

# Scout Aquatics Newsletter– January 31

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

## CURRENT EVENTS:

There is a home LFHS swim meet on Tuesday, so we will have a late practice starting about 7:15p for JSP and SS groups. LTS is moving to Wednesday evening at their regular time. The updated January, February and March calendars can be found [HERE](#).

We are approaching the last few weeks before Championship season. The last chance meet will be the North Suburban Conference Championships (NSSC) at Evanston High School (signup closes on Feb. 3<sup>rd</sup>). Coaches will start talking to swimmers about their events at Regionals, State and Sectionals in the coming weeks. Some swimmers that have not qualified individually may be asked if they can attend Regionals as part of a relay.

Next season will start on April 8<sup>th</sup> for ALL groups. As we start the next season, we will be working around the LFHS water polo competitions. April 6<sup>th</sup> will be for NEW swimmer tryout/placements at 6:00p. If you know anyone interested in Scout Aquatics, information can be found [HERE](#). We do have “jump start” sessions for Little Scouts and Junior Scouts to end when school ends. Registration information will go out to all current swimmers in March. The preliminary April Calendar is also posted.

Thank you to everyone being careful and erring on the side of caution at home and being respectful of the mask mandate at the high school. I just want to remind everyone that if anyone in your family household is not feeling well, swimmers should not come to practice.

## Swim Meets:

- 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 closed.
- 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. This is open until February 3<sup>rd</sup>.
- February 25-27, Illinois Swimming Regional Meet at Barrington High School. This is a Championship meet for those that qualify by time.
- March 3-6, Illinois Swimming Senior State Meet at Stevenson High School. This is a Championship meet for those that qualify by time.
- March 10-13, Illinois Swimming Age Group State Meet at the FMC Natatorium. This is a Championship meet for those that qualify by time.
- March 10-13, USA Swimming is hosting the Speedo Sectional Meet at the Rec Plex in Pleasant Prairie, WI. This is a Championship meet for those that qualify by time.

**BIRTHDAYS:** We have 1 birthday this week. Happy Birthday to:  
Gregor Sharp (18)!

## **Contact us:**

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

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

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

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

**Club President: Jennifer Adams**

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

# It Doesn't Matter How You Feel Before or During Your Race, it Only Matters Where You Keep Your Focus

by Dr. Alan Goldberg//Contributor

At meets, many swimmers make the mental mistake of attaching far too much importance to how they feel in warm-up or during their race. They mistakenly believe that if you feel like garbage pre-race (tired, sore or tight) or while you're swimming, then you will always put up slow times. This belief is not an etched-in-stone fact, but instead, is a BIG myth!

Here's today's KEY lesson: ***You can still have the race of your life even if you don't feel great in warm-up or during your race!***

When I travel to clubs around the country, I'll frequently ask swimmers, "How many of you have had the experience of feeling really terrible in warm up and then during your race, yet you still had a great performance?" When I do, almost every hand in the room goes up!

Here's the problem that swimmers run into when they think that if they don't feel good before or during their event, then they won't swim fast: If you believe this myth, then you will continuously overthink about how bad how you feel! When you do this, you'll start feeling even worse. This kind of focus where you evaluate how you're feeling in a negative way will do two things that will sabotage your race.

First, focusing on how badly you think you feel will make you nervous. When that happens, your muscles will get tight and your breathing will get faster and shallower. By themselves, those two physical changes will insure that you DO have a bad race.

Second, thinking about how you feel or how slow you think you're going will distract you from paying attention to what helps you go fast in the first place. That is, focusing on the feel of your movement through the water. Speed in swimming is always generated by concentrating on things like staying long, how much water you're pulling, your tempo, kick, etc.

Evaluating how you're feeling before or during a race will always set you up to fail. ***Instead, you want to get in the habit of keeping your pre-race and during-race focus on the feel of what you're doing!*** That is, before your event, you want to focus on your pre-race routine and the feel of what you're doing behind the blocks, whether that is stretching, shaking out your arms and legs, jumping up and down, slapping your chest, arms or legs, etc., and then during the race, your focus needs to be on the feel of your movement through the water.

Keep in mind that in the face of last-minute negative thinking and self-doubts, staying focused on feel and away from your thoughts is far easier said than done! Whenever those thoughts pop up which evaluate how you're feeling, your job is to quickly recognize that your concentration has drifted to ***thinking*** and immediately bring your focus back to ***the feel doing!*** Drifting to your thoughts won't hurt you as long as you do not allow those thoughts to have extended "air time" in your head! The elite level skill here is to allow your thoughts to pass by without entertaining them. Thinking about and evaluating how you feel is normal! The trick here is that whenever those kinds of thoughts pop up, you want to immediately change the channel.