

April 20, 2020

Positive Thoughts

The road to athletic greatness is not marked by perfection, but the ability to constantly overcome adversity and failure.

Dwayne Johnson

Excellence, then, is not an act, but a habit.

Aristotle

Task Focus

Each day I will give you things you CAN do while training and racing are on hold. Below are activities and tasks for *Monday, April 20, 2020*.

- ✚ Share forward to another teammate your motivational saying you created last week and any additional sayings you received from others.
- ✚ Please make sure you are consistently following the dryland program we sent out and stretching regularly.

We are all in this together—you are not alone!

Mental Focus

Better Habits in the Pool SwimSwam September 16, 2015

By Olivier Poirier-Leroy

Olivier is a former national level swimmer based out of Victoria, BC. In feeding his passion for swimming, he has developed *Your Swim Book*, a powerful logbook and goal setting guide made specifically for swimmers.

I am a bit of a slow learner. Stubborn, some might say.

For the longest time I always believed that the way to make big changes in life was to do it all at once, overnight, wholesale. I believed in making a complete and utter commitment. Any deviation from this commitment indicated failure.

And the result?

I botched things up. Every. Single. Time.

The idea of starting small didn't appeal to me. I wanted change and I wanted right now.

Being the stubborn-headed dude that I am, it took me a while to truly understand that if I wanted to make change with anything, whether it was technique, a training regimen, or even making the bed on a consistent basis, that I needed to start small. Mini, even.

START SMALL

By keeping the bar low when we first start a new habit, we make it sustainable because it is so easy that it's almost impossible not to start. There is none of the intimidation that comes when we try to make a new change in our swimming, and without having to feel daunted; entry into the new habit is much easier.

Here are a few tips for making those new little workout habits stick:

Start with a few.

When things start to go well with your new habit, and you understand the power of chipping away at it, you'll want to take on the world. You'll want to change everything and anything. Often those new habits start piling up to the point that it is impossible to work on all of them.

The smallness makes you feel like you can do a thousand of them. Stick with a couple new habits, and then slowly scale up from there.

Keep it positive.

The hardest part of a new habit isn't usually the action itself. It's the self-talk that comes along with it. "You don't need to do this. It's easier not to. You'll never be able to keep doing this."

It's hard not to listen to these type of thoughts. They'll come up frequently while your new habit is being formed. The key to limiting them is to acknowledge them and let them go.

Ya gotta want it.

Is this new habit something you truly want, or is it something that you kinda-sorta-maybe want? If you want to add stretching to your daily workout, learn to love the progress you are making.

A divided self will always have great difficulty sticking to a new habit, so make sure that this is something you want.

Get Back on Fast.

This is probably the most important part. There will be days where you miss or fail. The key is to fail fast and get back on track fast. An easy way to do this is to make yourself more accountable by partnering up with a teammate, getting your coach/parents on board, and by keeping a log.

It's not the end of the world if you miss a day. You can still recover. But if you let the disappointment of missing one lead into missing a whole bunch, then it becomes exponentially more difficult to get back in the saddle.

Ready to launch a new habit?

Pick something small. Keep it simple. Nail it every single day for two weeks. Make yourself accountable. Scale up from there.

Physical Challenge

Working on developing mental strength and increasing our knowledge on various components of our swimming. We will be ready for the physical challenges when we return! the next few days, Let's look at some tips for our Starts! This information comes from an issue of SPLASH magazine in the article by Jeff Cummings

Starts:

1. **Use your whole body on the start.** Olympic and NCAA champion Caleb Dressel gets off the blocks better than most, and he said it happens because he makes sure that "my arms do as much work as my legs": on the start. Using your arms to help the launch from the blocks puts more speed into the start.
2. **Focus on the reaction time.** Reaction time is the period between the sound of the starting beep and your feet leaving the starting block. You hear it discussed often in the TV analysis during the Olympics and other championship meets, and for good reason. A slow reaction time—more than seven tenths of a second—means you're probably already behind the competition before you've entered the water.
3. **Dryland routines can translate to super starts.** Dressel point to Olympic lifts in the weight room as one way he gets the muscles involved with starts stronger. Dressel also does medicine ball throws and resistance tube exercises, perfect for those not yet adding weights to their dryland program.
4. **Work on your vertical leap.** Whether you are a drop -dead sprinter or love doing the 1500 freestyle, you need to make you vertical leap better. Dryland drills such as box jumps can help this, which in turn will enable you to jump off the blocks better. If you have a Vertec measuring device in your training room, test your vertical leap regularly.
5. **Don't wait until the week before a meet to practice starts.** If you begin working on starts at the beginning of the season, your body will have more time to work out the kinks before the big meet.
6. **Get good foot placement.** Practice various places to put your back foot on the starting block, whether you are using the block's fin or not. Have your coach time you to a set point to gauge which one is fastest.
7. **The start goes well beyond the leap from the starting block.** The time before the first stroke in a race is part of the start. Make sure all of that time is focused on maintaining the tremendous speed you've created in the air.
8. **Practice starts even when you are tired.** Many coaches will surprise athletes with a fast swim from a dive at the end of a tough workout. Use this as an opportunity to have a great start under a stressful situation.
9. **It's not about depth.** If you goal is to kick underwater to the 15-meter mark on the start, don't focus on going deep. Put the focus on entering the water just deep enough to allow you to kick to 15 meters, but not so deep that you are going vertical at 12 meters to make sure you surface at 15 meters.
10. **Fingers, head, shoulders, hips, feet**—Think about every part of your body hitting the water at the same point. It reduces splash and allows you to slice through the water like an arrow. Any part of your body that doesn't enter that one big spot in the water causes drag. "Getting in clean is more important than getting out (far on the dive)," Dressel said.

Backstroke Starts:

Backstroke starts follow the same guidelines as forward starts-only backward! Here are three tips to help get that splashless entry on a backstroke start.

1. Throw the head back with the hands, but not too far back.
2. Arch the back to help get the body over the water.
3. Kick the feet up to get them to enter in the same place as the hands. Kick the feet up to get them to enter in the same place as the hands.

Eating to Feel Good, Feels Bad

By Garrett Weber-Gale

Most of us are very lucky. We have the opportunity to eat every day, several times per day, and often even more. We rarely, if ever, go hungry. We have breakfast before school, lunch to fuel us through the day, snacks waiting for us when we finish school, and dinner waiting for us when we get home from work. At swim meets, it gets even crazier. Food is everywhere.

There's no doubt we need fuel to perform. But can we eat too much around competitions? Can we eat ourselves out of the meet? You bet you can!

There's a difference between fueling and eating to comfort our minds. When I first got to the Olympic village in Beijing, I was blown away by how often athletes were going to the dining hall to eat, and the amount of food being consumed.

There was food everywhere—food from all over the world. I asked my coach, Eddie Reese, “Why are people eating so much more here than they seem to at home?”

His answer was simple: “People eat more at meets because it gives them a sense of comfort, a feeling of ease that helps them relax,” he said.

In addition, there is often so much food around that it can seem silly not to eat it and take a little more energy. Be careful. There is hidden danger to your swimming in overeating.

Trust me, I've been there, too. I've had meets where I completely overate, and due to my naivety, I didn't even know that's why I swam slow.

For instance, my junior year of college we went to compete at the University of Arizona. There was a Boston Market across the street from our hotel and wow did we clean that place out during the rip. We ate so much that we got to the competition pool feeling bloated, groggy, lethargic and anything but agile and speedy.

You're primed up for the big meet. The training and dedication are about to pay off. Continue eating the diet that helped you get to the big stage, and you will be well on your way to achieving your dreams.

Here are a few things to think about:

- *Eat until you feel good, not until you feel full. You can come back for more food later. Being light and quick is better than being heavy and slow. You want a little bit of hunger inside of you—mentally and physically.*
- *Take a moment to think about how much you're consuming at the meet compared to your normal consumption. Is it higher? Lower? The same? When I've raced my best, my consumption is very similar to that of a normal training day. On race day, I generally eat a bit more frequently, but in smaller quantities.*
- *Make sure to eat and drink something within 15 minutes post-race. Not only will this help you replenish your nutrient needs, but it will also help prevent you from being super hungry two hours later and completely gorging yourself at dinner—or worse—at lunch before finals.*
- *Stick to the plan. Remember your goals, and don't be lured in by nachos at the meet, candy bars, or the cake at dinner. Before you know it, the meet will be over, and you can have your treat.*

Cool swimming stuff!

- Most competitive swimmers swim 6-12 miles a day.
- An Olympic pool can hold up to 850,000 gallons of water.
- Gertrude Ederle was the first woman to swim the English Channel, in 1926.
- Don Schollander was the first swimmer to break 2 minutes for the 200 meter race.
- The crawl/freestyle stroke is the fastest Olympic swim stroke.
- A Malaysian resort has 643 different swimming pools.
- Australian Ian Thorpe became the youngest world champion swimmer in 1998.
- Swimming was known to be a noble skill for Japanese samurai.

Motivational Moments---Enjoy!

<https://www.youtube.com/watch?v=qXRxOCRpmMU>

Heart of a Champion Running Motivation

<https://www.youtube.com/watch?v=mDQDTPWncQQ>

Under Armour Rule Yourself Michael Phelps