

Scout Aquatics Newsletter– October 18

Scout web site: www.swimsct.org

CURRENT EVENTS:

There is no practice on Tuesday evening because of the Senior Night Meet for LFHS, so Little Scouts will have their practice moved to Wednesday to go at the same time as Junior Scouts. There is also no practice on Saturday, October 23rd, because LFHS is hosting the JV Invitational. The October, November and December calendars can be found [HERE](#).

Congratulation to our AMAZING squad that competed at the Fall Frenzy meet over the weekend. Special congratulations to some of our biggest time drops:

Hannah Burke – 30 second drop in the 50 breast
Nathan Chiu – 56 second drop in the 200 free
Lucian Du Plessis – 22 second drop in the 200 free
Jacob Gorelik – 18 second drop in the 100 back
Jonathan Heintzelman – 18 second drop in the 100 free
Joshua Kim – 20 second drop in the 200 free
Matthew Kim – 21 second drop in the 200 IM
Alex Vavrinek – 26 second drop in the 100 free

Swimmers of the meet are:

8 and under: Duncan Adams
9-10: Alex Vavrinek
11-12: Nathan Chiu
13-14: Matthew Kim
15 and over: Charlie McGlynn

Swim Meets:

- November 7, WSO Pentathlon at Evanston High School. 5 events for all swimmers and is open to all abilities. This entry is OPEN.
- November 12-14 (CHANGED!), SWAQ (Swift) North Shore Triple Crown Cup at Niles North High School. This meet is for all abilities but geared for the more experienced swimmers and will be a last chance meet for all BOYS high school swimmers before entering the LFHS Season. This entry is OPEN.
- December 4-5, AA Winter Splash at the Rec Plex in Pleasant Prairie, WI. This event is open to all abilities on the team. The entry is OPEN.
- December 11, Scout Aquatics December Time Trial at LFHS. This is a home event and will be very similar to our September Time Trial. More information will be available soon....

BIRTHDAYS: We have 1 birthday this week. Happy birthday to:
Lulu McCain (10)!

Contact us:

Head Coach, Carolyn Grevers (c) 224-436-3195

Question for Head Age Group Coach (LTS, JS, JSP), Flo Burke

Club President: Shane Koonce

Email: cgrevers@lfschools.net

Email: bfbkmg@yahoo.com

Email: shane.koonce@gmail.com

Still looking to try out for the team? We can do it almost any day...please schedule with Coach Carolyn at cgrevers@lfschools.net

Equipment and apparel: We cannot share or use equipment from LFHS. All swimmers will be required to have their own equipment. Our account with the Swim Team Store lists all the equipment you need for the group you are in. Little Scouts and Junior Scouts need fins and kickboards ASAP. Junior Scout Plus and Senior Scouts need fins, kickboards, paddles, pull buoy and snorkel.

You can also buy any other apparel and equipment you may need from the site. [SHOP ON OUR TEAM WEBSITE:](#)

- Direct link: <https://theswimteamstore.net/scout-aquatics.html>
- User name: scout
- Password: aquatics

Training Without Seeing Results: Pushing Past Outside Factors and Controlling Your Own Swim

by Dr. Alan Goldberg//Contributor

One of the most frustrating and maddening issues I frequently hear from swimmers is having teammates who regularly goof off in practice, leave early and/or back down when the going gets rough, but then, at meets, they consistently outperform their more-dedicated, harder-working teammates.

It seems so unfair that you put in the work, go to all the practices while other athletes who just don't appear to take their training anywhere near as seriously as you do, out-swim you when it counts. What is wrong with this picture?!

First off, let me explain why this happens — it's very simple actually: Some swimmers have been blessed with amazing physical gifts. Call it the luck of the genetic draw and being graced with athletic parents, but some of your teammates have body types that enable them to swim faster than you with much less work. They may be taller and/or stronger than you, they may even pick things up faster than you. Fair or unfair, this is just one aspect of life and one that is totally out of your control. There is absolutely nothing that you can do about your teammates' genetic gifts or the quality of their training, good or bad! And like any “uncontrollable,” the more you focus on that, the less confidence you'll feel and the more stressed out you'll make yourself!

What you have to learn to do is to follow one of the cardinal rules in swimming: ***Stay in your own lane!*** You need to develop the mental muscle of keeping your focus on what YOU are doing and away from what OTHERS around you are doing. When any swimmer is in the bad habit of over-focusing on others, they will do an incredible job of undermining his or her self-confidence while simultaneously distracting themselves from focusing on what's important whenever they train and race.

Here's the hard reality that you must keep in the back of your mind: The only thing that you will always have direct control over in relation to your swimming is what YOU do! A teammate or opponent's training habits is actually not your problem, so my best advice to you if you find yourself in this deeply frustrating situation and preoccupied with some of your less-motivated teammates is to mentally disconnect with what they may or may not be doing, and instead, completely focus on your own training. When the frustration starts to build, along with your anger that things could be so cruel and unfair, and you find yourself obsessing about these swimmers who don't seem to care, quickly “reset” and bring your concentration back to you and what you're doing in that moment!

Those swimmers who seem to not take their training as seriously as you do are inadvertently laying the ground work for potential mishaps! They may consistently beat you now, even though you're easily out-training them. However, sooner or later their poor practice habits will catch up to them. At higher levels within the sport, their genetic advantages will become less and less important. When this happens, their lack of good technique and/or a solid training base can come back to haunt them.

You need to stay exquisitely aware of whenever your thoughts and focuses drift to the frustration and anger you feel because someone with poor training habits is still beating you. Then you need to use that awareness to immediately bring your focus right back to what's important, which is what you're doing in the water at that moment.