



THE PERFORMANCE POST

Where Swimmers Excel



01 MAY 2017 – Number 9

Hi Everyone,

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

EARLY SEASON WORKOUTS DURING MAY

Timetable will be as normal except:

Week 1	Week beginning Monday 01 May	<i>No Monday am, no Monday pm dryland, no Tuesday am</i>
Week 2	Week beginning Monday 08 May	<i>No Tuesday am</i>
Week 3	Week beginning Monday 15 May	Normal timetable resumes

CLIVE POWER WORKSHOP

Clive Power is doing a workshop with you all on **Saturday 13 May on 'Growth Mindset'**. This is in effect a follow up from Wayne Goldsmith's time with you. I would like you all to attend – be pool deck as normal at 6.45 am and we will run through to 11.00 am.

EQUIPMENT

Clean up your gear especially your snorkel. Give everything a really good wash and scrub. Check that everything is working. Get your sponges sorted. If you need to make a new set, then buy 2 large sponges and a 3m length of soft cord / rope from Mitre 10. Do not take any of my supplies from the shed. Your gear bag must contain the following:

Fins
Paddles
Pull Buoy
Band
Sponges
Kickboard

Remember to have your drink bottle poolside. If you are lacking any gear, then place an order with Bronwen immediately.

GOALS

You will be getting a new Goal Sheet in May. Give some thought to what you will achieve between now 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 **massively improve your turns**. In your workouts go deeper, further and faster and learn to sprint your turns. We will also be doing more kick sets and fly sets this season to build up your strength, athleticism and speed.

NUMBER OF WORKOUTS

You should all be doing at least 1 more workout per week than last season. I will speak with you all individually to agree how many workouts per week you need to do as being part of the Performance Squad.

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

The Calendar is still being worked on. However, your SC season will consist of:

1. Club Champs - 28 May
2. Taupo Xcelerate Meet - 10-11 June
3. Taranaki Team Building Meet - 21-23 July
4. SBOP SC Champs - 11-13 August (date tbc)
5. Central SC Champs - 01-03 September (date tbc)
6. **National SC Champs - 03-07 October**
7. 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). A final Calendar will be available once all the dates have been confirmed.

CONGRATULATIONS TO

- Bianca who raced really well at Aussie Age Groups. Bianca's best placing was 13th in the 200 Free (2.09.39) and 400 Free (4.35.03). Well done Bianca ☺
- Paddy who placed 4th at the SNZ Open Champs in the 800 Free with a time of 8.35.82
- Milla who placed 11th at the SNZ Open Champs in the 1500 Free with a new SBOP 14 years record with a time of 18.09.29

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 May. Any night straight after workout should be fine.

TIP FROM THE TOP - 1

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

Freestyle hand / arm sequence:

- Relaxed recovery – keep it light and long
- Letterbox hand entry in line with shoulder width – entry must be fingertips first
- Feel the water – stretch forwards and downwards
- Anchor 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
- Slight bend at the elbows when pulling backwards
- Accelerate through the pull phase
- Keep palm facing backwards at the end of the stroke

Do this and you will achieve less strokes per lap and in less time ☺

TIP FROM THE TOP - 3

Improve your kick times:

1. Give 100 per cent effort in all kick sets (including kickboard and fins) and speed off the walls
2. Don't give up when your legs start to fatigue
3. Don't give up when your core feels like it is going to crash
4. Hold the fastest kick rate you can hold
5. Make your kick as intensive as possible
6. Get your heart rate up to 29 beats for 10 seconds
7. Look straight ahead when using the board
8. Attack all your turns
9. What percentage of your swim pbt can you hold. For example:

100 swim pbt = 1.05 = 65 seconds
Pbt + 50 per cent = 1.37
Pbt + 60 per cent = 1.44

Breaststrokers should be able to hold 100 pbt + 25 per cent with 20 seconds rest

All the best for the new season – have lots of COURAGE and ENCOURAGEMENT!!

Alastair Johnson
Head Coach

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