a swim meet after a race that was only *slightly* off your lifetime best time? Maybe your *expectation* of an event didn't live up to the real thing.

Ever wondered why you get uneasy at a dinner table with friends when they're gossiping about someone not there? Maybe you're experiencing what it's like to not *be impeccable with your word*.

Have you ever finished a season without a new best time? Maybe it comes down to ownership of your own efforts on a daily basis and *always giving your best effort*.

Don Miguel Ruiz's short, but powerful, book *The Four Agreements* highlights four concepts that can help **everyone** be happier, more conscientious, and responsible people.

Age Group Parents:



Leading today's students often feels like being in a new country. The population in this new land has different attitudes (many entitled and narcissistic) and speaks a different language (emojis and social media). Attention spans are six to eight seconds. They multi-task on five screens. They often possess multiple personas on social media platforms. Understanding and connecting with this generation is often times frustrating and draining. The old maps that helped adults navigate students through adolescence are now producing graduates who move back home, are afraid to take healthy risks, and are unwilling to start at the bottom of a career path. We're in new territory. We need new strategies on how to navigate new land...to march off our old maps and create new ones. That is what this book is all about. From decades of research and hands-on experience, Dr.

Tim Elmore and Andrew McPeak collate their conclusions into one resource. In *Marching Off the Map*, they share practical, research-based solutions that help adults: -Inspire students to own their education and their future

- Lead students from an attitude of apathy to one of passion through metacognition
- Enable students to push back from the constant digital distractions and practice mindfulness
 - Raise kids who make healthy progress, both emotionally and intellectually, through their teenage years
- Give students the tools to handle the complexities of an ever-changing world
- Understand and practically apply the latest research on Generation Z -Leverage what is cultural to instill in teens the wisdom and advice you know they need to succeed in any stage of life