



THE PERFORMANCE POST

Where Swimmers Excel



09 MAY 2018 – Number 18

Hi Everyone,

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

ACHIEVE SUCCESS AT NATIONALS

We only have 1 week left to go to NAGS. If you really push yourself and commit to improving your speed and skills, then you can make a lot of progress in the last few days. A few areas that you can all do better (this applies to everyone and not just those going to NAGS) are:

- Support, encourage and congratulate your team mates at every opportunity. Don't be shy – have courage and communicate with each other
- Turns – attack, fast rotation, deeper, faster and longer
- Finishes – no breathing on the last 10 metres. If you want to win the close ones, then no breathing on the last 15 metres. Taylor Ruck won the women's 200 Freestyle at the Commonwealth Games as she only breathed twice in the last 25 metres
- Ask good questions – what can I do better, can you time me, can you get my splits
- Kick sets – must be faster. Your goal is to do your fastest time ever
- Do your stretches every day – being more flexible will improve your potential to lock in strength gains
- Don't be normal. Winners are not normal – they practice again and again until they can do the skills correctly under pressure when it counts

GOAL SHEETS

I was really impressed with your goal sheets. Well done. Make sure you look at them every day. Remember to ask me to help you at every workout.

COMMONWEALTH GAMES

Some observations from me (which means **you** should emulate these points):

- The winners have the best second half
- The winners have the best skills at the END of the race
- The winners have an awesome kick - especially on the second half
- Everyone comes on the deck for the finals wearing their fleece jackets, track pants and shoes and socks on

WHAT STANDARD DO YOU PRACTICE 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

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?**



WELCOME

A big welcome to Rocco March who has just joined us. All the best Rocco!

TARANAKI TRAINING CAMP on 15 – 20 JULY

All NAGS qualifiers can attend subject to committing to train and compete at the SNZ National Short Course Champs. Please refer to the handout (coming out soon) which includes the logistics and budget

SWIM MEETS COMING UP

- NAGS 17-21 April
- Splash Night Sunday 06 May – everyone to race
- Club Champs Sunday 20 May – everyone to race
- SBOP Relays Sunday 27 May – everyone to race and let's win it this year

APRIL AND MAY TIMETABLE

Due to NAGS, School Holidays and Alastair being away, there will be a temporary timetable in operation from Saturday 14 April to Sunday 13 May inclusive. Apart from David and Paddy who are racing at the Oceania Championships, everyone should take a week off during the second week of the school holidays. Use the week to chill out, hang out with your friends, or take off for a few days with your family. Come back on Monday 30 April all energized and focused on having an awesome short course season through to the end of October ☺

TIP FROM THE TOP – 1

Do the 3D actions when you are pushing off the walls. Be extra tight and long. How far can you go on a push and glide?

TIP FROM THE TOP - 2

Watch your team mates underwater. What are they doing that assists speed and what can be done better?

TIP FROM THE TOP – 3

Get your stroke rate up – especially on the sprints and pace work sets. Can you hold 1.00 seconds per cycle on your sprints?

SKILL GROUPS – Tuesday and Fridays at 6.00 – 6.15 pm

These will resume on Tuesday 22 May ☺

QUOTES



**Pain is temporary,
glory is forever.**

Train hard, get results.

Give 100 per cent – grow your COURAGE and ENCOURAGEMENT!!

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