

Scout Aquatics Newsletter– December 13

Scout web site: www.swimsct.org

CURRENT EVENTS:

We have a normal week of practices this week, in the afternoons. Because it is finals week, there is no morning practices for the Senior Scout group.

We have 2 meet entry deadlines this week. The PAC (Jan 14-16) meet entry is due TOMORROW. This meet is for those that qualify by time. If you go in and see your time is red, then you do not qualify for this event. We ADDED a meet in January! The MMSC Winter Invite (Jan 21-23) at the Rec Plex will replace another Time Trial, so sign up for this event this week! The initial entry closes this Saturday. The December and Updated January calendars can be found [HERE](#)

Congratulations to everyone that competed at our team Time Trial on Saturday. We had so much fun and had a fantastic time celebrating the holidays. The highest time drops came from:

Ruza Jankovich – 10 second drop in the 25 breast
Caroline Koval – 8 second drop in the 200 free
Sophia Lardino – 10 second drop in the 50 breast
Sebastian Micle – 7 second drop in the 50 breast
Nyah Watson – 12 second drop in the 50 breast

Special congrats to the swimmers of the meet:

8 and under: Stefen Astvatsaturov, Ruza Jankovich and Aoife Roycroft
9-10: Henry Hsu and Sophia Lardino
11-12: Jonathan Heintzelman and Joshua Kim
13 and over: Lila McBean and James Wang

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

Swim Meets:

- 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 until tomorrow.
- January 21-23, MMSC Winter Invite at the Rec Plex in Pleasant Prairie, WI. This event is truly open to all swimmers on the team. No qualifying times. This is open to sign up now through Saturday.
- 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 3rd.
- 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 2 birthdays this week. Happy Birthday to:

JD Newhouse (9) and Madeleine Kiesling (10)!

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

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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: 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

Managing Last-Minute Negative Thinking and Doubts

by Dr. Alan Goldberg//Competitivedge.com

One of the more common problems that plagues swimmers is being flooded with last minute negative thinking and doubts. You know the story: You've been feeling relatively confident and relaxed going into the big meet, but after warm ups on day 1, when you get behind the blocks for your very first race, you're suddenly overwhelmed by waves of negativity and the "what -ifs!" You start getting nervous as a result, the doubts get stronger and before you know it, your confidence has done a disappearing act. You try to be positive and remind yourself how hard you've been training and how fast you've been going, but those negative voices just seem to get progressively louder, drowning out any attempts you may have made to stay positive.

So what do you do if these last minute negatives start dancing in between your ears?

First, understand that these kinds of pre-race negative thinking and doubts are perfectly NORMAL. Almost every swimmer has their own version of them leading up to that big race, including Olympic swimmers.

Second, know that these last-minute negatives do NOT predict the future. As powerful a case as they may be making in your head that you are going to fall apart, embarrass yourself, die the last 50 or lose, they are only thoughts. There is no straight-line relationship between negative thinking and swimming poorly. I've talked to far too many swimmers over the years who have had lifetime best times right after being flooded with these last minute negative thoughts and doubts.

Third, understand that the negative thinking and doubts are NOT the problem here. The REAL problem is how YOU react to this negative inner chatter. If you allow yourself to believe and dwell on these negatives, if you allow yourself to listen carefully to them and get nervous about them, then what you are most afraid will happen, will indeed happen!

Fourth, discipline yourself to allow the thoughts to pass by without engaging them, arguing with them or attempting to push them away. Do NOT invest any energy in trying to replace these negatives with positive thoughts! That usually doesn't work! **Instead, immediately refocus your concentration on what you are doing at the moment.** If you're warming up, focus on your stroke and the feel of the water. If you're behind the blocks stretching pre-race, then focus on the feel of your stretch or any other part of your pre-race ritual. If you're talking with teammates, then focus on that conversation. The more you get interested in what you're **doing**, at that moment, the softer and less powerful these thoughts will become!

Finally, understand that effectively managing last-minute negative thinking and doubts is a learned skill. You must work at it to really master it. Try not to get frustrated if, when you first try refocusing on what you're doing, the negatives increase in number and volume! Be patient with yourself and keep working at it! And no matter how many times the negative thinking pops up, your job is to immediately refocus your concentration away from them!