



THE PERFORMANCE POST

Where Swimmers Excel



02 August 2016 – Number 2

Hi Everyone,

Welcome to **THE PERFORMANCE POST** – your new monthly Newsletter for all the Performance Squads. I hope you like it. If you have any great content ideas, then please let me know.

Taranaki Team Building Trip

Well done to everyone who raced at the Taranaki Winter Champs. You all did a great job, especially in working together. It was great to see everyone supporting and encouraging their team mates. Make sure you build on this. What can you do ...

- 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

Make sure you watch the swimming in Rio. Watch and learn from the best ...

- Analyse their technique. Are they high on the water? Head still? Big Sail?
- How long are their turns? Who goes 15 metres underwater?
- How many of the winners were leading at half way? Who paces the race the best?
- Who has the best kick?
- Which countries have the coolest uniform?

Kane races on **Tuesday 16 August**. Kane is Swim Rotorua's first ever Olympian. Who will be next in 2020? If you are prepared to commit, then you too have a chance of glory.



Breakfast with Kane

We are having a celebratory breakfast with Kane on Saturday 27 August. **EVERYONE is invited!** See you there ☺

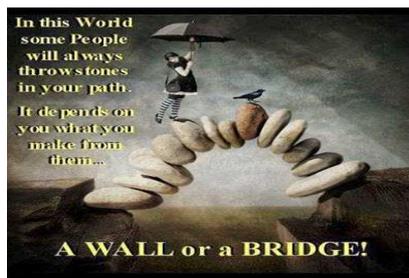
What's coming up soon?

Get your entries ready for the following ☺

Central Swimming Short Course (Rotorua)	12 - 14 August (13 years & older)
Swim Rotorua Fast & Frosty Winter Meet	21 August
Bay of Plenty Short Course	02 - 04 September
NATIONAL SHORT COURSE CHAMPIONSHIPS	02 - 06 OCTOBER
Central North Island (Rotorua)	21 - 23 October

Tips From the Top

1. Be streamlined off the walls – do the 3D effect:
 - Stretch your arms as far forward as possible
 - Squeezed your elbows in tight
 - Pull your belly button in towards your spine
2. No breathing last 5metres (bronze medal), last 10 metres (silver) or last 15 metres (gold). Practice at every workout and get gold ☺
3. Work harder – the more you put in, the more you get out of it



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 word

A friend of mine gave me this poem back in 1986. Now 30 years later, it is still applicable. I hope you like it:

If you think you are beaten, you are;
If you think you dare not, you don't.
If you'd like to win, but you think you can't,
It is almost a cinch that you won't.

If you think you'll lose, you're lost;
For out of the world we find
Success begins with a fellow's will
It's all in the state of mind.

If you think you're outclassed, you are;
You've got to think high to rise.
You've got to be sure of yourself before
You can ever win the prize.

**Life's battles don't always go
To the stronger or faster man;
But sooner or later the man who wins
Is the one who thinks he can!**

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

Alastair Johnson
Head Coach