



# THE PERFORMANCE POST

Where Swimmers Excel



02 FEBRUARY 2017 – Number 7

Hi Everyone,

Welcome to your latest Performance Post newsletter for A and B. I hope you like it ☺

## WAYNE GOLDSMITH VISIT

Wow!! What a brilliant time we all had with Wayne. Absolutely amazing! No doubt that you all got different gains and insights from Wayne, but a few highlights from me that you should all take care of are:

- Write down what you learnt and what you are going to do better
- Keep a logbook of your training and racing
- Write down your marginal gains – these are the little things that when added up make a BIG difference
- **Easy way v Hard way** – how much effort you put in to what you love is your choice. The hard way is better as you will improve, have more fun, help your team mates more and these qualities will set you up for life



- Develop the Wayne drills – I have already seen big improvements in technique already. Well done
- Look out for your team mates – **get to know them more** and encourage them more
- Joe Schooling story ... He was making poor choices (turning up late, not giving 100 per cent) in training. After Wayne pointed out that Joe's biggest rival (Michael Phelps) is never late and always give 100 per cent, then Joe needed to step up his game. He did and won in Rio. Joe texted Wayne straight after the race to share his victory and to thank Wayne for helping him to make those better choices (easy way v hard way)
- Don't moan about stuff that don't matter or which you have zero control ... just get on with it and do your best – 'Any conditions are my conditions'

Well done to you all for making Wayne feel very welcome. I know that he thoroughly enjoyed working with you all. So ... remember to take action and enjoy the journey ☺

## TRAINING ZONES – PERFORMANCE A and PERFORMANCE B

Just a quick reminder on the different training zones. This current phase is all about improving AEROBIC POWER. This means more laps at a high intensity with a short to medium rest. Make sure you training with the right heart rate and push yourself and your team mates more:

As you all know, the workouts are now more prescriptive. This means that you need to:

1. Understanding the goal of each set
2. All the sets have a goal – use your time wisely so that every stroke, every lap, every turn and every finish is as best as you can do it
3. Train with the correct effort, speed, stroke rate and heart rate
4. Train with the best technique

Each training zone reflects the different muscle fibre type (there are 3 types) and the energy conversion sources (there are 4 of those). A lot of our early to mid season training emphasis is on building the engine size (capacity). Later in the season, we will switch our focus to developing the speed of energy conversion (power). An easy way to remember this is:

Early season – building the size of the balloon to as big as possible = CAPACITY

Late season – allowing the balloon to release energy fast = POWER



Please see me if you have any questions.

## ATTENDANCE

January's attendance will be published soon. Remember, good progress comes from attending your allocated workouts every week. If you miss one workout due to another commitment, then you need to attend a make-up workout to keep your training volumes consistent. The Performance A and B foundation workouts that everyone should be attending are:

**Monday pm, Wednesday am, Thursday pm and Saturday am**

That way, you will always get the main sets that reflect the training emphasis for that week.

**PLEASE NOTE** - that a lot of you need to do more training now as you have had a birthday. Plus, we have some big meets coming up, so it is really important to get super fit and super fast. Please let me know which new workout you are going to pick up so I can plan ahead ☺

## CONGRATULATIONS TO

- William Spear who is off to Victoria University – all the best with your new adventure
- David Boles – on winning the SNZ Open Water 5k nationals in the open category
- Everyone who raced at SNZ Open Water nationals, Epic Swim and the Blue Lake races. Thank you to Bronwen for preparing you all so well.
- Emily Spear, Milla Theobald and David Boles for representing AquaKnights at the Vic Age Groups in December
- Bianca Donelley and Paddy Baylis for representing AquaKnights at the Queensland Champs in December
- Damon Cowie for representing AquaKnights at the Tri Series in Waikato. Damon was also team captain
- Damon and Bianca Donelley who have been selected to represent the AquaKnights at the Zonal Meet on 11 February – watch them race live on Sky TV
- SBOP Junior Camp – great job from our Performance B athletes including Sam Baldwin, Alex Cameron, Annelyse Cowie, Jasmin Hagan, Theo Harvey and Lina Stahlhut
- Sam Trass for moving to Performance B

## GOOD TO SEE

Ana and Joe Nagera back with us, and welcome to Tahlia and Ryan Wilkinson who have recently joined us from Whakatane.

## TIP FROM THE TOP - 1

Ask good questions at every workout. For example:

- Can you time me?
- Can you get my splits?
- Can you get my stroke rate?
- Can you watch me on this drill and let me know what you think? What can I do better?
- Can you video my butterfly
- I want to improve my turns. What can I do better?
- I want to lead my team mates more. Can you help me with that?
- I want to do extra dryland at home. Can you write me a programme that will help me improve?

## TIP FROM THE TOP - 2

There are basically 2 ways to train and race faster:

### 1. Be more streamlined:

- Keep your HEAD still
  - Keep your HIPS still AND at the surface
  - Breathe in LOW on freestyle and butterfly – breathing too high causes the hips to sink = more drag
- The goal is to minimise DRAG.**

### 2. Apply more force:

- Kick FAST, SHALLOW, UP & DOWN and CONTINUOUS on Freestyle, Butterfly and Backstroke
  - Point your feet backwards on Freestyle, Butterfly and Backstroke
  - Point your feet outwards on Breaststroke
  - Deeper and longer turns – really work your bodykicks (use your core and legs)
  - Bigger sail on your pulling action
  - Time your breathing with your arm recovery and your kick with your pulling action
  - Get stronger from doing the dryland circuits
- The goal is to maximise SPEED**

## TIP FROM THE TOP - 3

Support your team mates at every workout. Don't let them do stuff that is diluting the workout or the team culture. Encourage them in a positive way to correct their mistake by making better choices. Congratulate your team mates when they do well. Don't wait for the perfect moment ... just do it ☺

## TIP FROM THE TOP - 4

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.

In the meantime, keep doing the above. Ask your coach to help you☺

**All the best at the Junior Festival and at Central Long Course Champs. Lots of COURAGE and ENCOURAGEMENT!!**

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

Alastair Johnson  
Head Coach

## SWIM ROTORUA COMPETITION CALENDAR 2017

**PRINT OFF AND KEEP SAFE**

Date	Event	Venue	Pool	Squads	Notes
06 Feb	Swim the Lakes (06)	Rotoma	-		
11	SNZ Zonal Champs (11)	Auckland	50m		Team selected by Central Swimming
12	Splash Night (12)	Rotorua	25m	ALL	
17-19	<b>SNZ Junior Festival (17-19)</b>	Rotorua	25m	All 12 & unders	Qualifying Times
18	Ocean Swim Series (18)	Rotorua			
24-26	Central Championships (24-26)	Hamilton	50m	All 13 & overs	Qualifying Times. Last opportunity to qualify for NAGS
25	Polio Fundraiser (25)	Rotorua	50m	ALL	Polio Fundraiser in partnership with Rotary
05-08 Mar	<b>SNZ Division 2 Competition (05-08)</b>	Rotorua	25m	All 12 & overs	Qualifying Times
11	SBOP Relays (11)	Rotorua	25m	ALL	
12	Swim the Lakes (12)	Okataina	-		
19	Skills Clinic (19)	Rotorua	25m	Junior Academy	
21-25	<b>SNZ National Age Groups (21-25)</b>	Wellington	50m	All 12 & overs	Qualifying Times
02 Apr	Splash Night (02)	Rotorua	25m	ALL	
04	CBOP Interschool Swimming Comp (04)	Rotorua	25m	Years 4-8	Enter through your school
03-07	<b>SNZ Open Nationals (03-07)</b>	Auckland	50m	tbc	
08	<b>SBOP Rising Stars (08)</b>	Whakatane	25m	Performance B & C, Metro & Juniors	For all non national qualifiers
tbc	BOP Secondary Schools Comp	tbc		tbc	Enter through your school
16-23	Australian Age Groups (16-23)	Brisbane	50m	F 13 - 16 years, M 14-17	Team selected by Swimming New Zealand
Hols					

### Notes

- Let's have our biggest team ever racing at the **SNZ Junior Festival**
- Events highlighted in **orange** are targeted events for the Performance Squad members aged 13 years and older
- **SBOP Rising Stars** on Saturday 08 April is a great event for anyone who has not raced at a national event. End of season = lots of fast racing ☺

Alastair Johnson  
Head Coach

30 January 2017

