



NOVEMBER 15, 2022

## THE SEASON AHEAD

### DO MORE THAN YOU DID LAST YEAR!

To grow in the sport - challenge yourself to commit a bit more each year! IF you attended 2 practices/week last year—can you attempt to swim 3 times a week this year? IF you only swam in mini meets at FEN - are you ready to sign up for a meet at another location this year?



**MEETS** are such an important part of the swimming journey. You do not join the soccer or T ball team...and **NOT ATTEND** the games. Please plan on incorporating some racing into your swimmer's season! Meets are a time to get to know coaches and teammates. Meets are a time to put into action all the skills you are practicing.

That said, your swimmer does **NOT** have to swim in **EVERY** meet! We try to offer a **RANGE** of racing opportunities. Our **TEAM TIME TRIALS**—are Intrasquad, low key and a good way to get a taste of meet format and protocol. These meets are **SHORT & SWEET** and offer a **LIMITED** list of events!

We also participate in 2-3 day "INVITES". These meets usually have 10+ other teams in attendance with age groups divided into sessions. For example: 12&unders in the AM and 13& overs in the afternoon. These sessions are usually about 4 hours long. **SWIMMERS DO NOT NEED** to swim **EVERY DAY** of an Invite. When you go online and **COMMIT** to the meet, simply communicate **WHICH** day of the meet you would like to be entered in!

### ATTENDANCE:

While we would **LOVE** to see all our swimmers **EVERY DAY**, we realize that our swimmers and families are balancing **MORE** activities than just swimming each week!

That said, the more time in the water, the more you get out of the program! Carve out a schedule that works for your swimmer and family! If you are missing practice here and there—no need to let us know. If you will be gone for a number of days due to travel or heath - let us know! We take attendance for **MANY** reasons, but **NOT TO** punish the swimmers!

## DECEMBER



We will offer 2 meets in December:

Sunday Dec 4 @ FEN and SnowBall BASH Dec 9-11 at YORK HS.

There will be additional meets offered in January & February...they should be published and posted on the website by the end of this week.

We also offer an abbreviated practice schedule over the **HOLIDAY BREAK**. If you are in town—we look forward to keeping your swimmers in the water!



## SUITS CAPS & T SHIRTS

We have been distributing the team wear that you ordered! If you have NOT picked up your suit or T shirt—please see a coach to assist you! The personalized caps arrived and were put in your FAMILY FOLDERS.

If wearing a cap at a meet—you should be wearing OUR TEAM CAP! Caps are always available for purchase at FEN. Ask any coach to help you! CASH PLEASE

SILICONE (thicker cap) \$15 LATEX \$5

With everyone owning the same cap/suit/ tshirts—marking YOUR NAME in your items HELPS! We do try to keep found items in a lost & found basket—but if your name is on it...we will attempt to get it back to you!

## CALENDAR UPDATES

We will be following the REGULAR season schedule through the end of the season. SOMETIMES there are conflicts due to FENWICK'S schedule that result in a CHANGE or CANCELLATION of practice. BELOW we try to give you a HEADS UP...so you can mark your calendars and not a waste a trip! If nothing is listed—THEN ASSUME THE NORMAL PRACTICE SCHEDULE...I only itemize **CHANGES**.

| Monday | Tuesday | Wednesday | Thursday | Friday | Sat/Sun |
|--------|---------|-----------|----------|--------|---------|
| 14     | 15      | 16        | 17       | 18     | 19/20   |
|        |         |           |          |        |         |
| 21     | 22      | 23        | 24       | 25     | 26/27   |
|        |         |           |          |        |         |
| 28     | 29      | 30        | Dec 1    | 2      | 3/4     |
|        |         |           |          |        |         |

# COACHES

# CORNER

## 3 THINGS SWIMMERS SHOULD KNOW ABOUT PRE RACE NERVES

**1 PRE RACE NERVES ARE NORMAL!**  
Clammy hands, stomach doing back flips :NORMAL!  
Its YOUR BODY getting you ready...that adrenaline can translate into speed!

**2 CHANNEL YOUR PERFORMANCE ANXIETY**  
Instead of trying to suppress your nerves - channel your pre race nerves—by re framing it as:  
**I AM EXCITED** instead of: I AM NERVOUS!  
YOUR teammates are just as nervous!

**3 TRYING TO SUPPRESS PRE-RACE ANXIETY DOES NOT WORK.**  
Trying to stop or avoid pre-race nerves and anxiety only makes it worse! Instead, replace fear based thoughts with an emphasis on being present!  
You are prepared to do YOUR best...that's all!