



AUGUST 1, 2010

Volume 1, Issue 2

Upcoming Swim Meets:

August 6-8: Junior Olympics South Corpus Christi

2010 LCM STAGS & Seniors Champs Report

Congratulations to Brownsville Aquatics swimmers participating in South Texas STAGS and Seniors Championship Meets.

STAGS results:

Castillo Stephanie Age 11: 400 Free 5 place time 5:27.68; 200 Back 12 place time 53:02.50; 50 Breast 15 place time 46.22; 200 Breast 8 place time 3:30.92; 100 Fly 11 place time 1:25.59; 200 Fly 5 place time 3:05.77; 200 IM 14 place time 3:02.08

Besteiro Ivana Age 12: 100 Fly 18 place time 1:26.20; 50 Back 8th place time 36.92; 50 Breast 13 place time 42.92; 100 Breast 17 place time 1:36.73; 200 Breast 19 place time 3:28.24; 200 IM 7 place time 2:53.55; 400 IM 12 place time 6:21.55

Shea Ryan Age 11: 50 Free 23 place time 39.26; 50 Fly 12 place time 43.75

Ashford Jonathan Age 12: 50 Free 21 place time 33.00; 100 Free 24 place time 1:12.58; 50 Breast 4 place time 40.20, 100 Breast 8 place time 1:29.22; 200 Breast 4 place time 3:12.95; 200 IM 13 place time 2:54.21

Seniors results:

Gozdalski Christine Age 13: 50 Free 47 place time 32.76; 100 Free 47h place time 1:09.43; 200 Free 31 place time 2:29.80; 400 Free 36 place time 5:25.78; 200 Back 38 place time 2:57.08; 100 Breast 39 place time 1:39.26

Morales Brianna Age 15: 50 Free 27 place time 31.01; 100 Free 34 place time 1:08.23; 100 Breast 21 place time 1:28.11; 200 Breast 16 place time 3:11.42; 200 IM 26 place time 2:49.92

Castillo Natalie Age 16: 400 Free 11 place time 5:02.37; 200 Back 23 place time 2:48.66; 100 Breast 22 place time 1:29.31; 100 Fly 30 place time 1:16.59; 200 Fly 3 place time 2:42.85; 200 IM 15 place time 2:43.11; 400 IM 8 place time 5:43.67

Salinas Victoria Age 17: 50 Free 1st place time 28.03; 100 Free 2nd place time 1:02.36; 200 Free 10th place time 2:21.29; 100 Back 13th place time 1:15.70; 100 Breast 17 place time 1:27.67; 100 Fly 3 place time 1:09.00; 200 Fly 5 place time 2:45.80

Euresti Daniel Age 13: 50 Free 11 place time 28.31; 100 Free 21 place time 1:02.83; 200 Free 26 place time 2:18.88; 400 Free 20 place time 4:53.35; 100 Back 20 place time 1:14.46; 100 Fly 24 place time 1:11.99; 200 Fly 13 place time 2:46.01

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Back and forth, you slog listlessly down the lane. The black line on the bottom looks endless. Your arms feel like lead, your legs like petrified wood. Your mind is blank, and your heart is heavy. You're not having fun.

Everybody has a bad day in the pool now and then. Not only is it nothing to worry about, but a day when every stroke is a struggle can actually help lift your swimming to the next level –if you push yourself through it. But if every day is a bad pool day, if you have to drag yourself to practice (or your mom or dad do), if you just can't get into a workout and your enthusiasm and excitement have fizzled out, it's time to think about what you're doing, both in and out of the water. And why. You could be headed for burnout. But before you're so sick of swimming you feel like quitting, take these steps:

Bed Check – Americans are stingy with their sleep, and active teens and preteens actually need more than eight hours a night. Not sleeping enough can wreck both your progress in the pool and your enthusiasm for swimming. It can be tough to fit in swimming, school, studying and some fun into a day, but don't trade sleep time for TV watching, computer games or on-line puttering.

Rest Stop -- Overtraining is a major cause of burnout. You've got to give your body time to recover from workouts, so don't do more pool or dry-land exercise than your coach advises. Take at least one day a week away from the water altogether, and don't use the time to exercise!

Speak Up -- If your coach or the calendar says it's time to move up to the next level, but you don't think you can handle it, say so. "I think it's essential that young swimmers feel in control of what they're doing," says Laura Cox, a coach with the Alamo Area Aquatic Association in San Antonio, Texas. "Kids want to feel challenged and should be encouraged to seek challenges, but only they can tell when it's too much." A lot of young swimmers who stay at their old level for a few extra months quickly find that they want that new challenge. On the other hand, says Cox, kids who are forced to move up before they feel ready are often the ones who quit swimming altogether.

If you don't feel comfortable talking with your coach alone about this, ask a parent, another adult you trust or even an older swimmer to go with you. The real point is you taking responsibility for your swimming.

Step Up -- On the other hand, maybe you're sick of swimming because you're not challenged enough. It's easy to get into a comfortable rut, but stepping out of your comfort zone regularly makes you grow both as an athlete and a person, says sports psychologist Alan Goldberg, Ph.D. Stretch your limits, he suggests and discover you can do more than you thought you could. You'll get excited about swimming again.

Find the fun -- "I don't think anyone will burn out as long as they remember that swimming is a game, and games are fun," says sports psychologist, writer and coach Keith Bell, Ph.D. "Everyone involved has a responsibility to make sure that swimming is fun, even in intense training." One way to do that is to remember that setting a goal is what makes an activity into a game. "Every time you get in the pool, you can play a game if you set yourself some goals,"

says Bell. "I think goals are tremendously important in practices and workouts, because a goal is an excuse for a game. And even if you don't reach your goal, it's okay as long as your game was interesting and fun."

Be human – It's great to expect great things from yourself. It's even okay to try to do well partly because it pleases people who matter to you, like your parents, your coach, or your teammates. But sports psychologists say that constantly refusing to accept anything less than perfection from yourself is a sure setup for burnout. And so is measuring your self-worth by how well you do in the pool. Don't beat up on yourself when you fail. You learn more from failure than success.

Remember the Real Rewards – "Swimming is a richly rewarding experience that you can have every day of your life," says Bell. "Swimming does amazing things for your body, and research suggests that those things can help you lead a long, healthy life. Swimming is one of the few sports that people can continue to do well their entire lives. That alone is an enormous incentive to keep it fun.

"Look for the rewards that are less tangible than a medal," he says. "My wife (Sandy Neilsen) won three Olympic golds, and I've never won a race anywhere near that level. But Sandy never got any more out of swimming than I did, and we both still love it, and we both still swim every day. Discover and hold onto all the things that swimming gives you."

Swim for yourself – If you're swimming because someone expects you to, or getting the message that winning races is the only reason to swim, you'll either have to find your own reasons or another sport. Swimming is demanding – of your time, your body, and your spirit – and ultimately if you're not doing it for yourself, and having fun in the process, you'll burn out.

It's a Choice, Not a Sacrifice – Speaking of those demands, it helps if you think of what you do, and don't do, to be a swimmer of choices, not sacrifices. "Don't confuse not getting something good with getting something bad," says Bell. For instance, if you pass up a Friday night out with your friends so you can make an early Saturday practice, that doesn't make practice a bad thing. "Making choices is part of life and growing up. Sooner or later we all have to decide between options," he says. "In my opinion, the choices we make to be swimmers are all good things."

Get a Life – That said, remember that there's a world outside the pool. Swimming may be a big part of your life, but it shouldn't be your life. Don't use swimming as an excuse to neglect schoolwork or your family. Cultivate some other interests. Spending time on an enjoyable hobby refreshes and recharges you. Make some friends who don't swim. They're the folks who will be cheering you on in the stands.

Five Minutes Before Each Swimming Race - Mind Training Tips for Swimmers

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The most vital time for a competitive swimmer is in the five minutes before each race. This is the time that makes or breaks a swimmer – often from this time they will end up on the block either mentally prepared or beaten before they start. During this time the mind becomes ‘programmed’ for a particular result, from being bombarded by a host of positive or negative thoughts – and these determine the quality of the swim to come. These thoughts can come in several different forms – some will be mental images (pictures) which float through the mind, physical feelings, and also a constant stream of inner dialogue (words) which are voicing how you feel about the race to come. It is crucial during this period that the mind is firmly directed to think positively about the approaching race. The conscious mind will always try to challenge the swimmer before a race, it will throw doubts, fears, worries and anxieties at them to test their mettle, but it’s their response to these thoughts which decides just how well they’ll go

in that particular race. Each time these negative thoughts must be completely erased or ‘squashed’, and replaced with something more positive. This is vital. Doubts, if not erased immediately, gather ‘fuel’ and become stronger and more intimidating, and they do not direct the body towards strong performances. Even worse, the mind knows exactly what thoughts to use to scare a swimmer before a race begins - they could be worries about their own ability, or intimidation and fear of other swimmers. This can make them very difficult to overcome if the swimmer is not careful. The first step to overcoming negative thoughts is to notice them. Then you must erase them. Finally, you replace them. Notice them, erase them, and replace them. For instance, just before a race you might catch yourself thinking "I'm not good enough to win this race", as you are noticing the other swimmers in the

marshalling area. As soon as you recognize that this is a negative thought, it must be erased mentally, the way you would delete something off your computer screen. This can be done effectively by inwardly saying to yourself ‘cancel that’ immediately after every single negative thought. This will eventually become an automatic ‘trigger’ for the mind to demolish that negative thought entirely. Next, follow this by mentally repeating a positive thought to yourself, something that makes you feel good just by thinking it - eg. "I'm getting better all the time". Try this every time you feel challenged by doubt or fear, and eventually most of these thoughts will evaporate and disappear. Remember, it’s not just your thoughts that are important, but your reaction to them that counts. Once you’ve mastered your mind, you’ll have mastered your body.



"In training everyone focuses on 90% physical and 10% mental, but in the races its 90% mental because there's very little that separates us physically at the elite level".

Elka Graham



Collegiate Swimming Information

Coaching Staff

Head coach:
Ryan Shea

Assistant coaches
Danny Euresti
Albino Cisneros
Javier Saenz
Erika Sandoval
Sam Perez

We are on the web @
brownsvillaquatics.com.

For most of our swimmers obtaining swimming scholarship in college is ultimate dream. The National Federation of State High School Association (NFHS) estimates that over 6.5 million high school athletes are engaged in NFHS-sponsored sports programs annually. This equates to roughly 1.2 million high school seniors each year. Conversely, there are roughly 30,000 Division I grant-in-aid scholarships available, many of which are not full scholarships. Remember you are a student first and your goal is first to earn a degree not just swim.

There are presently five competitive levels of collegiate swimming sponsored by three collegiate organizations The National Collegiate Athletic Association (NCAA), is a non-profit association comprised of more than 1260 schools and conferences. The NCAA membership is divided into three legislative and competitive Divisions (I, II, and III). Colleges select, and apply for a classification level that best meets their institutions educational and athletic mission. There are currently 1006 active member schools, 325 in Division I, 270 in Division II, and 411 in Division III. The most notable difference between the divisions is that Division I and II institutions may offer athletic scholarships while Division III schools do not offer athletic scholarships. Presently the limits for Division I swimming scholarships per team is as follows:



Women's Scholarships: 14
Men's Scholarships: 9.9
Division I Swimming Programs:
Women's Programs: 188
Men's Programs: 140
Division II scholarships:
Women's Scholarships: 8.1
Men's Scholarships: 8.1
Women's Programs: 67
Men's Programs: 50

Division III institutions cannot offer athletic scholarships for student athletes. Financial Aid can be offered on a need based assessment only and primarily is in the form of academic scholarships, grants, and student loans.
Women's Programs: 235
Men's Programs: 191

The National Junior College Athletic Association (NJCAA) is the governing body of intercollegiate athletics for two-year colleges. As such, its programs are designed to meet the unique needs of a diverse group of student-athletes who come from both traditional and non-traditional backgrounds and whose purpose in selecting a junior college may be as varied as their experiences before attending college. NJCAA may offer athletic scholarships for student athletes but are not required to do so. Number of NJCAA Swimming Scholarships per team:
Women's Scholarships: 15

Men's Scholarships: 15
The National Association of Intercollegiate Athletics, NAIA, is comprised of over 300 member institutions ranging in size from around 400-2500 students. Roughly 90% of all NAIA schools offer athletic scholarships. A member institution of the NAIA shall award no more institutionally-controlled financial aid to a student-athlete than the actual cost of: 1) tuition; 2) mandatory fees, books and supplies required for courses in which the student-athlete is enrolled; 3) board and room for the student-athlete only, based on the official board and room allowance listed in the institution's catalog. Further financial assistance to a student-athlete, other than listed above, by a member institution shall be prohibited.
Number of NAIA Swimming Programs:
Women's Programs: 19
Men's Programs: 16
There is a college swimming opportunity available for every swimmer who wishes to compete in college regardless of ability. A swimmer does not need to be the fastest recruit on the team or have national cuts in order to swim in college. Please visit AAAA site <http://www.aaaa-sa.org/CollegeSwim-1105.htm> for more information on college swimming.

