



Lancaster YMCA
Swim Team

January 1, 2018
Volume 1, Issue 15

LYST Newsletter

From the Desk Of Coach Heather:

Happy New Year LYST Families!

I hope everyone enjoyed the holidays and rang in 2018 with great memories! With the New Year upon us, we will be back to our regular swim schedule for Levels 1-4 tomorrow. Levels 5/6 have one more day of 2 practices offered.

If your swimmer has taken some time off during the holidays, please remind them that a gradual return and patience is key to gaining their "gills" back. Too often, I see swimmers return in a panic and try to force their swim skills back to where they were before the break. Most of the time, their actions are counterproductive. Swimmers often compromise their immune systems and muscular system with the results being illness or injury. The LYST coaching staff will do our best to help the



swimmer to return to competitive form. Swimmers should look forward to building their technique and racing skills. Leave the "could of", "should of", "would of's" behind and keep moving forward!

As we quickly approach the championship portion of our season, I think it is important to address the mental side of swimming. A recent article from SwimSwam.com is a helpful reminder about self-talk!

"Here is a 5-point plan to managing your negative self-talk so that you can move forward with a positive environment between your ears:

1. Become aware of the tone and frequency of your self-talk.

Most swimmers will never fully realize the extent to which self-talk directs their swimming. With little judgement take note of the way that you talk to yourself when a workout gets tough, or you are finding that things aren't going your way over the course of the day. (That rhymed. Nice.) Take it a step further by writing out the particularly negative ones. A weird thing happens when you take your nastiest self-directed thoughts and put them to paper – they seem to lose their relevance and effect when we actually read them aloud.

2. Put a face on it.

You know that overprotective friend or family member that is always bubble-wrapping your plans and goals? Negative self-talk is kind of like that. It is generally just trying to protect you by discouraging you from doing anything that might cause you harm or disappointment. When you view the negative self-talk in this manner, as someone who is out for your interests but being a little too overprotective, it can be easier to talk it down.

3. Evaluate how much your environment is coloring your choices.

Ever find that when you swim with certain swimmers that the sets just drag on? That the dark cloud that follows them around begins to sprinkle some of the no-no juice all over you as well?

The external influences in our lives have an effect – it's up to you to figure out if you are going to be held hostage by the actions of others, or if you are going to be empowered by them.

4. Reframe the self-defeating thoughts.

There will always be those sets and workouts where you think they are impossible. The interval is too fast, the breathing pattern too challenging, the yardage too daunting. Here are a couple ways to reframe that silly negative self-talk so that you can give yourself a fighting chance at plowing through:

Focus on the feeling of accomplishing the set/workout. Yes, it will be tough, it will be challenging – but the feeling you will have upon completing it will be worth it: "The set is impossible...but I will feel pretty awesome about myself after I complete it."

Change the tone of your language with a challenge. Sometimes simply changing up the tone of your self-talk from negative or self-defeating into one that promotes tackling a challenge can be the little thing you need to get past it. So instead of saying something like, "This is set is going to be impossible," you could change it up to, "This set will be hard, but will prove how tough a swimmer I am. "Why can't you? Play devil's advocate with your negative thoughts. When you tell yourself that you can't do something, that it is simply too hard, that it's impossible, pull yourself aside and ask – why not you? Why can't you? Dropping the challenge opens yourself to a mindset where you are more willing to look for a path forward, instead of closing yourself off to any and all possibilities.

5. If nobody else would say it to you, don't say it either.

It's awful how we can be our worst critic. We allow ourselves to say and think things that would inspire fiery resistance if it came from the mouth of anybody else. So then why do we allow that little voice to be, well, such a little meanie? Strive to be your biggest voice of support, to treat yourself with the same kindness and respect that you would expect others to treat you with."

Coaches Contact Information

Coach Heather Parkman:
Email: lystswim@gmail.com
Cell: (740) 304-9466

Coach Mark Pennington:
Email: mark_a_pennington@yahoo.com
Cell: (740) 503-8751

Coach Erin Barnhart:
Email: ebarnhart1@me.com
Cell: (419) 283-7825

Coach Dave Parkman:
See Coach Heather's contact information

Reminders to Swimmers

- Arrive 5-10 minutes before your scheduled practice time with goggles, cap, and water bottle
- If you are sick, please stay home! With cold and flu season upon us, we do not want to share germs!
- Please remember to be respectful in the locker rooms with your actions and your words. Members can hear conversations and are aware when our team is in the facility. Remember you represent yourself, your family, and your team!

Reminders to Parents

- Remember to commit or decline each dual meet. Swimmers choose events for invitationals and coaches choose events for dual meets and champs.
- If you have any questions regarding practice and/or meets, please feel free to ask your swimmer's level coach! We are here to help!

This Week's Highlights

Monday (1/1)

Happy New Year! NO PRACTICE

Tuesday (1/2)

Level 5/6 8-10am

Regular practice for all levels in the evening

Wednesday (1/3)

Regular practice for all levels

Thursday (1/4)

Regular practice for all levels

Friday (1/5)

Regular practice for Levels 4, 5, & 6

Saturday (1/6)

Practice for Levels 5 & 6 9:00-11:00am

*Wheeling Invitational – The Linsly School
60 Knox Lane, Wheeling, WV 26003*

Upcoming Events

Wheeling Invitational: 1/6

- All LYST swimmers should arrive to the pool no later than 8:45am for warm-ups
- The meet will begin at 10:05am and should conclude around 3:30pm

USA Meet: CSC Winter Invitational: 1/12-1/14 Indianapolis, IN

More information to come!

Home Meet: 1/20 LYST vs. LCFY

LYST swimmers: 11:45am for warm-ups

Meet Start: 1pm

Please remember to accept or decline the meet!

2018 Orange Crush Invitational at the Delaware YMCA: Sunday, 1/28

More information and sign ups to come!

Thank you!
GO LYST!