

# Marlins Memorandum March From Your Marlins Coaches

Quote for March  
*"If you can pick yourself up after a crushing defeat, and go on to win again, you are*

## Mini Marlins

**Clare and Sydney**

As we prepare for the 8 and Under Championships, our goal will be on improving racing starts and turns as well as fine tuning and breaking down all stroke techniques and biomechanics. Many of our younger swimmers, still have difficulty with breaststroke kick and butterfly, therefore our focus for the next few weeks will be on these strokes. If you have any questions regarding the championship meet, and your child's entries please ask your lane coach for clarification. We choose entries based on skill development, past meet performance, and parent-coach communication. We want all of our Mini Marlin swimmers to feel successful at practice and as they compete in meets.

## Novice Group

**Clare and Sydney**

Our Novice group has been working very hard in preparation for upcoming Championship Meets. They have been responding well to the challenges of increased yardage and swim sets. We have been concentrating on fast starts, powerful underwater streamline, and aggressive breakouts. Particular attention will be given to IM transition, turns and stroke refinement throughout the month. Be sure to check your child's entries on Team Unify. If you are attending either meet next weekend, and you have any questions regarding entries, please see your primary lane coach. We look forward to some spectacular swims from our Novice group!

## Junior

**Connor**

As we get ready for the championship season we are pleased to see motivated swimmers eager to hit goal times and qualifying standards for their upcoming Silver and JO championships. Attention to detail at this point in the season is critical, as we emphasize race details, pacing and strategy. Anaerobic stimulus will be incorporated frequently in daily practice plans, in preparation for racing at a high intensity. Additionally, visualization and imagery exercises are a meaningful tool that will be taught to our athletes during practice for future utilization, when pressure and expectations are high, so they are ready! It's important to note that while chasing time standards for qualifying meets is an excellent motivator, its crucial for swimmers to maintain a positive attitude throughout the season. Performance at this time in the season can be stressful for age-group athletes who are hoping to achieve their goals. Failing to achieve short term goals, should be used as a learning experience. Our swimmers need to keep an open mind and know that they will be successful if they trust in the training process.

## Senior

**Zac**

We had two major meets in February which were largely successful showings for the Marlins program. At the High School Boys Section 1 Championships, the Marlins had numerous top-3 finishes and individual champions, including John Laidlaw in the 500 Freestyle and Hudson Chung in the 100 Butterfly. Horace Greeley High School team, which is comprised of many Marlins swimmers, won the meet. Many of the boys will go on to compete at the NYSPHAA Swimming Championships in Long Island in March.

The Marlins then finished the weekend at Senior METS, our local New York metropolitan championships. There the team finished 9th, nearly tripling last years' score with numerous finals swims and top-16 and top-8 finishes. I am proud of our continued improvement in the Senior METS meet, and look forward to further growth in this area down the road.

Based on the individual outcomes of both meets, we have placed an added emphasis on a few areas in training, including our short-axis (butterfly and breaststroke) technique and endurance work, and generally on continuing to introduce longer stroke-specific swim sets to improve our comfort with 200s of stroke. Though challenging, the swimmers have responded well to these adjustments.



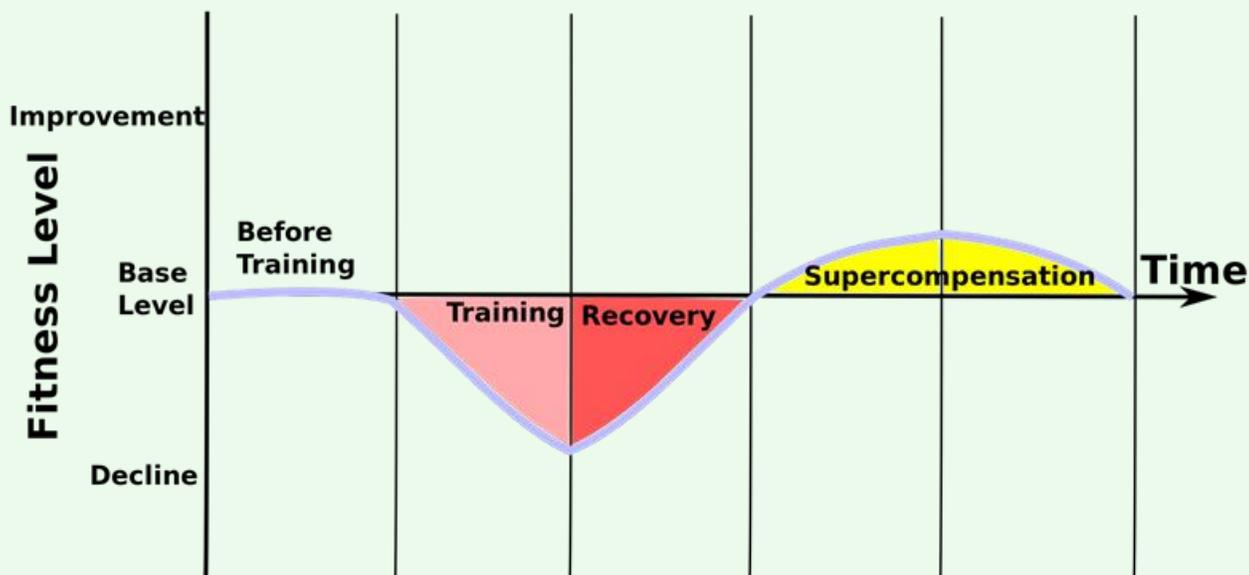
# Important Reminders

## Get Ready for 8 Under Championships!

We started preparing for the Championship meet with a team Pizza Party with the 8 & unders on Thursday February 27th, during Mini Marlins Mini Marlin's practice. Thank you Mrs. Oh for helping with organizing this. Our swimmers enjoyed pizza, made posters, and made their costumes! The theme for the Marlins this year will be Frozen. The parade of costumes will be on Saturday, March 7th at Felix Festa, directly after warmup. Any questions regarding the meet, reach out to your lane Coaches: Sydney, Jace, Connor and Clare. All of the coaches are looking forward to seeing great accomplishments at this meet. Good Luck 8 and Unders!

### Message from Coach Zac

Swimming is in part an endurance sport, and one critical theory of building endurance and strength is **supercompensation**. Simply put, this theory suggests that training gains are preceded by a period of fatigue, followed by a period of recovery. As we progress in our training at all levels, it is important to keep in mind that consistency through phases of fatigue and discomfort is necessary for the body to adapt. Sometimes, as athletes we feel tired, sore, or just mentally drained. We should listen to our bodies and manage our exertion, but at the same time, being an elite athlete requires the resiliency to push through tough times. My message – if you are able to remain consistent when you are tired, your body will adapt, and eventually, what once seemed insurmountable will become commonplace.



## IMPORTANT DATES FOR MARCH

- ◆ March 1st– PAC Silvers Felix Festa
- ◆ March 5&6– NYSPHSS State Meet –Nassau Aquatic Center
- ◆ March 7&8– 8 Under Championship Meet– Felix Festa Middle School
- ◆ March 7&8– 9 Over Last Chance Meet –AGUA
- ◆ March 13, 14, 15- Junior Olympics– Nassau Aquatic Center
- ◆ March 17, 18, 19, 20, 21- NCSA –Orlando— Happy St. Patrick's Day!
- ◆ \*\*\* April 3, 4, 5- Florida Nationals– Book your Flight!!

## How Swimmers Can Get Started with Visualization and Imagery

by: Olivier Poirier-Leroy    COPYRIGHT © 2020 ·

When Adam Peaty got behind the blocks for the final of the 100m breaststroke at the Rio Olympics, he felt calm. Although there are thousands of people in the stands, millions at home watching, and the expectations and pressure that come with being the world record holder, Peaty is composed.

### He is ready.

As the race gets underway, Peaty isn't first as the eight finalists break the surface of the water. By 25m, he has begun to inch ahead. At 50m, he has almost a body-length on defending Olympic champion Cameron Van Der Bergh in lane three.

Peaty turns, and explodes off the wall, eight one-hundredths of a second under his own world record pace.

The lead quickly grows as Peaty's high-tempo motor hurls him across the surface of the water. Peaty's only competition is the yellow world record line superimposed over his lane. Peaty slams into the wall, turns around, and boom—he's smashed his own world record in an otherworldly 57.13.

It's been a long journey for England's Peaty, who as a young teenager struggled with the fear and pre-race nerves that came with competition.

One of the ways that he learns to bring the fight and his best effort in competition is his relentless preparation, which includes using visualization and imagery to bulletproof his races.

"It's weird because I didn't really get that nervous during the Olympics," said Peaty. "I'd swum that race a thousand times in my head. I'm a big fan of visualization so I'll always visualize my race beforehand."

### How Visualization Improves Performance

Visualization can seem a little absurd on the face of it: So, I sit here, close my eyes, and imagine myself swimming really fast, and then, in real life, I will swim fast?

Without putting too much of a fine point on it, that's basically exactly what happens with visualization. You spend time rehearsing the race you want. The technique. The ease of speed over that first 25m. How you respond to the competition. By providing your brain with a series of repetitions of your ideal performance, you are able to lock it in with greater ease on race day.

Visualization works because it essentially reproduces the physical experience of racing. Your brain has difficulty differentiating between imagined or real-life experiences. Visualization takes advantage of this little loop-hole to give you a tool to bullet-proof your swimming.

Can visualization totally replace my training? Well, no. It's not that powerful.

You are still going to have to go to swim practice and work your butt off. You are still going to need to eat healthy. Get to sleep early. And do the little things right in and out of the pool.

But it can help you maximize the work you are doing in the pool and in the gym. Visualization can help you do more with what you are already doing.

When researchers had participants in a study visualizing themselves weight training, the participants got 13% stronger. Another study had people visualizing themselves shooting awesome free throws for a few weeks, resulting in a 23% improvement without touching a basketball. Visualization works!

Here's how swimmers can get started with visualization and imagery.

### Make the environment real.

Visualization can be used to help prepare you for the competitive environment. When you close your eyes and race that awesome race, imagine the swimmers next to you. The tiles on the bottom of the pool. Your coach standing at the pool's edge, heat sheet rolled up. The more you "see" the more real the visualization feels.

### Use all your senses.

Deepen your visualization work by imaging all the sensations that come along with swimming like a boss. "The texture of the block under your feet. The smell of chlorine in the air. The quick blast of cold water when you dive in."

Go beyond just what you see and go for the full experience of what it's like to swim like at beastly speeds. Hit as many of your senses as you can picturing yourself swimming.

### **Be consistent with it.**

The cool thing about visualization is that you don't need much to get started. Close your eyes and go to town. You can sharpen your mental skills on the way to practice, between prelims and finals at the hotel, and before bed.

The more you use it, the better you get at it, and the more proficient you become, the more your mental rehearsals "set."

### **Rehearse victory and the adversity you will meet on the way.**

Bulletproof your performance by mentally rehearsing the adversity you are likely to swim into—a crowded warm-up pool, not feeling great in the water, a competitor in the heat before you having a lights out swim.

You will experience adversity in competition, and you can better prepare yourself for the eventuality by visualizing yourself overcoming these moments of adversity.

Scale your imagery according to skill and ability.

Imagery works best when it matches up with your preparation, skills and abilities.

While tempting to skip ahead to your gold-medal winning performance four years from now, or daydreaming about swimming at wishful speeds, imagery and visualizations need to be believable.

Your brain is smart enough to know that visualizing yourself swimming a 1:50 when you've never cracked 2:00 is more wishful thinking and realistic imagery training.

Set goals for your imagery that match up to what you want to improve.

Swimmers aren't immune to the mental frustrations that come with high-performance sport. There is that crash in confidence in the hour leading up to a race. Losing focus when things get touch in practice. Bouncing back mentally from injury.

Set goals with your visualization that address the big opportunities you have for improvement in the water. Be tactical about your visualization and zero in on the things that will yield the biggest amount of improvement down the road.

### **Take the Next Step with Your Swimming**

The power of visualization is hard to overstate. Just as it is a powerful weapon for faster swimming, it's almost endlessly versatile. Whether you want to choke-proof your performance on race day, improve your technique, or train yourself to react like a champion when under the lights at the Olympics, consistent and targeted imagery work can help you become a faster, more confident swimmer.

## METRO AGE GROUP STANDARDS 2019-2020 SHORT COURSE

GIRLS	9&U		10		11		12		13		14		15-18		GIRLS
	Silver	JO	Silver	JO	Silver	Team Chal									
50 Free	35.19	32.69	35.19	31.19	30.99	28.59	30.99	27.59	28.79	26.49	28.79	26.09	28.59	26.29	50 Free
100 Free	1:18.49	1:11.19	1:18.49	1:08.79	1:08.29	1:01.69	1:08.29	99.69	1:03.09	97.69	1:03.09	96.39	1:01.09	96.99	100 Free
200 Free	2:49.59	2:34.39	2:49.59	2:27.59	2:25.89	2:14.29	2:25.89	2:10.29	2:16.99	2:05.19	2:16.99	2:02.79	2:10.59	2:02.49	200 Free
500 Free	7:04.99	6:50.99	7:04.99	6:33.99	6:20.79	6:01.99	6:20.79	5:51.99	5:50.59	5:32.99	5:50.59	5:26.99	5:39.99	5:29.99	500 Free
1000 Free										11:15.99		11:08.99		10:59.99	1000 Free
1650 Free															1650 Free
50 Back	41.89	37.79	41.89	36.19	36.09	32.59	36.09	31.59							50 Back
100 Back	1:33.09	1:20.69	1:33.09	1:18.29	1:19.49	1:09.89	1:19.49	1:07.89	1:12.69	1:05.19	1:12.69	1:03.99	1:10.09	1:04.49	100 Back
200 Back					2:46.99	2:32.39	2:46.99	2:28.39	2:36.29	2:19.49	2:36.29	2:17.09	2:29.29	2:19.99	200 Back
50 Breast	47.79	43.59	47.79	41.99	40.59	37.29	40.59	36.29							50 Breast
100 Breast	1:46.19	1:33.19	1:46.19	1:30.79	1:28.69	1:20.19	1:28.69	1:18.19	1:23.49	1:14.79	1:23.49	1:13.39	1:20.89	1:13.99	100 Breast
200 Breast					3:11.19	2:56.39	3:11.19	2:52.39	2:56.99	2:41.19	2:56.99	2:38.79	2:50.99	2:40.99	200 Breast
50 Fly	42.39	36.29	42.39	35.09	34.59	31.29	34.59	29.99							50 Fly
100 Fly	1:37.99	1:26.79	1:37.99	1:23.79	1:19.39	1:10.69	1:19.39	1:07.99	1:11.59	1:04.09	1:11.59	1:02.89	1:09.59	1:02.99	100 Fly
200 Fly					2:49.39	2:42.39	2:49.39	2:38.39	2:36.59	2:27.19	2:36.59	2:24.79	2:33.99	2:26.99	200 Fly
100 IM	1:28.59	1:21.99	1:28.59	1:18.79	1:18.69	1:11.19	1:18.69	1:09.19							100 IM
200 IM	3:13.99	2:52.39	3:13.99	2:47.59	2:48.09	2:30.39	2:48.09	2:26.39	2:41.49	2:21.19	2:41.49	2:18.79	2:29.99	2:18.99	200 IM
400 IM					5:50.99	5:25.79	5:50.99	5:17.79	5:25.99	5:02.39	5:25.99	4:57.59	5:23.29	4:59.99	400 IM

BOYS	9&U		10		11		12		13		14		15-18		BOYS
	Silver	JO	Silver	JO	Silver	JO	Silver	JO	Silver	JO	Silver	JO	Silver	Team Chal	
50 Free	35.19	32.69	35.19	31.09	30.69	28.49	30.69	27.49	26.79	25.39	26.79	24.39	25.19	23.69	50 Free
100 Free	1:18.49	1:11.19	1:18.49	1:08.79	1:06.99	1:01.19	1:06.99	99.49	99.59	95.19	99.39	92.99	94.19	91.49	100 Free
200 Free	2:49.59	2:34.39	2:49.59	2:29.59	2:25.99	2:13.39	2:25.99	2:09.39	2:14.19	2:00.39	2:14.19	1:55.99	1:57.99	1:52.49	200 Free
500 Free	7:05.99	6:50.99	7:05.99	6:38.99	6:31.99	6:01.99	6:31.99	5:51.99	5:50.99	5:23.99	5:50.99	5:13.99	5:17.99	5:07.99	500 Free
1000 Free															1000 Free
1650 Free									18:31.99		18:11.99		17:49.99		1650 Free
50 Back	42.89	37.79	42.89	36.59	36.09	32.59	36.09	31.59							50 Back
100 Back	1:37.09	1:21.79	1:37.09	1:19.39	1:17.49	1:10.19	1:17.49	1:08.19	1:08.29	1:03.19	1:08.29	1:01.19	1:03.89	98.79	100 Back
200 Back					2:42.79	2:35.39	2:42.79	2:31.39	2:27.09	2:15.89	2:27.09	2:11.89	2:16.89	2:08.99	200 Back
50 Breast	48.59	43.59	48.59	42.39	40.29	37.19	40.29	36.19							50 Breast
100 Breast	1:48.39	1:35.19	1:48.39	1:32.79	1:26.49	1:20.19	1:26.49	1:18.19	1:16.69	1:10.69	1:16.69	1:08.69	1:10.89	1:05.69	100 Breast
200 Breast					3:03.49	2:56.39	3:03.49	2:52.39	2:47.89	2:33.39	2:47.89	2:29.39	2:36.79	2:25.99	200 Breast
50 Fly	43.89	36.29	43.89	35.09	34.69	31.59	34.69	30.59							50 Fly
100 Fly	1:37.99	1:26.79	1:37.99	1:24.39	1:17.59	1:11.89	1:17.59	1:09.89	1:07.09	1:01.69	1:07.09	99.49	1:02.59	96.99	100 Fly
200 Fly					2:45.39	2:42.39	2:45.39	2:38.39	2:29.59	2:20.39	2:29.59	2:16.39	2:24.99	2:11.99	200 Fly
100 IM	1:28.59	1:21.99	1:28.59	1:18.79	1:17.19	1:11.19	1:17.19	1:09.19							100 IM
200 IM	3:13.99	2:54.39	3:13.99	2:49.59	2:47.99	2:30.39	2:47.99	2:26.39	2:31.09	2:15.39	2:31.09	2:10.99	2:27.79	2:06.99	200 IM
400 IM					5:52.99	5:25.79	5:52.99	5:17.79	5:09.79	4:47.79	5:09.79	4:39.79	4:45.89	4:35.99	400 IM

\*Silver Champs age as of February 28, 2020. Junior Olympics / 15-18 Team Challenge age as of March 13, 2020.

\*Swimmers with a JO cut may not swim that event at Silver Champs. Swimmers slower than the Silver cut are eligible for Bronze Champs.