

ISSUE #

01

September
13th

2019

WEEKLY
NEWSLETTER
FOR
THE VICTOR
SWIM CLUB

VICTOR SWIM CLUB NEWS...



Upcoming Events/Meets:

9/16: Victor Swim Club Practice Meet @
Victor Aquatic Center.

9/17: VSC Board Meeting @ Victor High
School LGI @ 6pm

9/29: Niagara House of Delegates
Meeting @ MCC, Athlete Rep. must
attend w/Coaches.

10/5: Kickoff Frenzy, SYCH @
Jamesville-Dewitt High School, Syracuse

10/5: GVSL Jr. Meet #1 @ Webster

10/6: GVSL College Coaches Seminar
@ Hilton Garden Inn, 1-3pm U of R.

10/13: GVSL Sr. Meet #1 @ Victor

10/19-20: SDSC "Fire in the water," @
Penfield

10/26: Victor Swim Club Halloween
Classic @ Victor: MANDATORY

10/30: DEVELOPMENTAL &
INTERMEDIATE "Wear your costume to
practice night!"

11/8-11/10: STAR, Can-Am Invite @
ECC, Room Block Info TBD...

11/23: GRSC Thanksgiving Invite @
Spencerport High School

***Meetings with Coach Mike for our
"Coffee with the Coach" Program are
always open for appointment, email
or text Coach Mike:
coachmurray3m@gmail.com**

(845)-797-8260

This Week:

***Swimmers of the Week!**

***Upcoming Meets & Events**

***VICTOR Sr. Athlete Spotlight**

***Goal Setting & Visualization**

*****Reminder: ALWAYS check team email!**

VICTOR SWIM CLUB, Preparing Athletes for USA Swimming Success!

By: Head Coach, Michael M. Murray, ASCA 5

It has been a wonderful start to 2019 for Victor Swim Club! I'm pleased to announce that we have broke into the top 450 clubs in the United States according to USA Swimming's VCC (virtual club championships) rankings, breaking the 100,000 points mark for the 5th consecutive season in short course yards this past season! This is incredibly significant since we graduated over 18 athletes in the past 3 years; all of who scored a multitude of points towards our team ranking.

The most exciting aspect of our 100,000+ points is that its indicative of very healthy team numbers in our 12 & Under ranks! This is a substantial factor in determining our future for Victor Swim Club. In that light, I would like to thank, on behalf of our staff, ALL the 12 & Under athletes, their parents and families who have trusted Victor with guiding their children toward developmental progress and future success in the sport of swimming.

Another intriguing factor in our score is the significant number of points scored by our 13 & Over swimmers, who are scoring high marks in their individual swims; though our numbers in the 15-18 bracket aren't as "stacked" in terms of the actual number of swimmers, their times and improvement of times; notched us a lot of points, which means they're rapidly getting faster!

I met with Jeff Allen, USA Swimming Performance Consultant for several hours after receiving the wonderful opportunity of returning to Victor. Jeff gave Victor an amazing review and said, "Victor is a team that we're very excited to watch." USA Swimming would not have that faith if we weren't progressing in the right direction, that's a credit to dedication of our athletes, staff and the commitment and support of our parents!

I also want to remind our families that the programmatic philosophy of Victor Swim Club is to best prepare our athletes for success in USA Swimming and beyond. We also vehemently support & encourage our swimmers choice to compete in high school and we will work diligently with their varsity coaches and programs to help them reach their goals for high school sectionals and states, but our underlying thematic principal is to develop swimmers who will one day compete at the USA Zone, Sectionals, Futures, Junior National, National, Olympic Trial and International championship meets, and I believe, one day at the Olympic Games.

That said, our staff will never force your swimmer to commit to a goal they're not interested in, the athletes light the way for our coaching staff. As I have always said, "Once you tell me what your goals are, I live in that contract daily and I'm simply giving you the directions to follow."

Dream big Victor, believe in belief. -Coach Mike

Book your Private Lessons with Warrior High Performance Lessons today!

Coach Mike is proud to announce the creation of a high-performance lesson program to specifically serve the needs of the Victor Swim Club membership. You may schedule a 30-45-60-90 individual or group lesson with Coach Mike to hone in on skills and drills to help you reach those "scary goals!" Call or email to set up an appointment!

HF-L Site Updates:

On nights when we have late practice due to an HFL home Varsity Swim Meet, please have the kids COME to the pool with their suits on and everyone will meet upstairs in the pool balcony. We do not have access to ANY locker rooms prior to practice starting. The HS Teams have those locker rooms reserved until after we start. Do not enter the pool locker rooms at all or come on deck through the locker room while the meet is in progress. Thank you, Coach Zornow!

Volunteers Needed!

We will need some parents to volunteer for the Victor Practice meet on 9/16 to help move the athletes in the right direction for their events, help the coaching staff line up the younger swimmers for all their races!



As we begin to approach the first group of competitions for the short course yard season, I wanted to put out a general reminder that some of our athletes will be trying some new events in order to complete their IMX program of events.

Essentially this means that our swimmers might be entered in some events that they're not usually accustomed to swimming at meets, however, they have completed these events in practice MULTIPLE TIMES. For an athlete to complete the IMX series of events, you must swim each event in your age group category. The 12 & Under requirements are as follows: 100 of every one of the strokes, the 200 IM and 500 Free.

13 & Over athletes must complete the 200's of each stroke, the 400 IM and the 500 freestyle. Our coaching staff will be working with all our swimmers on meet entries to ensure that each swimmer completes their IMX series of events. We understand that some of the athletes might have some fear in challenging themselves in some "scary" events, but completing the IMX series is a perfect motivator to try some new things, get an official time and maybe find a new event!

***"There are 4 key ingredients to overcoming pre-race anxiety; NOTICE, BREATHE, REFLECT, RESPOND."* -Samantha Arsenault Livingstone**

There are some key steps to learning how to relax and mentally prepare for your big competitions! Pre-race planning and mindset have a lot to do with your performance. I have always used this simple analogy for our swimmers, *"Nervousness is like a wave, if you learn to stay on top of that wave emotionally-it will push you forward; if you allow yourself to get caught underneath that wave, it will crush you."*

I particularly enjoy this analogy because we've probably all caught that great wave at times or been crushed by one when we were anxious. I used that visualization cue when I used to feel the anxiety of my impending races during my swimming career. If you can teach yourself to consistently find the crest of that wave and allow it to push you forward, you'll find a deeper sense of self confidence.

Swimmers of the Week:

*VICTOR & HF-L SITE'S:

Developmental: Lucy Preyzna.

Intermediate: Allana Ray

Performance: Will Ramos

Sr. & Sr. Prep: Jack Chapman, Max Winseman

"Control The Controllable", An exercise for preparing your mindset!"

The following is a guide that our Victor athletes are encouraged to complete in and follow as they prepare for their season culminating competitions. This is an exercise that USA Olympian Samantha Arsenault Livingstone has developed specifically for our swimmers @ Victor! Coach Mike will be sending out a goal sheet for you to use to help you and your family plan out where you'd like to PEAK PERFORM! I have also included a small exercise for you to complete below. These steps are CRITICAL in helping you reach your performance goals this season! Remember, achievement is a PROCESS!

- 1.) **IDENTIFY** a current goal, situation, challenge, or struggle you're currently focusing on.
- 2.) **NOTICE**. Re-read what you wrote above. What feelings come up for you as you think about it? Where are you feeling them in your body? Be as specific as possible.
- 3.) **BREATHE**. Slowly inhale for a count of four. Hold for four. Exhale for four. Hold for four. Repeat for a total of four big, intentional breaths-each time expanding your lungs a little further.
- 4.) **REFLECT**. What are the stories you're telling yourself about this goal, situation, challenge, struggle? What thoughts are going through your mind?



FOLLOW OUR SOCIAL MEDIA OUTLETS FOR TEAM INFO!

We have several new social media outlets and pages for you to bookmark on your laptop browsers, or mobile devices! Please make it a priority to check these sites periodically, as they're populated with pertinent team updates, news and athlete/team achievement

- 1.) VICTOR SWIM CLUB, public site, used for commercials and advertisements
- 2.) VICTOR SWIM CLUB, private group, updates
- 3.) @CoachMurray3m on instagram; Public Site

****BE SURE TO FOLLOW TEAM EMAIL BLASTS & SOCIAL MEDIA!**

THINGS TO LOOK FOR IN THE NEXT FEW WEEKS!

- 1.) TEAM EMAILS FROM Coach Mike on Team Newsletters, Notes on competition, ETC..
- 2.) PLAN ON ORDERING YOUR TECH SUIT FOR VARIOUS CHAMPIONSHIP MEETS NOW, THE SOONER THE BETTER!
- 3.) THERE WILL BE A TEAM LOCKER-ROOM LINK ASAP BUY TYR GEAR. (VIA THE DEEP END)

Use these #'s (hashtags) when posting about our Victor Swimmers at competitions:

#VictorSwimClub #WorkWorks

#VictorTYRTeam #VSCWorks



VICTOR SWIM CLUB Goal Setting, "Control the Controllable's." (Continued)

RESPOND. So often we react to situations out of habit. Breaking those habits takes time and patience AND a willingness to sit with the discomfort. Use the following space to create an **ACTION PLAN** of what you can do today, this week, this month, etc....to move toward your desired outcome.

Something to think about while goal setting and creating a more positive mindset, at times your mind will wander back to the things you can't control, that's part of being human. The goal isn't to never have those thoughts-the goal is to strengthen your noticing muscle so you can come back to the things you can control.

Creating a list, one that's written down, can effectively help you identify these "controllables."

OUTSIDE OF MY CONTROL:

- Other people's actions
- Other people's mistakes
- Other people's words
- Other people's play
- Other people's behavior
- Other people's ideas
- Other people's opinions
- Other people's feelings

Developing this list of factors that are outside of our control, we can easily recognize and respond emotionally to the feelings associated with this list. If we don't have to worry about things outside of our control, we become FOCUSED on the present!

THINGS I CAN CONTROL:

- My Actions
- My Words
- My Play
- My Behavior
- My Ideas
- My Opinion
- My Awareness
- My Response
- My Attitude

By learning about the factors that are within your control you empower yourself to wholly zoom in on the things that will positively impact your performances. This type of mental training is essential not only to you and what you're individually capable of, but also increases the possibility of positively influencing your teammates and making a lasting impact on their swimming! Set Big, Scary, Goals.

Victor Sr. Spotlight Swimmer-Madi Moore

Q: When Did you start swimming for Victor Swim Club?

A: I joined VSC in 2015!

Q: Who is your favorite Olympic Swimmer?

A: Caeleb Dressel

Q: What is your favorite, go-to meal?

A: Pickles!!!

Q: Who is your all-time favorite band?

A: Dan & Shay

Q: What are some of the Colleges & Universities you are considering?

A: There are several schools that I'm currently considering:

- 1.) SUNY Binghamton
- 2.) University of Vermont
- 3.) Florida Atlantic U.
- 4.) University of Maine

Q: Favorite Meet:

A: Niagara LSC Championships!

