

# Scout Aquatics Newsletter– December 6

Scout web site: [www.swimsct.org](http://www.swimsct.org)

## CURRENT EVENTS:

There is no practice this Wednesday due to the High School swim meet. Saturday, December 11<sup>th</sup> is our second team Time Trial. Today is your last chance to sign up for the meet. Warmup will be at 8:30a and the meet will start at 9:30a. I will send out a meet reminder later this week.

We will have our team Holiday Party after the meet on Saturday. There will be pizza and ice-cream in the cafeteria and everyone will be getting special gifts this season! This should wrap up around noon. The December and January calendars can be found [HERE](#)

Congratulations to everyone that competed at the AA Winter Splash. We had so much fun and won a ton of candy canes. The highest time drops came from:

Duncan Adams – 14 second drop in the 50 fly  
Ethan De Dolph – 11 second drop in the 100 free  
Nell De Dolph – 24 second drop in the 500 free  
Matthew Kim – 20 second drop in the 500 free  
Isla Perkofski – 24 second drop in the 50 fly  
Paige Tomek – 34 second drop in the 500 free  
Mia Wilcox – 17 second drop in the 50 free

Special congrats to the swimmers of the meet:

8 and under: Duncan Adams, Allison Gongola, John Looby and JD Newhouse

9-10: George Hamming and Alex Vavrinek

11-12: Asha Bock, Stella Curren Lucian Du Plessis, Alba Zarazaga

13 and over: Caroline Koval and Gonzalo Zarazaga

Just a reminder to please be on time for practice. Also, please dress for the cooler weather.

## Swim Meets:

- December 11, Scout Aquatics December Time Trial at LFHS. This is a home event and will be very similar to our September Time Trial. This is OPEN to sign up now and is FREE. We will have a holiday pizza party after the meet!
- January 14-16, Patriot Pride Prelim/Final meet at Stevenson High School. This event is open to swimmers that qualify. The entry is open now.
- February 4-6, Schroeder A+ meet in Brown Deer, Wisconsin. This event is for swimmers that qualify by time. We will only be bringing 13 and over swimmers to this event.
- February 5-6, HPAC Go for the Cut meet at Highland Park High School. This is open to all swimmers on the team. The entry is now open until January 3<sup>rd</sup>.
- February 18-20, North Shore Conference at Evanston High School. This is the last regular meet of the season and a last chance to make qualifying times for the upcoming Championship meets.

**BIRTHDAYS:** We have 1 birthday this week. Happy Birthday to:  
Jon Heintzelman (11)!

## **Contact us:**

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

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

**Club President: Jennifer Adams**

Email: [cgrevers@lfschools.net](mailto:cgrevers@lfschools.net)

Email: [bfbkmg@yahoo.com](mailto:bfbkmg@yahoo.com)

Email: [jennadams033@gmail.com](mailto:jennadams033@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](mailto:cgrevers@lfschools.net)

**Equipment and apparel:** 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. You can also buy any other apparel and equipment you may need from the site.

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

# Training Yourself to "Enjoy the Dance"

by Dr. Alan Goldberg//Contributor

A number of years ago, at the beginning of her senior year in college, a swimmer contacted me with the following problem: She hadn't gone a lifetime best time since she was a senior in high school. Do the math, folks — she hadn't gone fast in almost four years! To make matters even more frustrating for her, she was physically stronger than she had ever been in high school and it showed in her college practice times where she'd consistently go faster than when she raced.

Here's a guiding principle to help you understand what she'd been doing wrong mentally all these years: **Your races are won and lost before the start!** What does this really mean?

What you think about and focus on behind the blocks before your races will determine how nervous or calm you are, your level of confidence, how well you handle last-minute negative thoughts and doubts, and therefore, how well you'll eventually swim.

Here's what she told me about her pre-race routine.

She's get behind the blocks 10 minutes before her races, cover her head with a towel so no one would bother her and then think about her race. First, she'd go over her race strategy and remind herself of all of the things that she needed to make sure she did in order to swim fast and all of the things that she shouldn't do. Next, she'd tell herself that she *needed* to have a fast swim because she hadn't gone fast since she was a senior in high school, and as a result, was letting her coaches and teammates down. She had been recruited as a butterfly swimmer with fast times and she wasn't living up to her potential. By the time she was finished with all of this thinking, she was a nervous wreck!

I then asked her what she used to do behind the blocks back in high school when she was swimming fast, like her "old self." Her answer at first caused me to chuckle — she said, "Oh, I used to dance!"

When I reminded her that she was not at a dance and was instead behind the blocks pre-race, ready to compete, she said, "I had my ear buds in, I was listening to my favorite playlist and I was moving and grooving to the music! My teammates would be laughing at me. Their parents would be laughing and we were all having a grand old time! Then I'd get up on the blocks with no thoughts in my head and just swim fast!"

So I said to her, "Let me get this straight: in high school you used to dance before all of your races and, as a result, you used to swim fast. But then you went to college and stopped dancing behind the blocks and instead started overthinking everything about your race and suddenly you started struggling performance wise, right?" To which she replied, "yes."

So then I said to her, "Let me ask you another question. Why on earth did you stop dancing when you got to college?" And her answer was stunning and highlighted the very common mistake that she and a lot of swimmers make before their big races! ***"I stopped dancing because I was now performing at a much higher level and this was way more serious than high school and club swimming!"***

Here's the thing that you need to keep in mind if you really want to be able to compete at a higher level: if you make a meet or race too serious or too important, then you will make yourself nervous, tighten up physically and consistently underperform! In order to swim fast when it counts the most you have to have fun *first!* ***You have to enjoy the dance,*** so to speak. When you're having fun you'll stay loose and relaxed and the secret to swimming fast is you have to be loose!

Keep in mind that people don't dance to get from the beginning of a song to the end, they don't dance to get from the left side of the dance floor to the right, they dance because it's a blast! They love the rhythm, the movement and the fun of it. As a swimmer, you need to learn to "enjoy the dance!" You need to embrace everything about the meet and your races: The challenge from faster swimmers; The uncertainty as to the outcome; The physical challenge of your specific event, etc.

If you make this meet or race too serious, you will tighten up, get flooded with negative thoughts and doubts and then swim poorly. Seriousness is only for your commitment to your training and how hard you work in practice — seriousness does not have to belong on the deck with you and at the front of your mind when you're about to race. Go out there and have fun.