



THE PERFORMANCE POST

Where Swimmers Excel



01 September 2016 – Number 3

Hi Everyone,

Make sure that you are training hard☺. Meaningful progress (not just progress from being taller and stronger through growth) comes from giving a 100 per cent at every workout. Remember to do your 4 A's:

- 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)

SWIM ROTORUA CORE VALUES

Commitment – always giving 100 per cent

Teamwork – encouraging my team mates to push on and enjoying success together

Excellence – be the best I can be

I recently attended a workshop with Ralph Pim on leadership, team culture and becoming a better coach. A few gems from him on what makes a great athlete (which ones are you really good at?):

- ☺ They are trustworthy
- ☺ They know what they want and pursue it with **PURPOSE, PASSION** and **DEDICATION**
- ☺ They believe in themselves and their team mates
- ☺ They are mentally tough and very focussed
- ☺ They make everyone around them better

UPDATES FROM LAST MONTH:

Taranaki Team Building Trip

How are you getting on with the following?

- Lead by example – be the first in the pool, ask good questions, do your stretching etc
- Always be positive and have lots of enthusiasm every day
- Support your teammates. Encourage them to do more and always aim to make everyone around you better
- Don't let your team mates get away with being average. Encourage them to step up straight away
- Interact with your younger team mates. Show them what to do and encourage them to train with **purpose, passion** and **dedication**



Olympic Games

I hope you took time out to watch the Olympic Games. Wow ... what an event that was! So many global superstars racing incredibly fast. We are very fortunate in 2016 to have so many outstanding athletes compete at the same time.

Well done to Kane who did an amazing job after a difficult build up. Massive credit to him for just getting on with it and giving it absolutely everything. His talk at the **Breakfast with Kane** was brilliant – full of inspiration, sprinkled with some great stories and delivered with honesty. Thank you Kane for making it a memorable morning.



What did you learn from Kane? Make some notes and use them to inspire yourself with your swimming journey. Who will be next in 2020? If you are prepared to commit, then you too have a chance of glory.



Kane's Tip

Kane has kindly offered to pen a monthly tip for you all. This month is all about **excuses**:

'Don't have excuses!! If you really want to do well, then you just do it. If you fall short (and this happens a lot if your goals are high!), then don't dwell on it, and certainly don't blame others, or the conditions or on something random. Just get over it, learn from it and prepare better and try harder'.

What's coming up soon?

Bay of Plenty Short Course	02 - 04 September
National Schools	09 - 11 September
NZ v Australia State Teams SC Championships	23 - 25 September
NATIONAL SHORT COURSE CHAMPIONSHIPS	02 - 06 OCTOBER
Central North Island (Rotorua)	21 - 23 October

WELL DONE TO ...

Emily Spear and **Milla Theobald** who have been selected to represent the AquaKnights at the Victoria Age Groups in Melbourne in December 2016. Great job girls!

Bianca Donelley and **Paddy Baylis** (and me!) who have been selected to represent New Zealand at the NZ v Australia State Teams SC Championships. These are being held in Canberra on 23 – 25 September. Awesome!

Tips From the Top

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
5. It is the number 1 thing you must have. What is it? *Answer at the bottom of this page* 😊

Squad Meeting

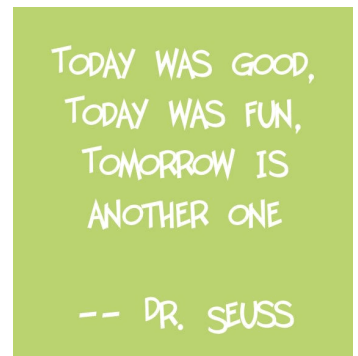
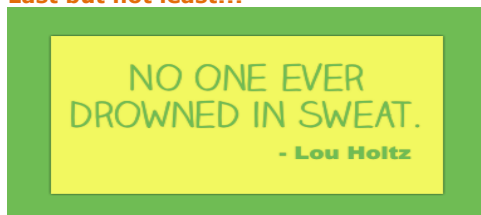
We are going to have Performance A and B Squad meeting in mid October. The purpose of the meeting is to have better communication between the athletes, the parents and myself. I will be explaining the Long Course Season in detail, swim meets coming up, opportunities to improve and my squad expectations. Plus Q & A at the end. Date to be confirmed in due course. Parents – please let me know if there is anything that I should include for the meeting. Thank you 😊

National Events

The National Events Competition booklet is now completed and is on the SNZ website. Check it out and have a look at the Qualifying Times. **WE want to have our BIGGEST and BEST teams competing.**

Note - Division 2 and the Junior Festival events BOTH take place in Rotorua 😊

Last but not least!!!



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

Alastair Johnson
Head Coach