



THE PERFORMANCE POST

Where Swimmers Excel



01 November 2016 – Number 5

Hi Everyone,

Welcome to your latest Performance Post newsletter. I hope you like it ☺
As always, do your 4 x A's. Are you improving them every week?

ATTITUDE I am always positive no matter what the situation
ATTENDANCE I always attend my allocated workouts. I will do another workout if I miss one of my regular workouts
APPLICATION I always give 100 per cent. My daily goal is to improve by pushing myself to the limit
ABILITY I am always striving to improve my skills. I will pay attention to my skills especially doing the basics perfect ☺
(streamlining, body position, long strokes etc)

PERFORMANCE A AND B SQUAD MEETING

We are having our **Performance A and B Squad meeting on Friday 04 November at 6.05 pm**. I will be discussing the new Training Zones and the Cycle Plan. Parents are very welcome to attend.

PERFORMANCE C ATHLETES AND PARENTS MEETING

This will take place on **Wednesday 09 November at 5.40 – 6.00 pm** in the Clubhouse. I will be discussing the summer season, events coming up, training priorities etc. If you do not normally attend on Wednesdays, then please come to training and the meeting. Don't miss out! It would be great to have everyone and their parents attending ☺

SWIM MEETS and EVENTS COMING UP

Date	Event	Notes
05-06 Nov	Splash Night (06)	All squads welcome to attend. You can get your times updated
12-13		
19-20	Skills Clinic (19)	Junior Academy
	Whakatane Swim Meet (20)	See below *
26-27	BOP Age Group Meet (26-27)	All Performance Squads are expected to race
03-04 Dec	Weet-Bix Tryathlon (04)	
10-11	SBOP Junior Champs (10-11)	All 12 and unders are expected to race
17-18 Hols	AquaKnights (10-15)	By invitation – we have 5 athletes racing in Australia
	Christmas Splash Night (18)	Everyone to attend ☺

* If any Performance C athletes wish to race at the Whakatane Meet, then you **MUST** see Alastair first. If you can only attend either the Whakatane Meet or BOP Age Groups, **then do the BOP Age Groups only**.

ATTENDANCE

In order to raise standards in the training pool and at swim meets, ALL Performance athlete attendances will be monitored more closely. This means that you are expected to attend your allocated workouts. If you have something coming up (such as exams, school commitments, family events etc) then please talk with Alastair before the event. That way we can work out a Plan B and thus keep your training loads where they need to be. As from November, the attendance records will be published every month so that team members can see their commitment and progress, and also support and encourage each other to grow together as a team.

NEW TIMETABLE

Many thanks for the positive feedback on the new timetable. The new timetable is designed to build the team more, challenge you more, give you more fun and help you achieve your (tough) goals. Enjoy!

DIVISION 2 AND NATIONAL JUNIOR FESTIVAL – Biggest Team ...

Both of these national events will be held in Rotorua in early 2017. Have a look at the qualifying times on the SNZ website (on the homepage, meets calendar and click on the AquaKnights Zone) and really push yourself hard in training as we want to have our **BIGGEST TEAM** ever competing.

WELL DONE TO

David Boles who has been selected to represent the AquaKnights at the Victoria Age Groups in December. David has qualified on the 200 backstroke

Bianca Donelley, Paddy Baylis and **Alastair Johnson** who represented New Zealand at the recent Australian State Teams Competition held in Canberra

EQUIPMENT

Please ensure that you all have the correct equipment for your workouts:

Performance C – paddles, fins, kickboard

Performance A and B – paddles, pull buoy, band (see Bronwen if you wish to buy one), fins, kickboard, snorkel, sponges, tennis ball

Please ensure that you have your drink bottle at EVERY workout. Dehydration (which occurs very quickly in hot weather) leads to a steep decline in your training performances. Stay hydrated and bring some lollies to the longer workouts.

TIP FROM THE TOP - 1

Get faster by following these simple tips. Enjoy:

1. Keep your HEAD still
2. Keep your HIPS still
3. Breathe in LOW on freestyle and butterfly
4. Kick FAST, SHALLOW, UP & DOWN and CONTINUOUS on Freestyle, Butterfly and Backstroke

TIP FROM THE TOP - 2

Backstroke – swim with your face and chest higher. This will help you rotate more allowing for a stronger pull ☺

TIP FROM THE TOP - 3

1. Be a great team player – encourage your team mates
2. Have courage in what you do – lead the lane more, ask good questions, set your goals higher
3. Understand the goal of every set – is it technique, speed, strength, endurance etc?
4. Always give 100 per cent

CAPTION CONTEST

Submit your best caption for the following pic.



Best answer (ie. Funniest according to the Judging Panel) wins a super prize ☺
Closing date is Saturday 12 November.

RECENT MOTIVATION PICS

Remember these from your workouts? Read, learn and do ☺



There is a reason why the rear view mirror is so small and the windshield is so big. Where you are heading is much more **important** than what you have left behind

It is not the mountain we conquer, but ourselves



Edmund Hillary



Have a great November – make it an outstanding month of **purpose, passion** and **dedication**.

Alastair Johnson
Head Coach