

Scout Aquatics Newsletter– February 7

Scout web site: www.swimsct.org

CURRENT EVENTS:

We have regular practices Monday through Friday. LFHS is hosting a high school Conference meet on Saturday, so there is no practice on Saturday. The updated February and March calendars can be found [HERE](#).

Congrats to the all our swimmers at the HPAC Go for the Cut meet and the A+ meet over the weekend. Special congrats to our swimmers with the biggest time drops (there was a ton!):

Lucien DuPlessis – 13 second drop in the 200 free
Taissa Gorelik – 10 second drop in the 100 IM
Katelyn Heydorn – 19 second drop in the 500 free
Ruza Jankovich – 13 second drop in the 50 free, 15 second drop in the 50 breast
Emma Ocharzak – 13 second drop in the 200 free, 19 second drop in the 500 free
Nyah Watson – 34 second drop in the 100 free
Alba Zarazaga – 18 second drop in the 50 fly

Congrats to the swimmers of the week:

10 and under: Ruby Curren and Henry Hsu
11-12: Asha Bock, Lucien DuPlessis, Nathan Chiu and Alba Zarazaga
13 and over: Katelyn Heydorn, Caroline Koval and Emma Ocharzak

We are approaching the last few weeks before Championship season. 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 or State as part of a relay.

We will not have a regular team Banquet this year, but we want to recognize the team for the amazing season we have had. We will celebrate/recognize Junior Scouts after practice on February 16th, and then Little Scouts, Junior Scouts Plus and Senior Scouts after practice on February 17th. We will have awards also available to pick up on February 18th. Parents are welcome and encouraged to attend.

Next season will start on April 8th for ALL groups. As we start the next season, we will be working around the LFHS water polo competitions. April 6th will be the 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 wearing masks at the high school. Please continue to wear masks in the pool as this is a requirement for our insurance and the better likelihood that no one gets sick prior to the end of season competitions. Also, I just need to remind everyone that if anyone in your family household is not feeling well, swimmers should not come to practice.

Swim Meets:

- 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 entry is closed.
- 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 5 birthdays this week. Happy Birthday to:

Lauren Kingsley (17), Parker Byron (11), Emma Reininger (14), Neveah Maldonado (8) and Mia Wilcox (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

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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

I Have Been Stuck on the Same Time for Over a Year, What Am I Doing Wrong?

by Dr. Alan Goldberg//Contributor

This is one of the more common complaints that I hear from swimmers. They work hard, go to all of their team's practices, even swimming faster in practice, but when it comes to meets and their best events they just can't seem to break through this invisible barrier.

These kinds of performance slumps in swimming always follow a predictable path, and one that insures your racing difficulties will continue unless you can understand how they operate. They often get their start with one or two really disappointing swims in a meet or race that is important to the swimmer. Coming up short in a big meet like this tends to stay with you emotionally! You can't seem to stop thinking about it and beating yourself up for it.

As a result, these bad swims are still getting air time in your head long after the meet has passed. ***When you hang onto past failures or disappointments in this way, it begins to breed doubt in your mind and starts to erode your self-confidence.*** As the next important meet approaches, there's a part of you that starts to place even more importance on your times and the outcomes of your races.

This over-focus on your times, ***"mentally hanging out in the future"*** will always make you nervous, tighten up your muscles and cause your breathing to become faster and shallower. Of course, tight muscles will shorten your stroke, making it less efficient and faster, shallower breathing will make you feel like you have no training base and the end result of these two physiological changes is enough to totally sabotage your swims.

In addition, when you go into any meet thinking about your times, in other words going into your races with expectations such as, "I need to finally get this time?" or "I have to!" or "What if 'IT' happens again and I don't?" Then, you will end up putting even more pressure on yourself by creating a "trying too hard" headset. This will lead to you forcing or muscling the swim, causing you to go way slower than your ability. When this happens, the whole pattern gets reinforced and you'll place even more pressure on yourself for the next meet or swim!

Swimming fast when it counts is all about staying physically loose and mentally composed. You can NEVER do this when you're pressuring yourself with an outcome-based focus. You can only do this when your focus both before and during the race is on what you're doing and specifically on the feel of your movements warming up, behind the blocks and then in the water while you're racing. ***When you focus on the feel of your swim, you'll stay loose and confident and swim to your potential.***

If you really want to bust through that pesky time barrier and finally get that breakthrough swim that you know you're capable of, you have to train yourself to stop mentally time traveling. Slumps are always maintained by ***thinking in the past about bad swims and then immediately jumping ahead to the future*** and pressuring yourself to make sure that "it" doesn't happen again.

To finally bust that slump and get those times that you desperately want, you must discipline yourself to stay mentally focused in the NOW on the feel of your races, one stroke at a time!

This means that the days leading up to a meet and the hours and minutes before you race, you must stay aware of the instant that your focus of concentration leaves the now and either jumps ahead to the future or goes back to the past, and then you must quickly return your focus to the now! Keep in mind that it doesn't really matter if you "time travel" a lot as long as each and every time you do lose your focus, you quickly "reset" it back to the NOW!