



THE PERFORMANCE POST

Where Swimmers Excel



05 JANUARY 2018 – Number 16

Hi Everyone,

Welcome to your latest Performance Post newsletter. **Take ACTION** and enjoy. ☺

ACHIEVING SUCCESS AT NATIONALS

As we approach the pointy end of the season, it is really important that EVERYONE steps up and commits to doing at least one more workout per week. This will help you get fitter, train faster, and thus race faster at the Nationals. You can also do the following which will help you get even faster:

- Work harder – get out of your comfort zone and push yourself harder than before
- Do your stretches every day – being more flexible will improve your potential to lock in strength gains
- Work harder in the dryland sessions – always do more reps with greater range of movement
- Encourage your team mates to get stuck in
- Make smart nutrition choices, and ensure that you fuel up and re-fuel before and after workouts
- Connect your training to your racing. What standard will you be preparing at?

Skill	BOP standard	National standard	International standard
Freestyle finishes	No breathing last 5 metres	No breathing last 10 metres Kick faster and accelerate to the wall	No breathing last 15 metres Kick faster and pick up stroke rate Hit the wall hard on the hand entry Re-do the skill if not done perfect

DRYLAND

I am delighted to inform you that strength coach **Josh Te Kowhai** will be doing some dryland with you all in Terms 2 and 3. Josh has a wealth of gym / strength knowledge, has a lot of experience in working with sports people. He is looking forward to challenging you all from May onwards ☺

In the meantime – become more athletic and stronger by doing the 5 B's AND by doing your daily stretches:

1. BODY POSITION
2. BRACE
3. BALANCE
4. BREATHING
5. BEAUTIFUL

TEAMWORK MAKES THE DREAMWORK

Keep working together and push each other on. **Support ALL your team mates, especially when they need it most.** We can never succeed on our own, so we do rely on those around us to spur us on. **What will you do today to help someone else get better?**

NUTRITION WORKSHOPS

A big thank you to **Stacey Conning** from the Toi Ohomai Institute of Technology who did two workshops with you during the holidays. Some simple take home messages / **actions** for you are:

- Be organised ahead of time so you can eat and fuel properly
- Have breakfast before you come to the pool in the morning (smart examples can be found in your handouts)
- Eat straight after workout – chocolate milkshake, smoothie with low fast milk and fruit or bananas are good choices
- Have an afternoon snack before your workout
- Stay hydrated – drink during the day and during workout. Use the pee chart to help you stay hydrated

We have one more Nutrition workshop. This is for the PARENTS and takes place on **Thursday 15 February** at 5.30 – 6.30 pm at the Clubhouse.

SWIM MEETS COMING UP

Get your entries done well in advance ☺

SNZ AQUAKNIGHTS JUNIOR FESTIVAL	16-18 February	Rotorua (12 years & younger – all to race)
Legend of the Lake	17 February	Rotorua
AquaKnights Long Course Champs	02-04 March	Rotorua (13 years & older – all to race)
SNZ DIVISION 2	18-21 March	Rotorua (all qualifiers to race)
Swimathon / Polio Fundraiser	25 March	Rotorua (50m pool)
Time Trials	01 April	Rotorua (50m pool)
COMMONWEALTH GAMES	04-15 April	Gold Coast
SBOP Rising Stars	08 April	Taupo
Splash Night	13 April	Rotorua
SNZ NAGS	17-21 April	Auckland (all qualifiers to race)
Club Champs	20 May	Rotorua (all to attend)
SBOP Relays	27 May	Tauranga (let's win it)

TRAINING CAMP

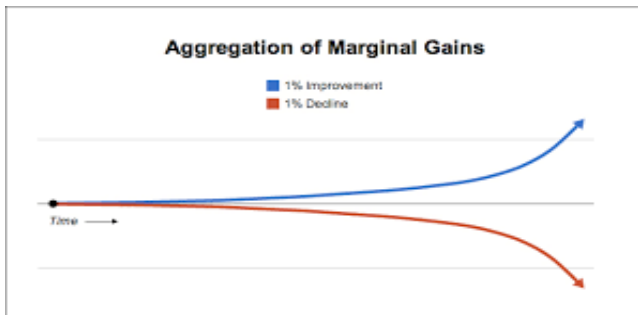
Overall, I thought you all did a great job on the Training Camp. Make sure that you now build on your fitness and keep pushing on. I am already planning the January 2019 Camp, so please see me if you have any good ideas.

CONGRATULATIONS TO DAVID BOLES

A big well done to **David Boles** who has been selected to represent New Zealand at the **2018 Oceania Championships**. David will be racing in the 5km and the 10km open water events. The Oceania Championships takes place on 25 – 30 June in Papua New Guinea.

MARGINAL GAINS – TAKE ACTION TODAY

We have talked about this before, but right now is a great time to start locking in those 1 per cent improvements with your mindset, training effort, skills, starts, turns, finishes, encouraging your team mates, eating better, sleeping better, improved posture, doing more cords work, rotator cuff exercises, strength, asking your coach good questions etc. ~~If we all did the above,~~ Let's have everyone doing the above → we would achieve amazing results.



TIP FROM THE TOP – 1

Ask more good questions during the pool workout and dryland

TIP FROM THE TOP – 2

Fuel up before your workouts and stay hydrated

TIP FROM THE TOP – 3

Set your GOALS for Nationals – what's the absolute best you can do and then go for it

SKILL GROUPS – Tuesday and Fridays at 6.00 – 6.15 pm

We are resuming our Skill Groups as from **Tuesday 19 February**. In the meantime, I would like all the Junior Festival racers to stay in for an extra 15 minutes on Tuesdays and Fridays to practice and improve your race skills, finishes and relay change overs.

GROUP 1	GROUP 2	GROUP 3	GROUP 4
Dion	Ngamihi	Emily	James
Aaron	Alex	Milla	Josh
Sam T	Jasmine	Skye	Paddy
Theo	Tahlia	Molly	David
Sam B	Lina	Kapua	Damon
Huntar		Annelise	Ryan
			Joe
			Lewis

QUOTES

'Be brave – go with the tide and enjoy the ride'

'A trophy carries dust. Memories last forever'

'Make each day your masterpiece'



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

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