

# The D.A.S.H. Scoop

November 15, 2017



## @What's new...

- Welcome Green 2 swimmers!!



•DASH's Fill the Pool steering committee members are in the process of finishing up the "quiet" phase of the campaign and will be starting the "public" phase. DASH will be placing a flyer in the Thanksgiving Telegraph Herald to kick off our Fill

the Pool campaign as well as mailing out campaign info and pledge cards by the end of the month!! DASH will need your help to reach our **\$1 MILLION GOAL and FILL THE POOL** so be on the lookout for your pledge cards!! For questions about the campaign or giving please email [fillthepool@teamdash.org](mailto:fillthepool@teamdash.org).

Water  
Bottle  
Raffle



Help us **Fill the Pool** by purchasing a DASH water bottle for \$15.

Proceeds will go toward the Fill the Pool campaign **PLUS** for every water bottle you purchase, your name will be entered into a drawing for a chance to win \$250!!!

Water bottles will be sold at practice (see Upcoming Events for dates) and the drawing will be held at the awards night.



To follow DASH & Fill the Pool campaign on Facebook!



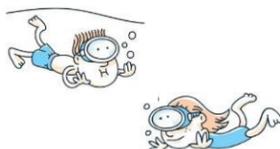
## SWIMMER OF THE MONTH

TESS BRESLIN

AGE: 13

SWIM GROUP: GOLD

FAVORITE THING ABOUT SWIMMING:  
*Spending times with friends and taper!*



## Upcoming Events!

**November 17<sup>th</sup>** – Last day for Green 2 free trial

**November 17<sup>th</sup> to December 7<sup>th</sup>** – Roshek Holiday Auction; support Team Dash by bidding on our wreath.

Bidding can be done in the lobby of the Roshek building or @ [www.roshekbldg.com/holiday](http://www.roshekbldg.com/holiday)

**November 20<sup>th</sup>** – Attitude of Gratitude Practice!!

**November 21<sup>st</sup>** – Poinsettia Pick Up! 6:30 – 8:30pm

**November 23<sup>rd</sup>** – Happy Thanksgiving!! No Practice!

**November 24<sup>th</sup> & 25<sup>th</sup>** – Poinsettia Pick Up 9-11am

**November 27<sup>th</sup>** – Parent Orientation, Pictures & Pizza/Heavenly Dips Pick Up

**November 29<sup>th</sup>** – Check your family folder for your DASH car decal

As part of the Fill the Pool campaign DASH is giving out a car decal to every family. Additional decals can be purchased for \$3 each and will be available at the water bottle sales.

**December 2<sup>nd</sup>** – 2<sup>nd</sup> Annual Donuts & a Movie

@ Mindframe Theater

9am – 11am: Featuring "Elf"

Admission is free; swimmers and families welcome!

Sign up on the DASH website under Team Functions!!!



**December 4<sup>th</sup>** – Fill the Pool water bottles for sale in the pool side café 6:30pm – 8pm

**December 6<sup>th</sup>** – Moms Night Out!!

Dinner & A Bad Moms Christmas... watch your email for more information!!

**December 8<sup>th</sup> – 10<sup>th</sup>** – DASH-LMST December Invite @ Linn-Mar **\*\*Work sessions sign up coming soon!!**

**December 18<sup>th</sup>** – Fill the Pool water bottles will be sold at practice in the poolside café 6:30pm – 8pm



Why, hello there!

You know how important practice is, right?

Of course you do.

You've been told a few times that the way you race is a reflection of how you train.

The way that you perform those kajillion flip-turns in practice is an accurate reflection of what your flip turn is going to look like on race day.

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The technique you use during the threshold sets each day in training is going to be the same technique that carries you home on the back-half of your race.

## **The way you train is the way you race.**

So why aren't you using a competitive mindset in practice?

### **Choking: The Timeless Conundrum**

One of the big frustrations that swimmers experience is not being able to put it all together when they step up on the block.

We've all experienced this at some point.

You don't need me to tell you how much it stinks.

(More than a little.)

The training was there. The nutrition and sleep habits were dialed in. The race plan was good. You even had a successful and cut-free shave-down. And yet...

The time you swam was disappointingly short of what you were expecting to do in the water.

So what happens?

We chalk it up to choking, even though we don't really know what that means.

We try some different relaxation exercises, which might help in a pinch here and there, but it doesn't fix the over-riding problem.

If you want to race like a maniac, you need to ask yourself a simple question...

### **Is the mindset you use during the main set in practice different from the mindset you use behind the block?**

Let me break this down real quick...

It's common to see swimmers chat loosely before practice. Things feel light-hearted. We joke, we laugh, we gossip. This conversation continues through the workout. Between sets. Between reps.

While this kind of atmosphere keeps the team loose and congenial, we can both agree that it doesn't come close to matching the environment that you face in competition.

### **Which is where the problem presents itself.**

The mindset and focus we have in practice is completely different from the mindset we have in competition.

When you are at a meet, you are 100% dialed in. You are paying strict attention to the details. How you feel in the water. The fit of your suit. Doing visualization before your race, rehearsing yourself nailing every aspect of your race. You are getting hyped up, blasting high-energy and aggressive music into your ears.

On race day, we do a lot to put ourselves in a place to swim like a champ.

### **So why would it be any different in practice?**

For the swimmer who coasts through workouts with 50-60% focus and intensity, it's no wonder they have a hard time handling 100% focus and intensity on race day.

It's unfamiliar. It's weird. And the unfamiliarity sends our anxiety hurtling into the atmosphere.

As a result, we revert to our usual practice mindset, or try to max out the focus and end up mentally cratering and choking.

### **How to unleash a more competitive mindset in practice**

Now, I am not saying that you need to treat every meter and yard of your swim practice like it's a race.

Far from it.

The practice mindset—where you are analytical, thinking through the motions, and detail-oriented—is critical for improving your technique and swimming mindfully.

Warm-up, drill work, and so on.

But the main set? All-out efforts?

Those sets you should be engaging your competitive mindset.

You need to compete.

And you need to use the same mindset that you would on race day.

This means focusing on performance cues ("Easy speed!"), using imagery between reps (best psych-up tool there is, hands down), doing a quick pre-race routine (I rely on a couple quick chest thumps with closed fists and telling myself, "Let's go!"—that simple and fast), and being focused.

I know, I know—your teammates are in the lane, and they've got some *hiiiiilarious* stories to tell you.

And you can always start being a more focused and serious swimmer at the next practice.

### **But if you want to unleash a killer mindset in competition, it starts today in training.**

After all...

It will make the anxiety of race day more manageable.

It will promote better performances in practice.

And the confidence you will develop along the way in your ability to race at any time will be terrifying.

Giddyup.

by Olivier Leroy ([olivier@yourswimbook.com](mailto:olivier@yourswimbook.com))