



THE PERFORMANCE POST

Where Swimmers Excel



01 JUNE 2018 – Number 19

Hi Everyone,

Welcome to your latest Performance Post newsletter. A short and sweet one this month! **Take ACTION** and enjoy. ☺

STAYING HEALTHY

With winter now in full swing, it is really important that you look after yourself and stay healthy. If you get sick, then it will take a long time for you to get back to your previous training status and fitness. Far better to look after yourself by doing the following:

- Get your annual Flu jab ASAP – make an appointment with your health / doctor practice and get it done. There is usually a charge, but this is a lot less than the cost of missing 2 weeks training. I get mine done every year and have not had flu since
- Wrap up before and after your workouts. Absolutely no point in exposing your body to the cold and the rain and suppressing your immune system. Can you make sure that you wear warm clothes after the workout. You lose most of your body heat through your head, so please wear a beanie straight after workout
- Have a hot drink soon after your workouts – hot Milo or hot chocolate from a thermal flask in the car (don't spill it) is a great way to stay warm and start your recovery
- Increase your immune system by taking vitamin C. A tube of Boost or similar will last you 3 weeks for about \$7
- Keep your hands off your face. Most infections arise because of hand contact (shaking hands and door handles) and then putting your hands on your face. Wash your hands often with hot water and soap, and keep them off your face
- Drink plenty during the day and stay hydrated
- Eat your greens – yes seriously ... eat well and stay healthy!

COMPETITION CALENDAR FOR JUNE 2018 TO MAY 2019

This is now out. Have a good read through (including the accompanying notes) and plan ahead. Please see Alastair if you have any questions or concerns. It is best to discuss anything ahead of time so that everyone can plan ahead with confidence

TARANAKI CAMP

All athletes aged 14 years and older who qualified for NAGS are eligible to attend the Taranaki Camp. Please read through the invitation letter and hand your reply to Alastair. Thank you.

TARANAKI TEAM BUILDING SHORT COURSE CHAMPS

I would like to take away our biggest team ever to the Taranaki SC Champs. The travel dates are Friday 20 July and Sunday 22 July which are the last 3 days of the school holiday.

JULY TRAINING CAMP

We will be doing a Training Camp during the July holidays. There will be plenty of pool workouts, classroom stuff and teambuilding opportunities. Don't miss out!

CONGRATULATIONS TO

- David Boles and Paddy Baylis who are off very soon to represent New Zealand at the Oceania Champs
- Josh Balmer who will represent New Zealand at the NZ v Aussie State Competition to be held in Canberra in October
- Sam Osborne who is representing Rotorua and New Zealand at the final stage of the Asian Xterra Grand Prix in the Philippines. Sam will then head off to Europe to train and compete on the European circuit. All the best Sam!

TIPS FROM THE TOP – the MAGNIFICENT 7

Get more out of your training and racing by:

1. Ask more questions – can you watch me, can you help me with my back to breast turn, can you get my splits etc
2. Attack your kick sets more. All of you should be kicking faster than 1.40 long course for 100s. Some of you should be kicking well under 1.30. Having a great kick is crucial to your long term success.
3. Turns – breakouts must always be beyond the flags. Use your turn tile to motivate you more
4. Lead the lane
5. Set yourself small goals during workout. For example, 50s max with Fins ... I am going to be 29 or faster on this set
6. Do the 5 Bs during your dryland AND in the pool when swimming
7. Have fun and encourage your team mates to push themselves more

WHAT STANDARD DO YOU PRACTICE AT?

Skill	BOP	National	International
Freestyle finishes	No breathing on last 5 metres	No breathing on last 10 metres	No breathing last 15 metres with a faster kick. Re do it if I don't do it right the first time

Make sure that you move from left to right – let's have the whole Squad at International level ☺

COMMONWEALTH GAMES - A REMINDER FROM APRIL 2018

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
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TEAMWORK MAKES THE DREAMWORK

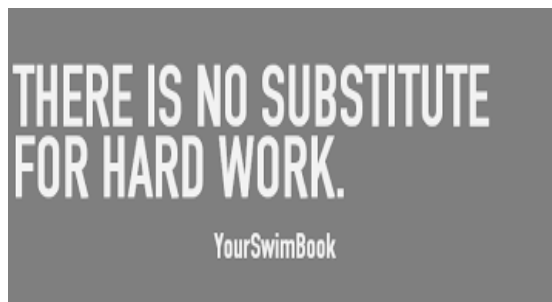
Keep working together and push each other on. Support ALL your team mates, especially when they need it most. We can never succeed on our own, so we do rely on those around us to spur us on. What will you do today to help someone else get better?



OLIVIER LEROY BOOK

I have ordered Olivier Leroy's new book (aka as Mr. Motivator) which has just been published. It is called '**CONQUER THE POOL**' and is all about developing a winning and positive mindset. Let me if you wish to borrow it. You can order your own copy via SwimSwam (just type in 'Conquer the Pool' in the search tab).

QUOTES



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

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