



THE PERFORMANCE POST

Where Swimmers Excel



01 DECEMBER 2017 – Number 15

Hi Everyone,

Welcome to your latest Performance Post newsletter. Enjoy. ☺

WELCOME TO

Ngamihi Simpson who has recently joined us. All the very best with your swimming ☺

CONNECTING YOUR TRAINING TO YOUR RACING

Always train at a higher level than your competition level. This means that your training skills and effort must be at least one level above your competition level. For example:

Skill	BOP	National	International
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

The other focus area that you all need to improve on, is to put more effort and speed into your drills and turns. Do that and your race speed will be a lot faster.

DRYLAND

Always do the 5 B's of:

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

EVERYONE should be doing 3 dryland workouts per week (11 & under squad members – please see me). The December circuit is attached for you to do if you miss one of the dryland workouts from Monday, Thursday and Saturday.

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?**

TURN TILES

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

SWIM MEETS COMING UP

See attached calendar.

AquaKnights Tri Series	09-11 December	Bay of Plenty
SBOP Junior Champs	16-17 December	25m pool Rotorua
Video Challenge Races	21 December	25m pool Rotorua
SNZ Open Water Nationals	13-14 January	Taupo
Swim Rotorua Summer Sizzler	21 January	25m pool Rotorua
Waikato Summer Meet	27-29 January	50m pool Hamilton – Senior and Junior meet flyers attached

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

Qualifying times are posted on the noticeboard. We want our BIGGEST and FASTEST TEAM racing ☺

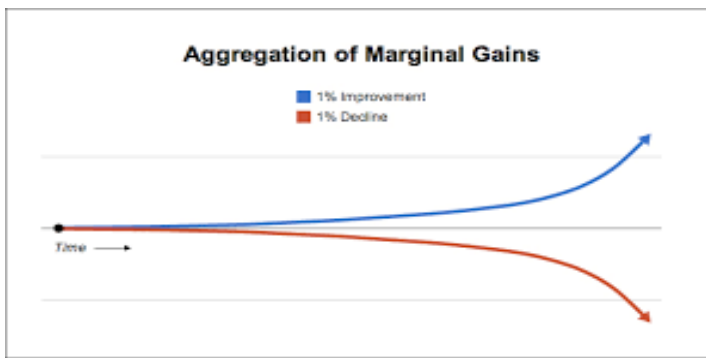
Open Water	13-14 January	Taupo
Junior Festival	16-18 February	Rotorua
Div2	18-21 March	Rotorua
NAGS	17-21 April	Auckland

HOLIDAY PROGRAMME

Please complete the Holiday Programme sheet (attached) by highlighting which workouts you are doing and then return to Alastair by **Monday 04 December**. Thank you.

MARGINAL GAINS

Read the attached article (in your inbox). 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 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

Make your strokes longer and smoother

1. Hand entry in line with shoulders on Free, Back and Fly
2. Hand entry to be further forward on Free and Fly
3. Straight arm entry on Backstroke with little finger going in first
4. Get hand deep and then anchor
5. Use core and hold the water
6. Hands exit the water beyond your belt line
7. COUNT YOUR STROKES OFTEN and AT DIFFERENT SPEEDS

SKILL GROUPS – Tuesday and Fridays at 6.00 – 6.15 pm

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

QUOTES – FROM MUHAMMED ALI – VOTED THE ATHLETE OF THE 20TH CENTURY (He was the BEST):



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

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