



THE PERFORMANCE POST

Where Swimmers Excel



15 MARCH 2017 – Number 8

Hi Everyone,

Welcome to your latest Performance Post newsletter for A and B. I hope you like it ☺

RESULTS

A massive well done to everyone who raced at the AquaKnights Junior Festival and at Div2's. It has been awesome to see you all develop, improve and race really fast. So many positives out there! You all should be extremely proud of what you have achieved. **You should all be setting your sights on making NAGS (and even finals) next year. Yes ... you CAN do it.** A big thank you to all your parents for their support and encouragement.

Junior Stars

Sam Baldwin
Emma Balmer
Alex Cameron
Allie Clarke
Annelyse Cowie
Elise Cresswell
Jasmine Hagan
Theo Harvey
Kaia Joyce
Caitlin Lang
Aaron Muchirahondo
Nikita Pola
Lina Stahlhut
Sam Trass
Stella Weston
Dion Wright

Div2 Stars

James Baldwin
Sequoia Dobson
Jasmine Hagan
Alyssa Pingol
Rebecca Reid
Molly Sinclair
Kapua Warbrick
Ryan Wilkinson
Tahlia Wilkinson

NAGS Team

James Baldwin
Josh Balmer
Paddy Baylis
David Boles
Annelyse Cowie
Damon Cowie
Skye Cox
Bianca Donelley
Joe Nagera
Emily Spear
Milla Theobald
Kapua Warbrick

WORKOUTS DURING NAGS

Alastair and the NAGS Team will be away as from Sunday 19 March. Bronwen is coaching you all next week as follows:

Monday 20 March	4.00 – 6.00 pm (no dryland)
Tuesday 21 March	4.00 – 6.00 pm
Wednesday 22 March	6.00 – 7.30 am (25m pool)
Thursday 23 March	4.00 – 6.00 pm (no dryland)
Friday 24 March	4.00 – 6.00 pm (no dryland)

Make sure you attend all 5 workouts. The normal timetable will resume on Monday 27 March at 5.30 am.

PACT MEETINGS

We have started our PACT meetings. These are **P**arent, **A**thlete, **C**oach and **T**eam meetings to discuss how things are going. In particular, what are the main things to improve and what is going great. The meetings are very informal – really just an opportunity to sit down together and have a good discussion. Thank you to those of you who have already met with me. The next PACT date is **Tuesday 28 March**. If you wish to meet with me, then email me asap. The times on offer are 6.05pm, 6.15pm and 6.25pm.

WAYNE GOLDSMITH VISIT

How are you getting on putting Wayne's Wisdom into practice? Remember to:

- Write down what you learnt and what you are going to do better
- Keep a logbook of your training and racing
- 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 improve, have more fun, help your team mates more and these qualities will set you up for life
- Develop the Wayne drills – I have already seen big improvements in technique already. Well done
- Look out for your team mates – **get to know them more** and encourage them more
- Don't moan about stuff that don't matter or which you have zero control ... just get on with it and do your best – 'Any conditions are my conditions'



RISING STARS

The Swimming BOP Rising Stars takes place on **Saturday 08 April**. Make sure you enter if you did not qualify for Div2, NAGS, Opens or won a medal at the AquaKnights Junior Festival. This is the end of season swim meet – you will RACE REALLY FAST ☺

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!!

CONGRATULATIONS TO

- Our Junior Festival stars who did an outstanding job. Lots of medals and heaps of best times
- Our Div2 racers who were fabulous – 8th place overall with 1061 points and an amazing 10 gold medals (plus 5 silver and 1 bronze)
- Bianca Donelley on representing New Zealand at the Aussie Age Groups in April
- Paddy Baylis, David Boles, Bianca Donelley and Milla Theobald for qualifying for NZ Opens (this is the toughest swim meet in New Zealand)
- Sam Osborne who is racing in Saipan – first round of the XTERRA Triathlon Asia-Pacific tour
- Alastair Johnson who has been invited to attend the Australian Coaches Conference in April 2017

TIP FROM THE TOP - 1

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 - 2

Support your teammates at every workout. Don't let them do stuff that is diluting the workout or the team culture. Encourage them in a positive way to correct their mistake by making better choices. Congratulate your team mates when they do well. Don't wait for the perfect moment ... just do it ☺

TIP FROM THE TOP - 3

Race more medley races at swim meets especially the 400 IM. Improve one stroke and your medley will improve. Best to attack your weakest stroke(s) and get them better. Ask me if you need any help ☺

**All the best at the Rising Stars, NAGS, Opens and Aussie Age Groups.
Lots of COURAGE and ENCOURAGEMENT!!**

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

Alastair Johnson
Head Coach

**Our fantastic TEAM who raced at the AquaKnights Junior Festival
Teamwork making the Dream Work !!**

