



Developing Children to be
Champions in Life through Swimming

“LANE 4” TIMES

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Swim Meets Abound:

It has been a very busy summer for meets for the Riptides. Since June, we have competed in two Summer League events and have been to Savannah, GA. And July looks to be just as busy.

All of our swimmers have been doing an outstanding job at their respective meets. At the SSL Series, we have several swimmers who have had to “age-up” due to their speed! This is a great thing. And those swimmers have done an awesome job of stepping up to the challenge of racing older swimmers.

It’s been great to have so many Riptides’ competing in the SSL this year. This has easily been the largest squad of swimmers at each meet and we want to have that momentum continue the rest of the summer.

And although the times are not official, our swimmers are improving and swimming faster than their entered times.

At the Cuttino Invite in Savannah, GA, we had some very good swims by our athletes. New records were set by Walker Harwell, new State q-times were achieved by Peyton McWhorter and Lexi Roberts, Chase Teasley and Julia Campbell earned several best times (*Julia Campbell picked up her first best times in long-course in several years*) and Alyssa Cozart swam her first-ever long-course meet, nearly getting her first-ever State q-time in the 50 breaststroke (she has a shot at the SMRT LCQ later this month). And even our collegiate swimmers, Keenan Lineback and Lauren Campbell, are getting back in shape!

Now that we have entered July, it’s time to hunker-down and perfect those skills for all the upcoming championship meets.

Keep up the great work Riptides. Your coaches are very proud of your progress!

Swim Schedule 2013-14:

With summer nearly over, it is already time to start preparing for the fall. Attached to the email with this newsletter is the 2013-14 USA-S/MBR registration form. All swimmers returning to MBR for the new

season should complete the registration form and mail it, or bring it to Coach Jim, with the registration fee to secure the swimmer’s place with the team.

The Fall schedule will be out very soon. One of the items being looked at right now is how to give a little more practice time to several of the training groups and to add some pre-swim dry-land to others.

If your family has any outstanding balances, those must be cleared before registration for the new season can begin. Please check your swimmer’s account. Any balances, regardless of fund raising or dues, need to be cleared no later than July 24, 2013.

Please do not delay in registering for 2013-14. As always, space is extremely limited. Once a training group has filled, a waiting list will be created.

Thank you for your initiative!

“A” is for Anxiety:

By Sport psychologist Aimee Kimball, PhD.

Why do I have anxiety?

Many athletes have anxiety before they compete, whether it’s a pounding heart, difficulty breathing, tight muscles, or worried thoughts. All animals have what’s called the fight-or-flight response in which our bodies prepare to either fight a challenge or to run away from it. These symptoms of anxiety aren’t always bad, as they can signal a readiness to compete. Think of a race you were involved in that wasn’t important to you or where you knew you would win it easily. You probably didn’t have the same signs of anxiety because you didn’t see this event as being as threatening. The perception of a challenge/threat is what makes athletes feel anxious.

Changing the Perceived Threat

If situational factors (event importance, your opponents) cause you anxiety, focus on controllable factors that help you to swim well- a smooth stroke, a strong kick, and a well-timed start. When you start to add “uncontrollables” to your focus, you are adding thoughts to your head that don’t need to be there and are making it a lot harder to swim to your potential.

Physically Relaxing

To release anxiety, take some long, deep breaths and picture all the physical and mental stress leaving your body. You can also take a few minutes each day to go through your muscle groups, tightening them and then relaxing them. By doing this progressive relaxation, you can recognize when and where you are carrying physical tension and learn to physically loosen your muscles so that you can perform your best.

Therefore

Anxiety as you know it doesn't have to exist. You may have some physical activation (faster heart rate, quicker breathing) but you can control this. Simply think how you want to think and leave some time for a pre-race routine that allows you to physically relax. While it requires training, you can regain control of your body by taking control of your mind. Make it Great!

Teammates by day; Opponents by night:

From SwimSwam.com

At every level of the sport, swimming is partially an individual sport and partially a team sport. From the early years as an age-group or summer league swimmer through the collegiate and post-grad level, you compete as an individual, but for a team. Any swimmer will tell you that your teammates are the people you rely on to push you through practice when the pool is the last place you want to be.

Every athlete is motivated differently. Some can train by themselves everyday and are successful. Jason Lezak, for example, was able to train by himself without a coach for years and still managed to swim the fastest split ever recorded in the 4×100 freestyle relay at the 2008 Olympic Games. Lezak, however, is in the minority. The majority of athletes need to be both internally and externally motivated. To be successful, an athlete before anything else, needs to have an internal drive to succeed and get better. If a swimmer is not motivated to be a better athlete, then encouragement from coaches, families, and teammates is meaningless. It holds no value to the swimmer. However, if the swimmer is motivated, encouragement from others can make all the difference in the world. I have finished sets that I know I would have never been able to finish without my teammates in the water with me.

Every swimmer shares a special bond with their teammates. Swimming is a very unique and misunderstood sport, it requires a lot of determination, time, and effort. You stare at a black line on the bottom of a pool for 40+ hours a week, pushing your body to the limit, until you are physically incapable of moving any more. To the non-swimmer, it sounds crazy to hear what a swimmer goes through all year long, in hopes of dropping tenths of a second in a few short races at the end of the year. Nobody understands all that you go

through better than a teammate. Your teammates go through the same practices, hear the same speeches from the coaches, are just as tired, and know the pain that you are feeling every single day. Swimmers all over the world know what it feels like to go through a swim season, but only a few can share the same experiences that you have.

Your teammates can have a huge impact on how you swim. They hold you accountable and you can push each other in practice to new levels. You are expected to give everything you can at practice, not only for yourself, but for your teammates, just as you should expect them to do for you. When you have a team with this mentality, the quality of training dramatically improves. Teammates will compete during sets at practice. This appeals to the competitive nature of swimmers because no body wants to get beat. As one swimmer pulls ahead, his or her teammate will have to go faster, which in turn motivates the swimmer that is ahead to stay ahead and swim faster as well. Every athlete has different strengths and weaknesses, some will be great at kick sets, others will be great in distance sets. Either way, there will always be someone to chase down or run away from if everyone is motivated.

It is great to have teammates, but how does the team dynamic change when you have to compete against your teammates. Does it encourage training and make everyone faster? Will it make the relationships on the team tense? Someone has to win and someone has to lose, is there a correct way to handle the situation? There are several ways you can choose to look at the situation, but you have to approach it the right way.

It is a great feeling to be able to beat your teammate in a meet. Nobody likes losing, so wanting to beat your teammate can be a great motivator. Everyday in practice, you learn the strengths and weaknesses of the teammate you will be racing against. When it comes down to race day, you know where you can pull away and where you need to pick up the pace. You have raced your teammate so many times, you know exactly what to expect.

However, if a swimmer walks into the race focused solely on beating their teammate, the relationships on the team will become very tense and uncomfortable. No two swimmers are alike, and everyone has their own strengths and weaknesses that they have to work with. In order to maintain a positive training environment, the focus needs to be on swimming your own race. Swimmers constantly hear from coaches that they "have to keep their heads down and swim their own races." That phrase becomes cliché, but it holds a lot of merit.

If you did everything you could to prepare all season long, and were focused on your own race, then there is nothing more you can do. Whether you win or lose, you gave it everything you had. If you can make

excuses at the end of the race, you did not do everything you could have done. As the stakes get higher, however, it becomes harder to accept that the best you had was not enough to win. It is conflicting to look up at your teammate, ahead of you on the podium, because you wanted to be where they are so badly. At the same time, you are proud of how well your teammate swam. Matt Grevers talked about the mixed emotions he had on the podium for the 100 backstroke at the 2008 Olympic Games. He finished second behind his teammate, Aaron Peirsol.

Grevers was very happy with how well he and his teammate finished, but he knew how bad he wanted to win the Gold medal. He was able to adjust his training after 2008 and ended up winning the gold medal at the London Games in 2012.

There is always something that can be adjusted. Going into the next season, you have to figure out what adjustments are necessary for moving forward. Michael Klueh is someone who has benefited from a positive training environment and team atmosphere. After just barely missing the 2012 Olympic team, he made an adjustment and began training at the University of Michigan. There are several elite level swimmers training at the University of Michigan with Mike Bottom. Klueh's teammate, Connor Jaeger, qualified for 4 events at the 2013 World Championships in Barcelona.

If the focus at the University of Michigan was on beating their teammates, Jaeger would have kept all four races. Instead, Jaeger scratched his fourth event, the 200 free, to make room for his training partner, Michael Klueh, on the World Championship roster. Klueh was not mad that Connor made the team; instead he was happy for his success. Klueh was able to benefit from their positive relationship as teammates.

“B” is for Building the Mindset:

By sport psychologist Aimee Kimball

How should I think to swim well?

Every individual has a unique mental state under which he or she performs best. There is not one right way to think. The key is to know what *you* are thinking and how *you* are feeling when you perform your best.

How do I know my ideal mindset?

To identify your ideal mindset, think about the best performance you ever had. Ask yourself:

- What did I do to mentally and physically get ready (music, routines...)?
- Was I relaxed or pumped up?
- What did I focus on throughout the event?
- What words describe how I was feeling? What I was thinking?

How do I recreate this mindset?

First, you have to *choose* to create your ideal mindset and take responsibility for your thoughts. Second, before each practice and event you should *develop a routine* that allows you to recreate this mindset. Imagery, music and positive self-talk are great ways to build your ideal mental and physical state. Third, you can come up with a *trigger* word, phrase or action that reminds you of the characteristics of your best performance. This trigger needs to have meaning to you so that it can focus your mind to help you perform your best. Write the trigger on your hand, goggles or bag so when you see it you will be reminded to think that way and to approach each event with your ideal attitude.

Build your mindset

Instead of just hoping you will be mentally ready to compete, take control and create the mentality you want before each event. Know your ideal mindset and choose to create this mindset through pre-event routines, trigger words and by simply telling yourself, “This is how I’m going to think today.”

Upcoming Events:

SMRT LCQ meet – July 13-14

SCS State Champs – July 25-28

SSL Champs – July 27

Tuition Payments and Meet Fees:

Just a reminder to parents who pay by check...

Checks are to be made out to **Grand Strand Aquatic Management** or **GSAM**.

Families may also utilize the online billing system by adjusting their account and adding a credit card number; surcharges apply.

Thanks!

Practice Changes:

July 4 –No Practices

July 13 – No Practices

July 25-26 – TBA

Birthdays:

Ty Kinner-Costello – 5th, Jacob Sessions – 11th,
Matthew Key – 14th, Emma Gustafson -17th, Jaden-Grace Anderson – 26th