

RANCHO SAN DIEGUITO SWIM TEAM NEWSLETTER



March 2017

Aquatics Billing	ndouglas@bgcsandieguito.org	(858) 755-4904
Aquatics Office	aquatics@bgcsandieguito.org	(858) 755-4904
Joe Benjamin (Head Coach)	ibenjamin@bgcsandieguito.org	(858) 755-2920

March Important Dates

DATE	EVENT	LOCATION	ENTRY DUE DATE	SWIMMERS TO ATTEND
Mar 2-5	USA Swimming Speedo Sectionals	Alga Notre, Carlsbad, CA		All Qualified
Mar. 11-12	SI-JO Max – North (SCY)	ICAC/Palomar College	Sun. Feb. 12	All Swimmers with NO MORE THAN 5 JO Cuts
Wednesday Mar. 22	Bring it on a thon – Date Change!			
Mar. 24	Club Meet	Home	Th. Mar. 23	All 12 & Under RSD Swimmers
Tuesday March 28	RSD Team banquet – Date Change!			
Mar. 30- Apr. 2	PS-Far Westerns (SCY)	PLS/Pleasanton, CA	Sun. Mar. 5	All Qualified 14 & Under Swimmers

April Important Dates

DATE	EVENT	LOCATION	ENTRY DUE DATE	SWIMMERS TO ATTEND
April 1	Dual Meet with NOVA	NOVA/Irvine	Sun. March 12	Swimmers ages 14 & younger in Leopard Shark, Red, White, Blue, and Senior Red
April 8	SI-All Ages C Meet (SCY)	FAST/Fallbrook	Sun. March 19	All C level swimmers
April 28	Club Meet	Home	Th. Apr. 27	All 12 & Under RSD Swimmers
April 22-23	SI-AB All Ages (LCM)	TBA (Poway or Coronado)	Sun. April 2	All Qualified
April 29-30	SI-C All Ages (SCY)	CAST/Granite Hills HS	Sun. April 9	All Qualified
April 27-30	Swim Meet of Champions	MVN/Irvine, CA	Sun. April 9	All Senior Swimmers

RSD March Club Meet

EVENT DATE: Friday, March 24

WARM-UP: 3:15pm

MEET STARTS: 3:45pm

ENTRIES DUE: Thursday, March 23 (This is FIRM!)

COST: \$5.00

- RSD club meets are open to all RSD Junior Group swimmers. *Swimmers in Senior Development and Senior Red may participate; see your coach for more info.*
- The purpose of this meet is to give swimmers swim meet experience and a chance to record Personal Best Time (P.B.). Swimmers are welcome to swim any events they wish: In the order of Free, Back, Breast, Fly.
 - The Grunion and Corvina Group swimmers swim 25 yards of each stroke, Leopard Sharks and "Color Groups" (Red, White, Blue) will swim 50 yards of each stroke.
 - Swimmers in the Color Groups have an optional 100IM.
 - Each month swimmers in White Group will have the opportunity to swim a 100 specific stroke, and Blue Group swimmers have the opportunity to swim a 200 specific stroke, cycled monthly.
- Each participant should have several dry towels, warm shoes, and a jacket.
- **Each participant must pre-register up to the day before the meet (see entry deadline). NO LATE ENTRIES WILL BE ACCEPTED!!!!**
- All swimmers must have a properly filled out Club Meet Card. Please fill in the swimmer's full name, practice group, and age at the top of the card. *Fill in your best times from your previous club meets.* If you have not swum in a club meet before, then enter NT (no time) in the appropriate spaces on your card.
- After the meet is over, we will be serving pizza to all competitors. Each swimmer gets two slices of pizza and a glass of lemonade.

Please note: All 12 and under practice groups (FSS and weekday) are cancelled on Club Meet Days.

Practice Schedule Changes

Monday, March 13: All JO MAX swim meet swimmers have the day off!

Non-competitors in Corvina, Leopard Shark, Red, and White will have an optional combined group practice 3:30-4:30 p.m.

EPO and Blue will hold regular practice schedule.

Wednesday, March 22: All practices cancelled (including LCV) for Bring-It-On-Athon.

Friday, March 24: Club Meet (RSD club meets are open to all RSD Junior Group swimmers).

Regular practice is cancelled for the following groups: FSS Grunion, FSS Corvina, FSS Leopard Shark, Red, White, Blue.

In lieu of regular practice, we strongly encourage swimmers to participate in the Club Meet!

Tuesday, March 28: All practices cancelled (including LCV) for RSD Team Banquet **except:**

Blue Group swimmers attending Far Westerns 3:30-4:30 p.m.

Senior Champ Prep and Senior Champ 3:00-4:30 p.m.



RANCHO SAN DIEGUITO SWIM TEAM

BRING IT ON ATHON

AT THE PARDEE AQUATICS CENTER

What: **Bring-it-on-Athon**

When: **Wednesday, March 22**

Where: **Pardee Aquatic Center**

The Bring-It-On-Athon is RSD's **ONLY** Annual fundraiser in which ALL RSD swimmers have one-hour (Grunions swim 30 minutes) to swim as many laps as possible with each swimmer's goal to raise at least \$150. Each swimmer can either collect flat donations, or can pursue pledges for each lap they swim. Funds raised directly benefit RSD Swim Team and other Boys and Girls Club of San Dieguito Aquatic Programs; including swim meet travel opportunities, coaches' training and education, pool equipment, and maintaining an ever-improving training and competitive environment. ***We ask that ALL swimmers participate!*** **Get ready for the fun! Join the celebration on deck after your swim by digging into our ice cream sundae bar! Prizes will be given to top lap swimmers of Grunion through Senior Championship.**

Schedule

- 3:30-4:30pm – Sr. Champ, Sr. Champ prep, Sr. Blue, Sr. White, Sr. Red, and Blue
- 4:45-5:45pm - White, Red, Leopard Shark, Corvina, and Grunion (30 min) groups

***All funds raised are due by Sunday, March 26th. Winners and prizes will be announced at the RSD team Banquet on Tuesday March 28th.**

Please use the link below for online donations:

<http://weblink.donorperfect.com/BringItOnAThon>



Donations can be turned into the Aquatics Office! Please make checks payable to: Boys and Girls Clubs of San Dieguito.

Do you have (or know someone who has) a little extra to give? We have included our "wish list" of items that we need to address, as well as items that we wish one day to obtain, but cannot afford. Please take a look at this list and if you ever feel like you can help us with any of these items, we would be very grateful!

CLICK HERE to view the Aquatics Wish-List. We are a 501C3 non-profit organization and your donations can be used as tax write off!

Please contact Joe Benjamin JBenjamin@bgcsandieguito.org (858) 755-2920 for more information.

Annual RSD Team Banquet

What: Annual RSD Team Banquet

When: Wednesday, March 28th 5:30pm-7:30pm

Where: Morgan Run Resort and Club

5690 Cancha De Golf, Rancho Santa Fe, CA 92091

This year RSD's annual banquet will include a buffet style taco bar and sit down dinner. Tickets are required (15 per person), space is limited with only 300 tickets available. A registration link will be released in the coming days to purchase tickets.



Watching Swim Practice

We are proud to have an open deck policy and always welcome parents to come watch our Swimmers and Coaches at work during practices. We appreciate your involvement and encouragement of your swimmers' work and are happy to have you watch and support them from the sidelines.

During practices, however, we ask that you respect the work that the Coaches are doing and do not disrupt the swimmers. Please stay seated in the bleachers and do not approach your child or their lane during workout. Please refrain from signaling them in any way, walking alongside the lanes or videotaping the practice, as this distracts not only your swimmer, but also their teammates around them and takes the swimmers' focus off of their Coach and the tasks at hand.

Coaches are always willing to speak with parents, but please do not approach them during a workout, rather wait until the conclusion of the practice or set an appointment to meet during coaches' office hours.

We strive to create the best and most productive training environment possible during our limited time with your swimmers, and we appreciate your support and cooperation on this matter. As always, if you have any further questions or concerns, feel free to contact me directly. Thank you for being a part of RSD Swim Team!

Sincerely, Coach Joe Benjamin



2017 Junior Olympics Race Recap



RSD Swim Team took 91 athletes to the San Diego Junior Olympic Championships in Poway, February 24-26th.

Our swimmers did a great job with over many best times and many amazing performances. Some of the highlights included some first time finalists, exciting relays, and some great team spirit! We proudly took home the 2nd place overall team trophy!

It was amazing to see the great strides that RSD has made in the past year. Our team spirit, never give up attitude, and adherence to our team values was all evident at the Junior Olympics!

All of our swimmers were amazing and contributed to this special team effort. Some of our swimmers stood out from the pack, including meet high point winners such as Isabella Abrajan for 11–12-year-old girls, and Eric Workman for the 13–14-year-old boys.

Isabella broke 4 San Diego-Imperial Swimming records, including the long standing 50 and 100 yard butterfly events, as well as both the 100 and 200 yard individual medley events. She also won first place in every event that she swam. Eric had exceptional performances in all of his races winning the 100, 200, 500 & 1000 freestyle events.

Our 13–14-year-old boys were an outstanding group of swimmers this year, sweeping all of the relays and getting second or third in three as well with our B relay. Two of those winning relays were San Diego-Imperial Swimming records.

Our ten and under and 11-12 age groups were amazing as well, having our best year ever in those age groups. Special congratulations to event winners Ethan Hildesheim (100 & 200 breaststroke), Yuma Dugas (400 IM, 100 Fly), Mason Morris (200 Fly), Phil Pozdnyakov (100 back & 200 IM), and Carlos Munoz (200 back & 1650 free).



all

We are extremely proud of all of our swimmers and the many accomplishments and achievements reached this past weekend. Go RSD!!



Summer Schedules Available!

Our **Summer Meet Schedule** & [Summer Practice Schedule](#) have been finalized and are now available to view. We are very pleased to announce that we have again secured practice space for several of our groups to train long course during the summer at Cathedral Catholic High School. This is a huge benefit to the quality of our program and we are thrilled to provide this opportunity to our swimmers. This will enhance our training and will greatly benefit the long term development and excellence of our program. We hope you are as excited as we are for this opportunity!

We do understand that the adjusted practice schedule may be difficult for some families so we are doing everything we can to be as accommodating and as flexible as possible. We are opening up as many opportunities as we can to ensure our swimmers can practice as much as possible. **For the summer only**, we will be opening up cross-over between our weekday and weekend Fish Groups so that swimmers are welcome to attend any of the practices offered at their level. Swimmers at the Leopard Shark level and above are welcome to attend our LPO (Late Practice Option) practices as it fits your family schedules.

RSD Summer 2017 Meet Schedule

Date	Event	Attendees
Mar 2-5	Sectionals	All Qualified Sr. Swimmers
Mar 11-12	JO Max	All swimmers with less than 5 JO cuts
Mar 22nd	BIOA	ALL RSD SWIMMERS
Mar 28th	Team Banquet	ALL RSD SWIMMERS
Mar 30-Apr 2	Far Westerns	All qualified 14 & Under swimmers
Apr 22-23	A/B LC meet	All swimmers with A/B times
Apr 27-30	SMOC	All Qualified Sr. Swimmers
Apr 29-30	C Meet	All swimmers with times slower than B
May 13th	CIF	All Qualified H.S. Swimmers
May 19-21	A/B LC meet	All swimmers with A/B times
May 26-28	NOVA Grand Challenge	All Qualified Sr. Swimmers
May 27-28	C Meet	All swimmers with times slower than B
Jun 3rd*	RSD meet	ALL RSD SWIMMERS
Jun 9-11*	A/B LC meet	All swimmers with A/B times
Jun 15-18	JAGs	All qualified 14 & Under swimmers
Jun 23*	IMX time trial	TBA
Jun 24-25*	C Meet	All swimmers with times slower than B
Jun 27-Jul 1	Nationals	All Qualified Sr. Swimmers
Jul 7-9	A/B LC meet	All swimmers with A/B times
Jul 14-16*	LA Invite	All Qualified Sr. Swimmers
Jul 20-23	Sectionals	All Qualified Sr. Swimmers
Jul 27-30	JO's	All Qualified
Aug 2-7*	Jr. Nationals	All Qualified
Aug 1-6*	NCSA	All Qualified Sr. Swimmers
Aug 9-12	WZ Age Group Champs	All Qualified
Aug 12-13	JO Max	All swimmers with less than 5 JO cuts

*tentative

The complete meet schedule w/ location and entry deadlines will be released soon via email and posted on RSD website. In the meantime, save the dates for the upcoming meets!

RSD Summer 2017 Practice Schedule

Effective June 19

Group	Day	Time	Location
FSS Grunion	Friday	3:15–4:10 p.m.	@ BGC
	Saturday and Sunday	9:00–9:55 a.m.	
FSS Corvina	Friday	3:15–4:15 p.m.	@ BGC
	Saturday and Sunday	8:00–9:00 a.m.	
FSS Leopard Shark	Friday	4:00–5:00 p.m.	@ BGC
	Saturday and Sunday	9:00–10:00 a.m. or 3:00–4:00 p.m.	
Corvina	Monday through Thursday	8:00–9:00 a.m.	@ BGC
Leopard Shark	Monday through Thursday	9:50–10:50 a.m.	@ BGC
Red	Monday through Friday	8:50–10:00 a.m.	@ BGC
White	Monday and Friday	7:15 a.m. dryland 7:30–9:00 a.m. swim	@ BGC
	Tuesday, Wednesday, and Thursday	9:00 dryland 9:30–11:00 a.m. swim	@ CCHS
Blue	Monday and Friday	7:15 a.m. dryland 7:30–9:00 a.m. swim	@ BGC
	Tuesday, Wednesday, and Thursday	9:00 a.m. dryland 9:30–11:15 a.m. swim	@ CCHS
Sr. Development	Monday through Thursday	3:15–4:45 p.m.	@ BGC
Sr. Red	Monday through Friday	4:30–6:15 p.m.	@ BGC
Sr. White & Blue	Monday and Friday	6:45 a.m. dryland 7:30–9:30 a.m. swim	@ CCHS
	Tuesday, Wednesday, and Thursday	6:45 a.m. dryland 7:30–9:00 a.m. swim 9:00–9:30 a.m. run	@ BGC
Sr. Champ Prep & Sr. Champ	Monday and Friday	9:15–11:30 a.m.	@ CCHS
	Tuesday, Wednesday, and Thursday	7:15–9:30 a.m. swim 9:30–10:15 a.m. dryland	@ CCHS
	Tuesday, Wednesday, and Thursday	2:00–4:00 p.m.	@ BGC
LPO (Late Practice Option)	Monday through Thursday	3:15–4:45 p.m.	@ BGC

Notes: BGC = Boys & Girls Club, CCHS = Cathedral Catholic High School

New Team Members:

RSD Summer Swim League



Tell A Friend, Tell A Neighbor!

Rancho San Dieguito Swimming is proud to offer a Summer Swim League designed for the novice swimmer, serving as a fun introduction to the world of swimming. There are 50 spots available on a first come, first serve basis.

Who's Welcome to Attend?

- Any swimmer ages 5-14 who are able to demonstrate a 50 yard freestyle unassisted and without stopping, under 2:15. Registration through USA Swimming is required.

What you'll learn:

- An introduction to four competitive swim strokes
- Dives/turns/ finishes/ USA Swimming Rules and Regulations
- Advanced stretching techniques
- Team culture and values: Integrity, Leadership, Quality, Teamwork, Excellence, Respect

RSD Summer Swim League:

- Professionally coached by fully certified and trained USA Swimming Coaches. You will not find a more enthusiastic, involved, and better prepared staff to work with your young swimmers!
- Optional swim meets for a chance to compete in a no-pressure, fun environment

Sessions:

There will be two 3-week sessions available, with a \$50 discount offered to anyone who registers and pays for both sessions upfront. Scholarships are available.

- Session 1: June 26 –July 14 (No practice July 4th) **Cost: \$200**
- Session 2: July 17-August 4 **Cost \$200**
- Sessions 1 & 2: June 26-August 4 **Cost \$350**
- Practice Times: Mon, Wed, Fri 2:30-3:30pm

Registration open! [Click Here](#) to register!

If you have any questions, please email Nicole Douglas at ndouglas@bgcsandieguito.org

Competition Swimsuit and Swim Cap Policy

The RSD competition suit policy requires all RSD athletes to wear a Speedo suit in any competition (excluding Club Meets offered during practice). Swimmers may only wear a team cap. Our Speedo competition suits come in four different color options:



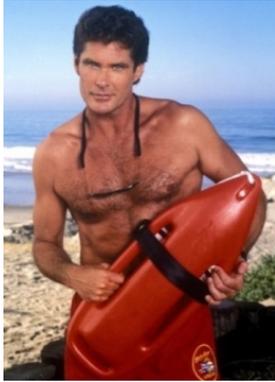
1. Speedo Solid Navy
2. Speedo Solid Red
3. Speedo Navy/Red Combo
4. Speedo Solid Black

As you may already know, we are a Speedo sponsored swim team. Since the consequence could be as severe as losing our sponsorship with Speedo and all that they offer us, we will enforce our team suit policy at competitions. Swimmers who do not have a Speedo suit with one of our four color options will be expected to purchase or borrow one (if available) or we will remove any swimmer from a competition. We thank you for your understanding and adherence to this policy.

Team swim caps are available at the RSD Aquatics office.

Team swimsuits are available from Paradowski's [Click Here](#)

Aquatics Department Info



Lifeguarding Class at the Pardee Aquatics Center

Dates:

March 18, 19, 25, 26

Time:

10:00am-6:00pm each day

Grab a flyer at the Aquatics office or visit: <http://bgcsandieguito.org/registration/pardee-aquatics-center/> for more details and to register.

If there are any questions regarding this course please contact the Aquatics Department at 858-755-4904 or email aeaton@bgcsandieguito.org.

Swim Lessons at the BGC

Spring swim lessons are now available for registration!

We have Otter, Seal, and RSD Prep weekday classes, as well as group and private weekend classes. In addition to our normal class offerings, we have added Little Junior Guard Prep and Junior Guard Prep classes on the weekend to help prepare your children for summer junior lifeguard beach programs.



You can register for any of our classes at the Boys and Girls Clubs of San Dieguito webpage [HERE](#).

Starting on March 1st, our two week summer lessons will be available for registration! We offer group, semi-private, and private lessons in two-week sessions that run from Monday-Thursday. Working in conjunction with the summer camp program we also offer Camp and Swim if you are interested in swimming and day camp. You can register for these lessons at the same link above under the Summer 2017 section of the page. If you have any questions please feel free to contact us at the Aquatics Office (858)-755-4904.



News You Can Use

Why hire the swimmer who swam all four years of college?

Published on February 11, 2017

Search "hire a student-athlete" and five seconds later you've found dozens of articles as to why student-athletes make the best additions to any organization, which is almost always true. A student-athlete is focused, organized and has a drive for excellence that can't be competed with. There is a certain breed of student-athlete though that is elite compared to others, and that is a swimmer.

Full disclosure, the swimmer I speak of is not one that swam for a handful of years, or just in high school. The swimmer being described is one that has committed not only most their life, but four years of their college career to competitive swimming.

This swimmer perseveres.

Have you ever worked hard on a project for an entire week and finally present a seamless masterpiece to your client that brings you great recognition? What if this masterpiece only lasted twenty seconds and what if your hard work lasted 22 weeks? Would it be worth it? This swimmer has lived this scenario and has done it for most of their life. The ability to work towards a goal for such a long time is something that's not found in most people, and could be an asset for multi-year projects.

What doesn't always happen is being successful, but this swimmer comes back year after year to achieve greatness.

This swimmer knows how to work hard.

To be the best at swimming you must put in work outside of the 22-week season to be competitive, which turns into four years of non-stop training. Worried about this swimmer burning out? Don't forget, this swimmer made it through four years of 5 a.m. alarm clocks, Saturday morning swims and hundreds of thousands of yards. If they made it through that, they can do anything.

What makes this swimmer even more extraordinary is that swimming wasn't the only thing they did for four years, they worked, interned and got an education. If this swimmer didn't work hard they would have failed, so working hard became such a norm it's now as much a part of them as the chlorine smell from their skin.

This swimmer is loyal without recognition.

A virtue that a lot look over today is loyalty. This swimmer has been loyal to the sport because they love it. They don't swim to be popular or rich because most people hardly know anything about it unless the Olympics are on.

There's nothing more discouraging than achieving a best time and sharing with friends and family to have them not understand that having a two second personal best in the 50 freestyle is great, not, "well that's good." But, because they love swimming, they stick around.

This swimmer is as equally intrinsically motivated as extrinsic.

The sport of swimming has a lot of direct correlations with the workforce. The goal is to have each employee work their hardest so that the end goal can be achieved. This swimmer tries their hardest as an individual and in relays because they want to win just as much as anyone.

This swimmer is going to have a hole.

To have something so important in their life suddenly end after graduation is going to leave a hole. Wouldn't you want to have them focus this loyalty, dedication, perseverance and motivation at your organization? If this swimmer found half the amount of passion in your organization as they did in swimming, hold onto something because they're about to take you on a ride to success.



Ben Fisher

Social Media Intern at University of Wisconsin-Eau Claire

The Beginner's Guide to Deliberate Practice

by James Clear

[Read this on JamesClear.com](https://www.jamesclear.com)

In some circles, Ben Hogan is credited with “inventing practice.”

Hogan was one of the greatest golfers of the 20th century, an accomplishment he achieved through tireless repetition. He simply loved to practice. Hogan said, “I couldn't wait to get up in the morning so I could hit balls. I'd be at the practice tee at the crack of dawn, hit balls for a few hours, then take a break and get right back to it.” [1]

For Hogan, every practice session had a purpose. He reportedly spent years breaking down each phase of the golf swing and testing new methods for each segment. The result was near perfection. He developed one of the most finely-tuned golf swings in the history of the game.

His precision made him more like a surgeon than a golfer. During the 1953 Masters, for example, Hogan hit the flagstick on back-to-back holes. A few days later, he broke the tournament scoring record. [2]

Hogan methodically broke the game of golf down into chunks and figured out how he could master each section. For example, he was one of the first golfers to assign specific yardages to each golf club. Then, he studied each course carefully and used trees and sand bunkers as reference points to inform him about the distance of each shot. [3]

Hogan finished his career with nine major championships—ranking fourth all-time. During his prime, other golfers simply attributed his remarkable success to “Hogan's secret.” Today, experts have a new term for his rigorous style of improvement: deliberate practice.

What is Deliberate Practice?

Deliberate practice refers to a special type of practice that is purposeful and systematic. While regular practice might include mindless repetitions, deliberate practice requires focused attention and is conducted with the specific goal of improving performance. When Ben Hogan carefully reconstructed each step of his golf swing, he was engaging in deliberate practice. He wasn't just taking cuts. He was finely tuning his technique.

The greatest challenge of deliberate practice is to remain focused. In the beginning, [showing up and putting in your reps](#) is the most important thing. But after a while we begin to carelessly overlook small errors and miss daily opportunities for improvement.

This is because the natural tendency of the human brain is to [transform repeated behaviors into automatic habits](#). For example, when you first learned to tie your shoes you had to think carefully about each step of the process. Today, after many repetitions, your brain can perform this sequence automatically. The more we repeat a task the more mindless it becomes.

Mindless activity is the enemy of deliberate practice. The danger of practicing the same thing again and again is that progress becomes assumed. Too often, we assume we are getting better simply because we are gaining experience. In reality, we are merely reinforcing our current habits—not improving them.

Claiming that improvement requires attention and effort sounds logical enough. But what does deliberate practice actually look like in the real world? Let's talk about that now.

Examples of Deliberate Practice

One of my favorite examples of deliberate practice is discussed in [Talent is Overrated](#) by Geoff Colvin. In the book, Colvin describes how Benjamin Franklin used deliberate practice to improve his writing skills.

When he was a teenager, Benjamin Franklin was criticized by his father for his poor writing abilities. Unlike most teenagers, young Ben took his father's advice seriously and vowed to improve his writing skills.

He began by finding a publication written by some of the best authors of his day. Then, Franklin went through each article line by line and wrote down the meaning of every sentence. Next, he rewrote each article in his own words and then compared his version to the original. Each time, “I discovered some of my faults, and corrected them.” Eventually, Franklin realized his vocabulary held him back from better writing, and so he focused intensely on that area.

Deliberate practice always follows the same pattern: break the overall process down into parts, identify your weaknesses, test new strategies for each section, and then integrate your learning into the overall process. Here are some more examples.

Cooking: Jiro Ono, the subject of the documentary [Jiro Dreams of Sushi](#), is a chef and owner of an award-winning sushi restaurant in Tokyo. Jiro has dedicated his life to perfecting the art of making sushi and he expects the same of his apprentices. Each apprentice must master one tiny part of the sushi-making process at a time—how to wring a towel, how to use a knife, how to cut the fish, and so on. One apprentice trained under Jiro for ten years before being allowed to cook the eggs. Each step of the process is taught with the utmost care.

Martial arts: Josh Waitzkin, author of [The Art of Learning](#), is a martial artist who holds several US national medals and a 2004 world championship. In the finals of one competition, he noticed a weakness: When an opponent illegally head-butted him in the nose, Waitzkin flew into a rage. His emotion caused him to lose control and forget his strategy. Afterward, he specifically sought out training partners who would fight dirty so he could practice remaining calm and principled in the face of chaos. “They were giving me a valuable opportunity to expand my threshold for turbulence,” Waitzkin wrote. “Dirty players were my best teachers.”

Chess: Magnus Carlsen is a chess grandmaster and one of the highest-rated players in history. One distinguishing feature of great chess players is their ability to recognize “chunks,” which are specific arrangements of pieces on the board. Some experts estimate that grandmasters can identify around 300,000 different chunks. Interestingly, Carlsen learned the game by playing computer chess, which allowed him to play multiple games at once. Not only did this strategy allow him to learn chunks much faster than someone playing in-person games, but also gave him a chance to make more mistakes and correct his weaknesses at an accelerated pace.

Music: Many great musicians recommend repeating the most challenging sections of a song until you master them. Virtuoso violinist Nathan Milstein says, “Practice as much as you feel you can accomplish with concentration. Once when I became concerned because others around me practiced all day long, I asked [my professor] how many hours I should practice, and he said, ‘It really doesn’t matter how long. If you practice with your fingers, no amount is enough. If you practice with your head, two hours is plenty.’” [4]

Basketball: Consider the following example from Aubrey Daniels, “Player A shoots 200 practice shots, Player B shoots 50. The Player B retrieves his own shots, dribbles leisurely and takes several breaks to talk to friends. Player A has a colleague who retrieves the ball after each attempt. The colleague keeps a record of shots made. If the shot is missed the colleague records whether the miss was short, long, left or right and the shooter reviews the results after every 10 minutes of practice. To characterize their hour of practice as equal would hardly be accurate. Assuming this is typical of their practice routine and they are equally skilled at the start, which would you predict would be the better shooter after only 100 hours of practice?”

The Unsung Hero of Deliberate Practice

Perhaps the greatest difference between deliberate practice and simple repetition is this: feedback. Anyone who has mastered the art of deliberate practice—whether they are an athlete like Ben Hogan or a writer like Ben Franklin—has developed methods for receiving continual feedback on their performance.

There are many ways to receive feedback. Let’s discuss two.

The first effective feedback system is measurement. The things we measure are the things we improve. This holds true for [the number of pages we read](#), [the number of pushups we do](#), [the number of sales calls we make](#), and any other task that is important to us. It is only through measurement that we have any proof of whether we are getting better or worse.

The second effective feedback system is coaching. One consistent finding across disciplines is that coaches are often essential for sustaining deliberate practice. In many cases, it is nearly impossible to both perform a task and measure your progress at the same time. Good coaches can track your progress, [find small ways to improve](#), and [hold you accountable](#) to delivering your best effort each day.

The Promise of Deliberate Practice

Humans have a remarkable capacity to improve their performance in nearly any area of life if they train in the correct way. This is easier said than done.

Deliberate practice is not a comfortable activity. It requires sustained effort and concentration. The people who master the art of deliberate practice are committed to being lifelong learners—always exploring and experimenting and refining.

[Deliberate practice is not a magic pill](#), but if you can manage to maintain your focus and commitment, then the promise of deliberate practice is quite alluring: to get the most out of what you've got.

FOOTNOTES

1. [Interview](#) with George Peper. *GOLF Magazine*. September 1987.
2. Hogan's precision with the golf club allowed him to play the game in a different way than most. Once, another golf pro came to him for advice and said, "I'm having trouble with my long putts." Hogan simply replied, "Why don't you try hitting your irons closer to the pin?"
3. Ben Hogan was relentless in his quest for improvement. According to one [New York Times article](#), Hogan once received a shipment of golf balls before a tournament and examined each one carefully with a magnifying glass. "Some of these balls have a little too much paint in the dimples," he said.
4. [The Making of an Expert](#) by K. Anders Ericsson, Michael J. Prietula, and Edward T. Cokely. *Harvard Business Review*. July-August 2007 Issue.

Thanks for reading! If you enjoyed this email, please forward it to a friend and tell them they can join my free newsletter at jamesclear.com/newsletter



RSD's Swimmers of the Month



Corvina: QUINN GAWLE



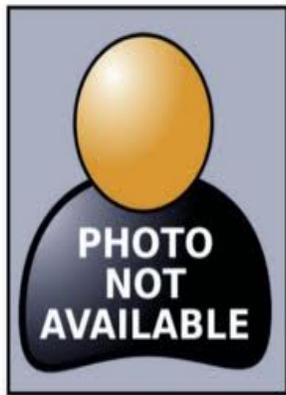
Favorite land animal: Frog
 Favorite sea animal: Sea Turtle
 Favorite unhealthy snack: Fun Dip
 Favorite healthy snack: Apple
 Favorite subject in school: Gym
 Favorite hobby: Football
 What do I want to do when I grow up? Professional athlete
 If I had one superpower, what would it be? To fly

Leopard Shark: GAVIN NOGUCHI



Favorite land animal: Dog
 Favorite sea animal: Fish
 Favorite unhealthy snack: Lollipop
 Favorite healthy snack:
 Favorite subject in school: Science
 Favorite hobby: Fishing
 What do I want to do when I grow up? Engineer
 If I had one superpower, what would it be? Swim like MP

LCV:



Favorite land animal:
 Favorite sea animal:
 Favorite unhealthy snack:
 Favorite healthy snack:
 Favorite subject in school:
 Favorite hobby:
 What do I want to do when I grow up?
 If I had one superpower, what would it be?

Thumbs Up!





RSD's Swimmers of the Month



FSS Grunion: OMAR TAWFIK



Favorite land animal: Cheetah
 Favorite sea animal: Dolphin
 Favorite unhealthy snack: French fries
 Favorite healthy snack: Banana
 Favorite subject in school: PE
 Favorite hobby: Listening to music
 What do I want to do when I grow up? Sea animal rescuer
 If I had one superpower, what would it be? Flying and rescuing people anywhere

FSS Corvina: LAYA VIJAYANAND



Favorite land animal: Dog
 Favorite sea animal: Dolphin
 Favorite unhealthy snack: Vanilla Cake
 Favorite healthy snack: Strawberries
 Favorite subject in school: Writing
 Favorite hobby: Cooking
 What do I want to do when I grow up? Doctor
 If I had one superpower, what would it be? Shape-shifting

FSS Leopard Shark: THOMAS LIEN



Favorite land animal: Wolf
 Favorite sea animal: Orca
 Favorite unhealthy snack: Hot Cheerios
 Favorite healthy snack: Apple
 Favorite subject in school: Math and History
 Favorite hobby: Play legos, swim, play video games
 What do I want to do when I grow up? Swimmer, doctor, engineer
 If I had one superpower, what would it be? Speed

Thumbs Up!





RSD's Swimmers of the Month



Red: SEBASTIAN FAIRON



Favorite land animal: Snake
 Favorite sea animal: Shark
 Favorite unhealthy snack: Tigers Milk
 Favorite healthy snack: Kale Chips
 Favorite subject in school: Science
 Favorite hobby: Skateboard
 What do I want to do when I grow up? Olympic swimmer
 If I had one superpower, what would it be? Press bellybutton and be invisible

White: NORAH KOTNIK



Favorite event: 50 Backstroke
 Favorite song: Gold on the Ceiling
 Favorite food before practice: Seaweed
 Favorite food after practice: Hamburger
 Hobbies: Swimming, basketball, soccer
 Favorite book: Harry Potter Goblet of Fire
 Favorite TV show: Good Luck Charlie
 Favorite athlete: Missy Franklin
 Favorite quote: "Just keep swimming" - Dory

Blue: KATHRYN HENNESSY



Favorite event: 200 & 500 Free
 Favorite song: Safe till Tomorrow
 Favorite food before practice: Apple
 Favorite food after practice: Bar
 Hobbies: Piano, swim, friends
 Favorite book: Because of Mr. Terupt
 Favorite TV show: Dance Moms
 Favorite athlete: Katie Ledecky
 Favorite quote: Winners never quit and quitters never win.

Thumbs Up!





RSD's Swimmers of the Month



Senior Development: WILLIAM BEALES



Favorite event: 500 Freestyle
 Favorite song: Heathens – 21 Pilots
 Favorite food before practice: Beans
 Favorite food after practice:
 Hobbies:
 Favorite book:
 Favorite TV show: Stranger Things
 Favorite athlete:
 Favorite quote:

Senior Red: ETHAN MODIGH



Favorite event: 50 Back
 Favorite song: unknown..
 Favorite food before practice: Chips
 Favorite food after practice: Sandwich
 Hobbies: Music
 Favorite book: Macroscope
 Favorite TV show: Top Gear
 Favorite athlete: Me 😊
 Favorite quote: unknown...

Senior White: MORGAN PUGLISI



Favorite event: 100 Fly
 Favorite song: Brothers by Need To Breathe
 Favorite food before practice: Fruit
 Favorite food after practice: Pasta
 Hobbies: Hanging out with friends, watching movies
 Favorite book: The Hiding Place
 Favorite TV show: The Gilmore Girls
 Favorite athlete: Jordan Naughton
 Favorite quote: "Live life in the moment" - Jordan Naughton

Thumbs Up!





RSD's Swimmers of the Month



Senior Blue: MIA KRAGH



Favorite event: 100 Fly
 Favorite song: Never Give Up
 Favorite food before practice: Carbopro
 Favorite food after practice: Chocolate milk
 Hobbies: Swimming, eating, sleeping
 Favorite book: The Uglies
 Favorite TV show: Modern Family
 Favorite athlete: Michael Phelps
 Favorite quote: "Positivity is key"

Senior Championship Prep: YUMA DUGAS



Favorite event: 400 IM
 Favorite song: Ivy by Frank Ocean
 Favorite food before practice: Burrito
 Favorite food after practice: Muffin
 Hobbies: Lifting
 Favorite book: Don't read (that often)
 Favorite TV show: Rick & Morey
 Favorite athlete: Izzy A
 Favorite quote: Just do it!

Senior Championship: GEORGE WYTHES



Favorite event: 200 Back
 Favorite song: My neck, my back
 Favorite food before practice: PB&J
 Favorite food after practice: PB&J
 Hobbies: Eating PB&Js, sleeping
 Favorite book: The Stranger
 Favorite TV show: Criminal Minds
 Favorite athlete: Kaito Koyama
 Favorite quote: "Sorry, I was sleeping" – Edwin Lin

Thumbs Up!

