



THE PERFORMANCE POST

Where Swimmers Excel



12 SEPTEMBER 2017 – Number 13

Hi Everyone,

Welcome to your latest Performance Post newsletter. All the text highlighted in green means **TAKE ACTION**. Enjoy. ☺

RECENT PROMOTIONS

Congratulations to Aaron Muchirahondo and Dion Wright who have both moved up recently. **Keep up the great work!**

TEAMWORK MAKES THE DREAMWORK

Keep working together and push each other on. **Support 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?**

OCTOBER HOLIDAY TIMETABLE

Date	AM	PM	Notes
Fri 29 Sept	5.30 – 7.45	4.00 – 6.00	
Sat 30	8.00 – 9.30	-	Later start time
Sun 01 Oct	-	NSC racers - time tbc	SBOP Classic Meet - Rotorua
Mon 02	-	4.00 – 5.30	National Short Course Champs Auckland (03-07)
Tue 03	-	4.00 – 5.30	
Wed 04	-	4.00 – 5.30	
Thu 05	-	4.00 – 5.30	
Fri 06	-	4.00 – 5.30	
Sat 07	-	-	
Sun 08	-	-	
Mon 09	-	4.00 – 5.30	Dryland starts at 3.45 pm
Tue 10	-	4.00 – 5.30	Dryland starts at 3.45 pm
Wed 11	7.00 – 9.00	4.00 – 5.30	Dryland starts at 3.45 pm
Thu 12	-	4.00 – 6.00	Dryland starts at 3.45 pm
Fri 13	7.00 – 9.00	4.00 – 6.00	Dryland starts at 3.45 pm
Sat 14	7.00 – 9.00	-	
Sun 15	-	-	
Mon 16	Normal timetable resumes		

Note – there is no dryland after the pool workouts during the school holidays

TERM 4 DRYLAND

Details to be confirmed, but the plan for Weeks 1-2 of Term 4 is that there will be 45 minutes dryland on the weekday nights and on Saturday morning. The workouts will go through to the usual end time.

TURN TILES

This is part of your squad equipment. **Please get this sorted this week and start using them.** I have seen big improvements on turns and streamlining from those that use their turn tile every day.

SEE WITH YOUR BRAIN

Use you brain to feel, see and hear what you are doing. You will improve your skills much faster. **Can you solve these?**



SWIM MEETS COMING UP

1. National Schools Champs - 15-17 September (Hamilton)
2. SBOP Classic - 01 October (Rotorua) - for those not qualified for National SC and / or racing at AIMS
3. **National SC Champs - 03-07 October (Auckland)**
4. CNI - 20-22 October (Rotorua) plus the famous luge racing on Monday 23 October ☺

2018 NATIONAL CHAMPIONSHIP DATES ARE NOW CONFIRM. KEEP THESE DATES FREE:

Open Water	13-14 January	Taupo
Junior Festival	16-18 February	Rotorua
Div2	18-21 March	Rotorua
NAGS	17-21 April	Auckland

GROWTH MINDSET

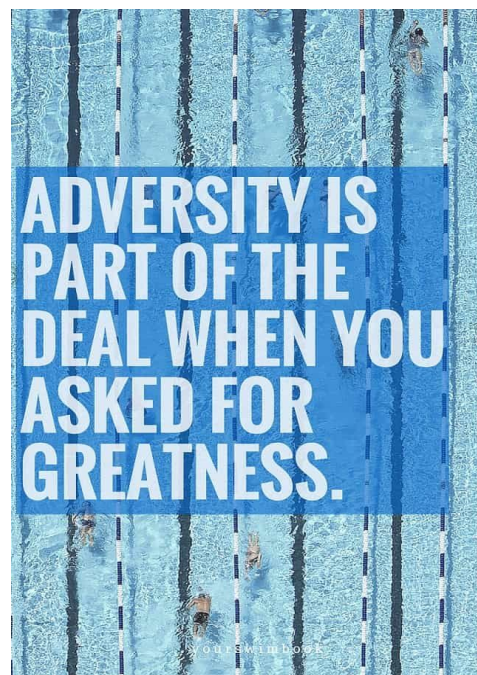
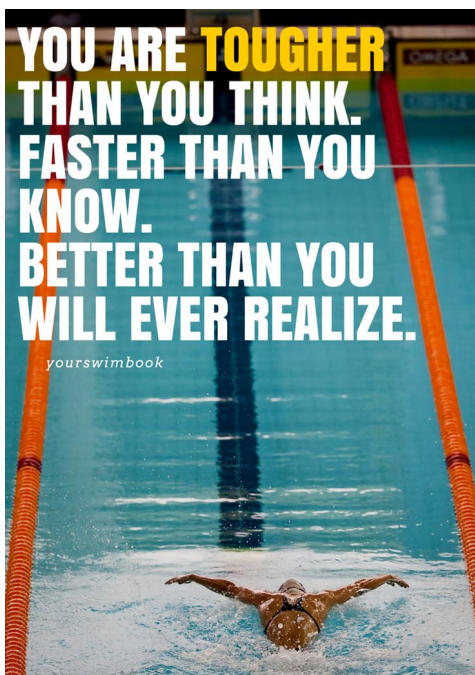
Improve your Growth Mindset. **What examples could you give if asked?** Remember:

- Don't dwell on your mistakes (it is going to happen!) - just work out how to improve and move on
- Easy Way v Hard Way
- All conditions are my conditions
- Ask your coach to help you if you need guidance on what and how to improve (and thus changing mistakes into success)

CONGRATULATIONS TO

David Boles and James Baldwin who are well on their way to achieving their Swim Teachers Award. Both have been coaching our Juniors on Wednesday afternoons. Well done ☺

QUOTES - GO FOR IT ☺



TIP FROM THE TOP - 1

Ask more questions during the pool workout and dryland

TIP FROM THE TOP - 2

Ask your coach to video you on your phone or iPad. Watch, analyse, learn and improve!

TIP FROM THE TOP - 3

Improve your kick. It is your kick that maintains your overall body position, especially at the end of a race. Attack your kick sets and give it a 100 per cent. Three challenges for you:

1. 75m kick goal = faster than your 100m swim time (breaststrokers to go 10 per cent under)
2. 150m kick goal = faster than your 200m swim time
3. 200m breaststroke as 2 kicks - 1 pull goal = within 10 seconds of 200m swim pbt

The best kicker I have ever coached went 13 seconds for 25 free kick with a board when he was aged 13 years. When he was 20 years old (with another coach and just before the Atlanta Olympics where he placed 7th in the 200m butterfly final), he went 4 x 50m long course fly kick with a board on 40 seconds. He held 30 seconds!

All the best - grow your COURAGE and ENCOURAGEMENT!!

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