

Metro Atlanta Aquatic Club

Weekly Swimmer's Ear

9/10/18

Announcements and Important Dates:

Apparel Orders- Boathouse Deadline 9/11

The deadline for our Team Warm Ups is Tuesday (9/11) [order online here](#). For the rest of our apparel, we have put together this [form](#) that will help us order all the right other apparel for everyone's needs.

Team Day at Stone Mountain, September 15th

Saturday, 9/15 at 9am we will be climbing Stone Mountain and taking a team picture. There will be a team picture at the top of the mountain and breakfast at the bottom.

Parent Meeting on Monday September 17th

There will be a parent meeting on Monday 9/17 at the City of Decatur Rec Center, 7:00pm-8:15pm. We look forward to everyone being there to help with a smooth transition back to Lake Claire

First Day of Practice at Lake Claire, September 18th

New Swim School Open!

MAAC has lots of new openings for our learn-to-swim school. For inquiries, please reach out to Kristine at teammanager.maac@gmail.com
For more information, visit our [website!](#)

Swim Across America, September 22nd at Lake Lanier

We are challenging ourselves by swimming in the Atlanta Open Water Swim and raising money to fight cancer. Please support us by sponsoring our swim and making a gift. The money you give will go towards cancer research, prevention and treatment and will make an impact in the fight to find a cure.

You can find the link to donate [here](#).

Weekly Practice Schedule:

Precompetitive I:

Mon/Wed: 4pm-4:45pm

Tu/Thu: 4:45pm-5:30pm

Mon/Wed/Fri: 6:15pm-7pm

Precompetitive II:

Mon/Wed: 4:45pm-5:30pm

Tu/Thu: 4pm-4:45pm

Mon/Wed: 5:30pm-6:15pm

Age Group Competitive:

Monday: 4:30pm-6pm, 6pm-7:30pm

Tuesday: 4:30pm - 5:45pm (P)

5:45pm - 6:00pm (D)

Wednesday: 4:30pm-6pm, 6pm-7:30pm

Thursday: 4:30pm - 5:45pm (P)

5:45pm - 6:00pm (D)

Friday: 6:00pm - 7:30pm

Saturday: Stone Mountain

Team Event @ 9am

Advanced Age Group:

Monday: 5:30pm - 7:15pm

Tuesday: 5:30pm - 6:55pm (P)

6:55pm - 7:30pm (D)

Wednesday: OFF

Thursday: 5:30pm - 6:55pm (P)

6:55pm - 7:30pm (D)

Friday: 5:30pm - 7:15pm

Saturday: Stone Mountain

Team Event @ 9am

The MAAC Racing Club:

Monday: 5:15am - 7:15am

Tuesday: 5:00pm - 5:45pm(D)

5:45pm - 7:30pm (P)

Wednesday: 5:00pm - 7:30pm

Thursday: 5:00pm - 5:45pm(D)

5:45pm - 7:30pm (P)

Friday: 5:00pm-7:00pm

Saturday: Stone Mountain

Team Event @ 9am

Head Coach: Mike Norment

mike@maacswim.com

Team Manager: Kristine Bihm

Teammanager.maac@gmail.com



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Coach's Notes: Six Tips To Balancing Athletics and Academics

(Inspired by Olivier Poirier-Leroy)

1. Plan your time. Student-athletes get overwhelmed when their schedule gets away from them. Instead of planning out their time so that they can make the most effective use of it, they are in a constant reactive state, forced to react to things as they happen. Plan your week and days so that you can make the most of your time. Plot out sections of distraction-free time specifically for studying and stick to them.
2. Identify the time leaks. If you find that your days are still too short for the swimming and schooling combination do a time inventory of your day. For a few days write out a detailed log of your day. Write down everything. The 15 minutes on the bus, 40 minutes hitting the snooze button, the hour watching TV, the 39 minutes spent on Facebook, and the 45 minute shower in the morning. You might think that there is no time to be carved out, but you will never truly know until you sit down and write out exactly what you are doing over the course of the day.
3. Learn to say no. For athletes in new schools or new environments creating a social scene around them can be important, but it is important to keep priorities in line.
4. Go distraction free. Want to finish your studying twice as fast? Put your cell phone away. Promise yourself that you can check it after a set amount of time, or after the task is completed. Similarly, test out what works best for you in terms of a studying environment. Having roommates or lots going around you hampers your focus on the task at hand.
5. Make time for sleepy time. Rest is usually the first thing that gets thrown out the window when we feel that our time is starting to get away from us. Between all night study sessions and early morning workouts, sleep can start to feel like it is getting in the way. But besides the whole helping-your-body-recover-from-training aspect, a lack of sleep is also linked to heightened blood pressure, decreased creativity (gonna need that for paper writing!), and impaired memory (that sounds important). Also, in purely unscientific studies it's been shown that a lack of sleep can make people into jerks. And nobody likes a jerk.
6. Ask for help when you need it. Often our pride doesn't allow us to raise our hand until it is almost too late. Instead of waiting for the fire to be out of control, spot the trouble patches early and reach out to your coach, or teachers and let them know that you need some help.



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