



# THE PERFORMANCE POST

*Where Swimmers Excel*



**01 JUNE 2017 – Number 10**

Hi Everyone,

Welcome to your latest Performance Post newsletter for the new Performance Squad. I hope you like it ☺

### TIMETABLE CHANGES COMING UP SOON

Monday 05 June 7.00 – 9.00 am  
Thursday 08 June no dryland – do your core exercises at home  
Saturday 10 June no workout due to the Taupo Meet

### GROWTH MINDSET

I hope you all enjoyed having Clive Power with us last month. A few simple take home messages from him:

- 1 Swim very steady with perfect technique. Do that a lot before you can train faster and then race faster
- 2 Keep your stroke rate low (thus doing less strokes) on the first set - goal is 2.10 - 2.30 seconds per cycle for freestyle
- 3 Keep your body horizontal on the surface - less drag and more efficiency
- 4 Always breathe 1 in 3 or 1 in 5 on your drills and steady swimming. You want to achieve the best possible technique that is smooth, relaxed and balanced
- 5 Turns must be fast and aggressive, especially the rotation onto the wall
- 6 Have a Growth Mindset = be positive and see setbacks as an opportunity to learn
- 7 Don't dwell on your mistakes (it is going to happen!) - just work out how to improve and move on
- 8 Ask your coach to help you if you need guidance on what and how to improve (and thus changing mistakes into success)

That excellent YouTube clip from Star Wars that Clive showed can be found here  
<https://youtu.be/HYUJxzh8Raw>

Another excellent and cool YouTube clip on 'Growth Mindset and Praise' can be found here  
<https://youtu.be/NWv1VdDeoRY>

As always, if you need any extra help from me, then just ask ☺

### NUMBER OF WORKOUTS

Recently, you all received a letter outlining how many workouts you should be doing. The workout number is a reflection of your age, maturation and current performance level and is framed by LTAD (long term athlete development) guidelines. As you know, we are always looking to build the team and to raise standards. **We want to be BEST WE CAN BE!** This is achieved when we are all **working together and chasing the same kind of goals**. If we do that, then it really helps me to plan ahead and to ensure that all the athletes get what they need. The most important thing is that everyone is very clear on:

- How many workouts each week you are going to do
- Make sure you attend those workouts every week
- If you miss a workout, then do a make up workout (thus maintaining your weekly workouts)
- Work really hard with a growth mindset
- Keep communicating if anything needs to change

### SPONGES

Make sure that you are using new sponges for this season. You need to get a lot stronger!

### GOALS

You will be getting a new Goal Sheet in June. Give some thought now as to what you will achieve between June and October. National Short Course Champs takes place on 03-07 October, with the CNI Meet on 20-22 October being the last SC event of the season. So ... get stuck in! Once the SC season is done in October, then your new goal should be to beat all your SC times Long Course by NAGS which takes place on 17-21 April 2018.

One of your goals should be to **SMASH your turns**. In your workouts go rotate faster, drive off deeper, further and faster and learn to sprint your turns. We are also doing more kick sets and fly sets this season to build up your strength, athleticism and speed.

### WAYNE GOLDSMITH

How are you getting on putting Wayne's Wisdom into practice? Remember ... **'All conditions are my conditions.'**

- **Keep a logbook of your training and racing** and write down what you learnt and what you are going to do better
- 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 achieve those marginal gains and improve, have more fun, help your team mates more etc. These qualities will set you up for life
- Don't moan about stuff that don't matter or which you have zero control ... just get on with it, do the processes and do your best. **NO NEGATIVITY – ALWAYS BE POSITIVE**



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### TARANAKI TEAMBUILDING TRIP

We will be making our annual Team Building Trip to Taranaki on **Friday 21 to Sunday 23 July**. Make sure you sign up to this amazing opportunity to travel and race with your teammates. There will be a special emphasis on Team stuff during the Trip. Don't miss out!!

### SWIM MEETS

1. Taupo Xcelerate Meet - 10-11 June
2. Taranaki Team Building Meet - 21-23 July
3. SBOP SC Champs - 11-13 August (BayWave)
4. Central SC Champs - 01-03 September (Rotorua)
5. **National SC Champs - 03-07 October**
6. CNI - 20-22 October

Please see me asap if you wish to take part in the AIMS Games (11-12 September) and the National Schools Champs (15-17 September).

### CONGRATULATIONS TO

- Bianca who has been selected onto the SNZ National Development Squad. Well done Bianca ☺
- Paddy who has been selected to represent New Zealand at the NZ v Aussie State Teams competition in September. Well done Paddy ☺

### PACT MEETINGS

These have gone really well. Thank you to those of you who have met with me. I would encourage the rest of you to liaise with me and arrange a PACT meeting in June. Any night straight after workout should be fine.

### MUSIC & DRYLAND

Can someone organise some music and a speaker for the dryland. Thanks.

### TURN DISTANCE – BRING A TILE OR DUMBBELL

To help with your turn distance, can you all bring a tile or weight or dumbbell to the pool. Something heavy that sinks without damaging the pool floor. Who will put their marker at the 15 metre line?

### TIP FROM THE TOP – 1

You have got better at this, but still worth repeating until we get it right at every workout:

**Listen to your coaches more.** You will get more out of the workout and achieve more and waste less time. It is frustrating for me to repeat instructions ad infinitum. If you want to achieve exceptional results, then pay 100 per cent attention to each set, the goal for each set and what is expected of your effort. **Make this your top priority.**

### TIP FROM THE TOP - 2

#### Hold the water by:

- Smooth and light hand entry
- Feel the water – what do you feel ... solid, liquid, bubbles, air, movement, strong, weak, slippy, something else?
- Anchor in the water by using your hand, wrist, forearm, shoulder and core – long kinetic chain
- Apply force directly backwards – BIG SAIL
- Keep palm of hand facing backwards – do not lead with the thumb
- GOAL = hand exit in front of hand entry

### TIP FROM THE TOP - 3

#### Hold the water by:

- Swimming on the surface
- Do the 4 H's of Hand, Head, Hip and Heel all in the same horizontal straight line ... H----H----H----H
- Stroke count your laps – get your number lower
- Keep your body stable – keep the long axis or short axis rotation to the optimum. Most swimmers over rotate and lose balance which causes the arms or legs (or both) to slip out wide
- Breathe 1-3 on freestyle, 1-2 on fly and 1-2 on back
- Minimum head movement to breathe – keep 1 eye in on freestyle

**All the best – grow your COURAGE and ENCOURAGEMENT!!**

Alastair Johnson  
Head Coach

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