



TECHNIQUE TALK

The Swimmers you Desperately Want to Beat.



As a swimmer, you're taught to race other athletes. When you attempt to race them, why do you sometimes fall short? The answer to this mystery lies in your pre-race and during-race focus.

Going fast, whether you're swimming in practice or in competition, is all about keeping your focus between your two lane lines and staying in the moment. Swimming to your potential requires your focus on what you're doing, one stroke at a time.

No one can go fast while they're thinking about everyone around them. Beating other swimmers happens when you focus more on your actions and less on what they're doing.

[Click here](#)



What to Eat at Swim Meets

Many young swimmers don't eat enough. Early mornings, short lunches, and lots of homework all make it hard to eat properly.



The following list of foods are based on easy ways to keep your swimmer filled with snacks that are simple, taste good, and energy rich.

Snacks:

1. Cereal and milk
2. Flavored nuts
3. Hummus
4. PB&J
5. Fruit juice

[Click here](#), Savvy Snacking for Swimmers.

Rest and Recovery:

School is back in session and tests are coming. End of season championship meets are around the corner so training is ramping up. All this combined with possible sickness create difficult obstacles.

Planning ahead with school work, cutting down on screen time and getting to sleep on time will help protect your swimmer.

Proper prioritization of school and swimming will inevitably help your swimmer develop skills that will last a lifetime.

This article courtesy of USA Swimming shares some of the important advantages in getting sleep, eating well, and preparing your body to work at its best. [Click Here](#)





MINDSET

TIPS TO STAY MOTIVATED

Dr. Linda Olszewski - specializing in Children, Adolescents & Performance Psychology and former AGUA Parent

Motivation: Tips to Help Your Child Stay Motivated (Part 1)

No parent strives to be a punishing tyrant. The competitive athletic environment creates demands on athletes and families which creates a difficult sea for parents to navigate. This environment can easily sweep parents into the currents of expectations that revolve around their own goals and not those of their children. Aiming for a parent's goal rather than a child's can create unsupportive behavior. This does not encourage a child-athlete to develop autonomy, nor does it encourage a child to have an inner drive. Goals are not fulfilling to reach unless they are one's own.

While parents need to be present and encouraging, getting the balance right is not only essential for an athlete's success but also for their overall well-being. Working with your child at home on developing self-motivation will help your child enjoy better mental health and performance. As a parent here are some things you can do to support your athlete:

1. **Encourage Active Participation** – Active participation keeps your athlete engaged and helps your child fulfil their need for autonomy. Aside from getting them to practice, a parent can support a child by helping them build their own interest and genuine love for the sport. Let your child create his or her own goals and let them take responsibility towards achieving them. Children benefit from feeling that the established goals are their own and not their parents'. It also encourages the building of self-motivation and results in enhanced performance. Interestingly, external motivators such as money or a special meal tend to have the opposite effect and actually hinder performance in the long run. Individuals who are motivated from within tend to put more time and effort into an activity engaging in more active participation; this enhances both focus and performance. When parents try to control their child's goals, self-motivation dwindles, and performance is undermined.
2. **Focus on Optimal Challenges** – Optimal challenges are those that are just outside of an individual's comfort zone and still reachable. Your child can have an ultimate goal of being a nationally ranked swimmer, but immediate goals (the steps to get there) are necessary along the way. They should not be too difficult, nor too easy to reach if you want your child to feel competent. Competence is one of the innate psychological needs that helps encourage self-motivation. Coaches do this through helping athletes identify their goals and providing them with mini goals at practice during sets (e.g., good kick outs during training).

...Don't miss part 2 of how to keep your kids motivated in next month's Current!





COACH CONNECTION

With COACH HAILEY HEWITT

Get to know Coach HAILEY a little better



Q & A with Coach Hailey:

1. **Pizza or pasta?**
Pizza
2. **Burger or hot dog?**
Cheeseburger
3. **Book or movie?**
Book
4. **Chocolate or vanilla?**
Chocolate
5. **Winter or summer?**
Summer
6. **Comedy or horror?**
Comedy
7. **Candy or cake?**
Candy
8. **Ketchup or mustard?**
Ketchup
9. **Milk or juice?**
Juice
10. **Eating: in or out?**
Both!

