



THE PERFORMANCE POST

Where Swimmers Excel



01 JULY 2017 – Number 11

Hi Everyone,

Welcome to your latest Performance Post newsletter for the new Performance Squad. All the text highlighted in green means **TAKE ACTION**. I hope you like it ☺

INTERNATIONAL EVENTS

There have been a few international events recently with some cracking performances. A couple of standouts were 1.53 from Kristof Milak (17) in the 200 Fly and 1.57 from Ajna Kesely (15) in the 200 Free at the European Junior Champs (15-18 years).

USA World Trials – check it out at Swimswam or Swimvortex

European Juniors – check it out at isr2017ec

Scottish Nationals – check it out at SwimScotland

Coming up soon are:

FINA World LC Champs – Hungary (swimming events are 23-30 July, open water events are 15-21 July)

Commonwealth Youth Games – Bahamas (19-22 July)

World Junior Champs – Indianapolis (23-28 August). Ages are Female 14-17 years, Male 15-18 years as on 31 December 2017

Find time to have a look at the racing either live streaming or on Swimswam.

HOLIDAY PROGRAMME

We have our July Training Camp coming up very soon. **I would like you all to attend all the workouts**. Work together and grow together. All workouts are in the 50 metre pool. Some workouts may be SC with the turning boards in.

| Date | AM | PM | Notes |
|--------|--------------------------|--------------------------|--|
| Mon 10 | 7.00 – 9.00 | 4.00 – 6.00 plus dryland | |
| Tue 11 | 7.00 – 9.00 | 4.00 – 6.00 | Team activity 3.00 – 4.00 pm |
| Wed 12 | 7.00 – 9.00 | - | Make up swim if missed |
| Thu 13 | - | 4.00 – 6.00 plus dryland | Team activity 3.00 – 4.00 pm |
| Fri 14 | 7.00 – 9.00 | 4.00 – 6.00 | |
| Sat 15 | 7.00 – 9.30 plus dryland | - | |
| Sun 16 | - | - | |
| Mon 17 | 7.00 – 9.00 | 4.00 – 6.00 plus dryland | |
| Tue 18 | 7.00 – 9.00 | 4.00 – 6.00 | Team activity 3.00 – 4.00 pm |
| Wed 19 | 7.00 – 9.00 | - | Make up swim if missed |
| Thu 20 | - | 4.00 – 6.00 | Team activity 3.00 – 4.00 pm |
| Fri 21 | Wake up swim | - | Taranaki Winter Champs / Team Building Trip |
| Sat 22 | - | - | Taranaki Winter Champs / Team Building Trip |
| Sun 23 | - | - | Taranaki Winter Champs / Team Building Trip |
| Mon 24 | - | Normal timetable resumes | |

URNS AND TILES

To help with your turn distance and speed, **can you all bring a tile or weight or dumbbell to the pool**. Something heavy that sinks without damaging the pool floor. Who will put their marker at the 15 metre line?

GROWTH MINDSET

Are you improving 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)

TARANAKI

We have most of you attending the famous Taranaki Winter Champs / Team Building Trip. We will be doing some team stuff so be ready for some challenges. We all know that the pool is not the best in the world, but I expect you all to race as fast as possible and **applying yourself to the processes** such as:

- 3 R's of Ready, Race and Recovery (the latter is especially important to help you prepare for the next race)
- Pacing – really strong at the end of the race (hold form, posture and stroke count)
- Turns to be faster, longer and deeper
- Get your team mate to video your races – learn lots
- Maximum kick on the last lap of every race

FUNDRAISING IDEAS

See me if you have any great Fundraising ideas.

QUOTES

On the University of Texas Swim Team changing shed door ...

"If you are not prepared to help your team mates be the best, then turn around and go home".



NUMBER OF WORKOUTS

The Squad attendance in May and June was very disappointing. Make sure that you attend your workout number each week. If you miss, then make up on Wednesday pm or anytime on Sunday. I am happy to give you a workout.

If we are to succeed as a TEAM, then we must work together and push on. You are all very fortunate to have a great Club supporting you, great pool access and a great coaching team encouraging you. I know a lot of clubs in England and Scotland who train at 9.00 pm at night in small pools in overcrowded lanes. **So ... let's get stuck in, take advantage and achieve your goals together.**

GOALS

You will be getting a new Goal Sheet very soon. **Give some thought now as to what you will achieve between now and CNI meet.** Once the SC season is done in October, then your new goal should be to beat all your SC times Long Course by NAGS which takes place on 17-21 April 2018.

One of your goals should be to **SMASH your turns.** In your workouts, rotate faster, drive off deeper, further and faster and learn to sprint your turns. We are also doing more kick sets and fly sets this season to build up your strength, athleticism and speed.

SWIM MEETS

1. Taranaki Team Building Meet - 21-23 July
2. SBOP Winter Junior League Round 2 - 30 July
3. SBOP SC Champs - 11-13 August (BayWave)
4. SBOP Winter Junior League Round 3 - 27 August
5. Central SC Champs - 01-03 September (Rotorua)
6. AIMS Games - 11-12 September (BayWave)
7. National Schools Champs - 15-17 September (Hamilton)
8. **National SC Champs - 03-07 October (Auckland)**
9. SBOP Classic - 01 October (Rotorua)
10. CNI - 20-22 October (Rotorua)

Please see me before 13 July if you wish to take part in the AIMS Games and the National Schools Champs.

TIP FROM THE TOP - 1

Listen to your coaches more. You will get more out of the workout and achieve more and waste less time. It is frustrating for me to repeat instructions ad infinitum. If you want to achieve exceptional results, then pay 100 per cent attention to each set, the goal for each set and what is expected of your effort. **Make this your top priority.**

TIP FROM THE TOP - 2

Do your stretches every day and straight after the pool workout. See me for your stretching sheet.

Having a regular stretching routine as this will help you:

- Stay long and smooth in the water with better skills
- Good for injury prevention
- Improved posture with shoulders back and with a long spine
- Improved kick times in training - this will transfer to more speed at the swim meets

TIP FROM THE TOP - 3

Support your team mates - encourage them when they need your support to push on.

The goal is to stay positive and actively encourage your team mates to achieve more.

TEAM = together everyone achieves more.

All the best - grow your COURAGE and ENCOURAGEMENT!!

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