



November 16, 2020

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**NOVEMBER BIRTHDAYS**

- Masha Panova 11/1
- Jyll Jandhanayingyong 11/4
- Elizabeth Chow 11/7
- Qianna Dudsic 11/8
- Edi Vasilescu 11/8
- Ashley Knudsen 11/9

*Happy Birthday!*



- Brooklyn Lang 11/11
- Holly Pender 11/14
- Tohma Nguyen 11/24
- Coach Spencer 11/25
- Annabel Cook 11/26
- Maya Hartzell 11/30

# The Glory of Gold's

Go to sleep with a DREAM and wake up with a PURPOSE!

**What happens when we feed fears? By Olivier Leroy**

A mental habit you can start working on today is getting into the routine of feeding your confidence and not your fears. What do I mean by that? Well, when our fears go Hungry-Hungry Hippo, we:

- Deliberately set expectations low so that people won't think we suck if we don't perform well.
- Dwell on past mistakes. Missed practices, a disappointing race, getting out-touched at the wall.
- Assume failure, which essentially guarantees failure.
- Worry what will happen and *how we will feel about ourselves* if we give a total effort and still fail. *If I don't swim well, I am not a good person.*
- Get wrapped up in the expectations (imagined or otherwise) of others. *I will disappoint the people in my life if I don't swim well.*

I think you get the picture. The ways we use to self-sabotage is only limited by your creativity. (And if you are like me, you have found some absurd ways to use fear of failure to crater your own swimming.) And while a bit of fear here and there is healthy and can be a motivator, when it takes the wheel in to high-pressure situations, whether it is a big race, a mega hard practice, or an exam, the way we perform kinda stinks. But for swimmers who experience this type of thought pattern—*What if I don't succeed? What if all my hard work for nothing? What if I come up short and people laugh at me?*—the issue becomes doubly infuriating...

Because the first response is to try and suppress our feelings. The equivalent at yelling at a train to slow down. But all you are doing in reality is cheering it on. Which can feel real, real frustrating. So, what do you do?

Shift focus.

And that starts by regularly **feeding your confidence**. Here are two ways you can go full Cookie Monster with feeding your confidence.

**1.. Recognize moments of excellence.**

Our brains are hard-wired to remember moments of misery. The DQ. The failed main sets. The complete beating you took at the hands of the competition at your last swim meet. Looking back at the past month of training, it's likely the missed opportunities that float to the front of your mind first. Which is why sitting down each day and recognizing where you are doing well is so essential.

**Confidence—the real, true kind, not the chest-thumping "look at me I am confident 'cause I say so" kind—is built on the back of your experiences in the water and your perception of them.**

That last part is really important and I would like you to take :05 rest and hear it again... Confidence depends on the perception of your experiences. In other words... Working hard and consistently dropping moments of brilliance in practice isn't enough. You need to record, recognize, and consistently keep them at the forefront of your mindset. If you are sweeping all of your experiences of excellence under the rug, whether it's because you are a perfectionist or because you believe those small wins are too small to be recognized, it's no wonder your confidence on race day is wobblier than your legs after a 1,000m kick for time. Each day make a point to recognize your little moments of excellence. Write out the things you did well in your logbook. Keep training goals and make a note of your progress and improvement.

**Be honest about the things you focus on.**

One of my favorite ways to refocus when that choo-choo train of fear gets rolling is to take a breath and remind myself what I don't control...

*I can't control how fast the competition goes.  
I can't control the kind of workout coach gives me today.  
I can't control what other people say about me.*

And what I do control...

*I can control how hard I work at practice today.  
I can control how focused I am during the drill set.  
I can control the mental approach I take on race day. Continued on pg 2*

## What happens when we feed fears?

Fears love to spiral off into the territory of things we don't control, because they are mostly overblown and flat-out wrong. If you spent more than three minutes hashing out your fears, you would be able to rationalize them fairly quickly. Feed your confidence a pair of footlong Subway meatball subs (no toppings, just meatballs and double cheddar cheese—because I am basic like that) by redirecting your energy and effort to things you control. Confidence flourishes when we spend our time and effort on the things we control. Grade yourself each day on the things you control. (*I gave 9/10 effort at practice today.*) Make a point to catch yourself, whether in your logbook or journal, about the times where your focus went to a live showing of The Uncontrollables.

### The next step

Fear of failure is something we all deal with regularly. And it can be mentally and emotionally exhausting to not be able to move past it so that you can let loose and swim your best when it matters most. Remember and record the times you swim well in practice. Make a point to focus on the things you control.

## Practice Attendance Champions 9/1/2020 to 10/31/2020

### GOLD

Ames-Aragon, Jasmine	100.00%
Bensen, Bianca	97.00%
Gong, Abigail	100.00%
Juco, Adrian Roz	100.00%
Lamont, Sarah	100.00%
Lang, Brooklyn	100.00%
LIU, MOHAN	100.00%
Lyakhovitski, Victor	100.00%
Marchuk, Zoya	100.00%
McKinnon, Nadalyn	100.00%
Merriam, Samantha	100.00%
Mo, Emily	100.00%
Nguyen, Tohma	100.00%
Nikitenko, Maksim	100.00%
Rus, Amaris	100.00%
Shelton, Madelyn	100.00%
Thompson, Taylor	100.00%
Traina, Molly	100.00%
Tucci, Brooke	100.00%
Vasilescu, Isabella	100.00%
Wolf, Athena	100.00%
Wolf, Zoe	100.00%
Zaporozhets, Sergey	100.00%
Ross, Hannah	98.00%
Treacy, Katherine	98.00%
Winn, Leah	98.00%
Guilanians, Niobe	97.00%
Rus, Joshua	97.00%
Bryant, Caroline	96.00%
Gallardo, Isabella	96.00%
Laukaitis, Lennon	96.00%
Miller, Ian	96.00%
Surugiu, Maya	96.00%
Yu, Annie	96.00%
Clevenger, Logan	95.00%
Dudsic, Qianna	95.00%
Johnson, Logan	95.00%
Kurtz, Evan	95.00%
Panova, Maria	95.00%
Ralph, Alexandra	95.00%

### GOLD

Chen, Avery	94.00%
Chow, Elizabeth	94.00%
McKinnon, Karalyn	94.00%
Ryakhovskiy, Jean	94.00%
Mereness, Jamsheed	93.00%
Mo, Don	93.00%
Tremblay, Madeleine	92.00%
Hendrickson, Alexis	91.00%
Heusted, Alyssa	91.00%
Range, Miranda	91.00%
Spore, Cadence	91.00%
Johnson, Carter	90.00%
McElwee, Eleanor	90.00%
Prentice, Hadley	90.00%

### BRONZE

Cook, Claire	79.00%
Davidson, Izabella	79.00%
Jandhanayingyong, Jyll	79.00%
Johnson, Luke	79.00%
Traina, Megan	79.00%
White, Mikaela	79.00%
Lin, Ethan	78.00%
Traina, Gabriel	78.00%
Annapureddy, Priya	77.00%
Baldwin, Tessa	77.00%
Kamikawa, Haley	77.00%
Macgowan, Josephine	77.00%
Li, Yunshen	76.00%
Caruso, Lindsey	75.00%
Clement, Riley	74.00%
Cook, Annabel	74.00%
Downing, Logan	74.00%
Fritts, Hanna	74.00%
Greenlaw, Gianna	74.00%
Schwartz, Jacob	74.00%
Vickers, Savannah	74.00%
Hurchalla, Annelise	72.00%
Hill, Anthony	71.00%
Colloton, Cameron	70.00%
Kim, Tayne	70.00%

### SILVER

Magdas, Andrei	88.00%
Schwartz, Samuel	88.00%
Sivesind, Ellie	88.00%
Vasilescu, Eduard	88.00%
Colloton, Connor	87.00%
Nikitenko, Michael	87.00%
Mendonca, Ian	87.00%
Clevenger, Catelyn	85.00%
Kamikawa, Neil	85.00%
Smasne, Kassandra	85.00%
Fosler, Tucker	83.00%
Johnsson, Linnea	83.00%
Zander, Savannah	83.00%
Barkans, Bradley	82.00%
Cirillo, Nicholas	82.00%
Kameshwar, Adhithya	82.00%
Krause, Aurora	82.00%
Byelykh, Roman	81.00%
Lin, Bryan	81.00%
Ulvin, Emma	81.00%



### Practice attendance medalists

GOLD MEDALISTS ATTENDANCE  
90%-100%

SILVER MEDALISTS ATTENDANCE  
80%-89%

BRONZE MEDALISTS  
ATTENDANCE 70%-79%

## UPCOMING EVENTS

### 2020-2021 swim season



We are working on getting additional Intrasquad meets scheduled as well as some dual and tri-meets. In order for us to run these meets we need your help. We need officials, we have never mandated volunteer hours from our families and we do not plan on starting. We have always asked for parents to step up when asked. I am asking all of you now to step up. Once we can schedule an officials training class we will get it on the calendar. We need to fill it. More information coming soon.

- **WEST November Invitational**  
We will be putting together a team of 24 Senior Swimmers for this meet. We will also be putting together a small team of Age Group swimmers that have achieved Gold Times in the 200Free and/or 200IM. More information available soon.

November 21-22


  
- **No Practice**  
Have an amazing Thanksgiving with your family.

November 26-27
  
- **18 and under USA Swimming Championships**  
This meet will be held in Snohomish at the Snohomish Aquatics Center. This meet is only for swimmers that have met the qualifying times. Time standards for this meet are 1% slower than Futures 2020. Swimmers that are currently qualified have been notified.

December 5-6, 2020


  
- **No Practice**  
Have an amazing Christmas with your family.

December 24-25
  
- **No Practice**  
Have an amazing New Years Eve with your family.

December 31-Jan 1


  
- **Polar Bear Lunge 2021**  
We will be taking our annual plunge into Cottage Lake on New Years Day. Please commit on the team website if you are planning on attending. **NO WETSUITS!**

January 1

Stay Tuned for more!

SMASHED

### Gold's Senior Intrasquad Meet

23 Swimmers attended  
69 Individual Entries  
55% Best Times!

#### **SWIMMERS OF THE MEET**

(^Highest time drop %)

##### **Senior Intro**

^Evan Kurtz

##### **Senior Group**

^Connor Colloton

##### **Advanced Senior Group**

^Logan Johnson

This was a great showing for our swimmers that attended this meet. There were a lot of great races as well as some huge time drops. Thank you to all of the parents that helped with timing and everyone for making sure masks stayed on and we stayed social distant!



### NEW TEAM RECORDS

Katie Treacy 15 and older Girls 200 Breast 2:25.77





## Winter Practice Schedule 2020

Beginning November 17, 2020

Novice Group	Swim	Tue & Thu	6:00pm-7:00pm
Age Group Intro	Swim	Tue & Thu	6:00pm-7:00pm
Intermediate Age Group	Swim	Mo/We/Fr	6:00pm-7:00pm
Advanced Age Group	Swim	Mon-Fri	7:15pm-8:30pm
Senior Intro	Swim	Mon-Fri	3:00pm-4:00pm
Senior Intermediate	Swim	Mon-Fri	4:00pm-5:30pm
Advanced Senior/Post Grad	Swim	Mon-Fri	4:00pm-6:00pm

Coaches will evaluate placement in December, March, and June

Practice times are subject to occasional changes.

Please watch the team boards and your email for prescheduled or unanticipated alterations.



### Follow us...

You can stay better connected with the team by following us on Twitter and Instagram. All swimmer's should have parental permission to follow social media accounts. Check us out on and see some fun pictures from meets and practices. You can also stay up to date with nutritional, motivational and inspirational articles as well as updates from meets through our

@GoldsAquatics



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