

Coaches Corner

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Issue
July

A Monthly Insight into the Lilydale Swimming Club

Splash!!!

Hi All,

It has been a very successful month for the Club. This month has seen Lilydale Swimming Club soar from 56th to 36th ranking Club in Australia for National Short Course; this also ranked us 6th amongst Victorian Clubs.

We have also seen a Club first at Eltham Swimming Meet, where a staggering 40+ Club records were beaten. Yes at the 1 meet! This is an excellent sign going into Short Course States. Some of the times achieved at Eltham Qualified and even ranked in the top ten fastest from last year's Short Course States. I would also like to Congratulate Julia Algie who broke the Australian 200m Backstroke for S15 category. With continued effort in training performance everyone can still improve which is something to look forward to!

I would also like to announce my appointment as the Head Coach of the Victorian SWD Development Squad. This will give me the chance to work with some of the best SWD swimmers in the State. I will help in their development towards International representation and bring back any information learnt for our home program. The role will see me involved in the planning of 3 sessions where I will work with Brendan Keogh the National Paralympic Coach and team of assistant coaches from around the state.

Last but not least, I would like to thank all the parents and committee members who helped make the Encouragement Meet such a success. We had a great result in the pool and all clubs seemed to enjoy the meet.

Lawrence Krauter

SPONSORS

New Era at Lilydale >>>

Want to help out the Club?
 The club is always looking for volunteers whether it is as an official, on the committee or just would like to put your hand up to help out. !

If you're interested in helping out, please email Phil Jones at

lilydalesc@hotmail.com

RECORDS continue to get SMASHED >>>

This is a list of Club records that have been broken this month. Well done to all our swimmers on creating a culture of success. Previous ideals about what can be achieved have been trampled and it is this attitude that is taking Lilydale Swimming Club from bottom to top in Victorian and National Rankings.

<u>Girls 8 & Under 50 Free</u> 40.67 Kimberley Gilling 9/07/2011	<u>Girls 15-15 100 IM</u> 1:16.37 Jasmine Delacy 16/07/2011
<u>Girls 8 & Under 100 Free</u> 34.77 Kimberley Gilling 9/07/2011	<u>Girls 16-16 50 Free</u> 35.98 Bronte Varas 24/07/2011
<u>Girls 8 & Under 100 Back</u> 1:43.48 Kimberley Gilling 9/07/2011	<u>Girls 16-16 100 Free</u> 1:15.91 Bronte Varas 24/07/2011
<u>Girls 8 & Under 100 Breast</u> 1:51.30 Kimberley Gilling 9/07/2011	<u>Girls 16-16 100 Back</u> 1:32.98 Bronte Varas 24/07/2011
<u>Girls 8 & Under 200 Breast</u> 3:52.02 Kimberley Gilling 24/07/2011	<u>Girls 16-16 100 Breast</u> 1:52.43 Bronte Varas 24/07/2011
<u>Girls 8 & Under 50 Fly</u> 48.85 Kimberley Gilling 9/07/2011	<u>Girls 16-16 50 Fly</u> 45.53 Bronte Varas 24/07/2011
<u>Girls 8 & Under 100 IM</u> 1:44.52 Kimberley Gilling 9/07/2011	<u>Boys 10-10 50 Breast</u> 48.95 Luke Jones 24/07/2011
<u>Girls 10-10 50 Free</u> 38.58 Jessica Waller 9/07/2011	<u>Boys 10-10 50 Fly</u> 54.96 Jaidyn Marino 24/07/2011
<u>Girls 10-10 100 Free</u> 1:34.15 Jessica Waller 9/07/2011	<u>Boys 10-10 100 IM</u> 1:31.90 Luke Jones 24/07/2011
<u>Girls 10-10 50 Back</u> 43.60 Jessica Waller 9/07/2011	<u>Boys 11-11 100 Free</u> 1:24.74 Luke Jones 9/07/2011
<u>Girls 10-10 100 Back</u> 1:43.64 Jessica Waller 9/07/2011	<u>Boys 11-11 100 Back</u> 1:34.23 Luke Jones 9/07/2011
<u>Girls 10-10 100 Breast</u> 1:55.54 Ashleigh Harrison 24/07/2011	<u>Boys 12-12 100 Free</u> 1:09.12 Lenny Krix 9/07/2011
<u>Girls 10-10 50 Fly</u> 48.78 Ashleigh Harrison 24/07/2011	<u>Boys 12-12 100 Back</u> 1:20.23 Lenny Krix 9/07/2011
<u>Girls 10-10 100 IM</u> 1:45.54 Ashleigh Harrison 24/07/2011	<u>Boys 12-12 100 Breast</u> 1:30.49 Lenny Krix 9/07/2011
<u>Girls 13-13 100 Back</u> 1:14.86 Julia Algie 9/07/2011	<u>Boys 12-12 200 Breast</u> 3:14.27 Lenny Krix
<u>Girls 13-13&Open 200 Back</u> 2:38.13 Julia Algie 9/07/2011	<u>Boys 12-12 50 Fly</u> 35.57 Lachlan Jones 9/07/2011
<u>Girls 14-14&Open 50 Free</u> 28.26 Danielle Alger 9/07/2011	<u>Boys 12-12 100 Fly</u> 1:19.18 Lachlan Jones 9/07/2011
<u>Girls 14-14&Open 200 Free</u> 2:15.99 Danielle Alger 9/07/2011	<u>Boys 12-12 200 IM</u> 2:56.05 Lenny Krix 24/07/2011
<u>Girls 14-14&Open 200 IM</u> 2:36.05 Danielle Alger 9/07/2011	<u>Boys 16-16&Open 50 Free</u> 26.42 Daniel Ringer 9/07/2011
<u>Girls 15-15 50 Free</u> 29.51 Asha Puche 16/07/2011	<u>Boys 16-16&Open 100 Free</u> 57.74 Jordan Cleyne 9/07/2011
<u>Girls 15-15 100 Free</u> 1:06.32 Jasmine Delacy 9/07/2011	<u>Boys 16-16 200 Free</u> 2:12.96 Phillip Windridge 24/07/2011
<u>Girls 15-15 200 Free</u> 2:24.72 Asha Puche 16/07/2011	<u>Boys 16-16&Open 100 Breast</u> 1:11.82 Daniel Ringer
<u>Girls 15-15 100 Fly</u> 1:15.11 Jasmine Delacy	

Julia Algie @ National Short Course >>>

Lilydale Swimming Club would like to congratulate Julia Algie on a very successful campaign at Short Course Nationals. The event saw the 13 year old make 4 finals against Australia's finest in the 50m Backstroke, 50m Breaststroke, 100m Breaststroke and 100m Butterfly. While achieving many personal best times at the meet, her greatest achievement would have to be the 5th placing in the 100m Butterfly, where Julia knocked up a 2 second personal best.

Julia on Nationals:

At Short Course Nationals, I experienced what it's like to be a top class athlete. It was a place where I truly believed I was being noticed as a really good swimmer. Nationals had a totally different feeling to a normal meet, it was really exciting. The best thing about Nationals was meeting athletes from around Australia and making new friendships with them. Before arriving in Adelaide I was really nervous and felt that I would be outclassed by the other athletes I would be competing against. When we first arrived at the Adelaide pool I was amazed at how large the centre was. Once I had done some warm up laps in the competition pool (in the same lane as Libby Ticket), I started to relax and felt more comfortable. My first race was the 100m freestyle, I was terrified. Once it was over, I was really relieved. Over the 3 days of competition, I feel I managed to swim some great races making 4 finals. It was a great experience and I can't wait to compete at National Long Course Champs. *Julia Algie*



InterClub Begins >>>

On the 22nd the first Interclub kicked off. This year swimmers prepared with an hour training and warm up session at Kilsyth beforehand. This session was focused on warming up and practicing relay starts. A total of 42 swimmers were at the session, which was close to 15 a lane. When we arrived at Aqua Link team managers organised their teams then Chloe Diggins organized a Club Chant that she had prepared earlier. While it was a great chant, we were definitely short on practice, but I'm sure Chloe will teach every one the words next time!

As far as the meet went, Lilydale made a statement on the first event with the Senior A team winning by the smallest of margins over Nunawading. The success continued with many teams achieving 1st and 2nd placing. I look forward to the next Interclub where we can further what is already a great result.



Tip No.3

MONITOR YOUR THOUGHTS BEFORE A BIG RACE

Tip no.3 >>>

What thoughts go through your mind before an important race?

This question may be crucial to your results in the pool. It seems that the more science discovers about the human mind, the more important the power of thought becomes, especially in swimming. Believe it or not, every thought you think, and every word you say in the 5-10 minutes before a race can have a major effect upon your results. Humans think around 60,000 thoughts a day and the quality of these thoughts is becoming increasingly important in a sport where a hundredth of a second is an eternity. We already know many of the problems which are associated with a negative attitude, such as fear, intimidation, lack of belief, intimidation ... and so on. If you still struggle to believe the importance of the mind in swimming, think of this; all of your swimming experience (that is, every lap you have ever swum in your lifetime) is recorded in the archives of your memory bank, and this lies in your subconscious mind. The subconscious happens to be the control-centre of all movement, and works just like a computer, and is being constantly programmed by the thoughts, words and statements you choose. Your results in the pool (the printout) are determined by the quality of the thoughts (the data), which are programmed into your mind. What this all means is this: think negative thoughts before a race, and you will generally get a negative result. Likewise, program your mind positively, and get rid of the mental roadblocks which have been holding you back, and you will get a vastly improved result. Garbage in, garbage out, as they say.

The question is ... are you satisfied with the results you are getting, or could they improve (a lot)? Simply by changing the thoughts you think before a race, may help you to change your printout (results) for the future. So how can we do this? Hopefully this answer may help a member of Swim Florida from Fort Myers, who tells me that she and her coach have decided she possesses an overactive mind, and wonders if I could help (a common affliction of swimmers). One of the best ways to overcome negative thoughts before a race is to re-focus the mind onto something positive, by using an affirmation. This is an ancient technique, where you simply repeat a few words over and over again for 5-10 minutes before a race. This does two things ... it focuses the mind onto the positive, and it prevents negative thoughts being programmed in before the race. An example of an affirmation could be power and speed, or perfect rhythm, but you can just as easily make up your own affirmations using your own words.

Susie O'Neill did this (mentioned in her book Choose to Win) and the greatest boxer of all-time, Muhammad Ali, used "I am the greatest" to great effect. If you make up your own affirmation, just ensure you keep them short, positive (no words such as lose), and present tense (e.g. 'I swim like lightning', not 'I **will** swim like lightning'). Some swimmers even sing a song to themselves as they swim, and this can also work remarkably well. Practice this technique, and see if it makes a difference. I have seen it make massive change and quantum leaps in swimmer's results.

SWIMMING PSYCHOLOGY

By Craig Townsend

Presidents Corner >>>

July has been a busy month, but one highlight from a club point of view has to be the Lilydale Swimming Club Encouragement meet. I feel the club excelled on a number of levels. Our young swimmers competed really well and behaved in a way that should make all parents proud. The leadership group and older swimmers where fantastic in the variety of tasks they undertook. The parents that committed hours of time to making the meet such a success continue to astound me with their commitment to the club.

Those outside the club that deserve special mention are our major sponsors; ACR Roofing, Frontline Pest Control, and Bendigo Bank, Mooroolbark Branch. Thanks also to our other sponsors, Replas, Hamilton Morello and Plumbers Choice. Their support of the club creates many opportunities for our swimmers that would otherwise not exist. If you have needs in any of the areas these businesses specialize in please give them an opportunity to service your requirements.

On the committee front we have been busy updating the web page, seeking new sponsorship, talking to council, developing hand books for Squad Progression and Competition (thanks Lawrence), Information for Sponsors Pack (to be rolled out in the next fortnight), fundraising at the Encouragement Meet, developing new fundraising strategies, talking to swim schools about potential new members, coordinating a social event and working on a 12 month club calendar to help families with forward planning, to name a few.

Finally, special thanks to parents for entrusting the Club with your kids. Lawrence, Ann and Tyler support them in every way possible. It has been exciting to watch the development of all the swimmers this year. The new training regime, although often demanding, is producing fantastic results. It's a great problem to have when the coach complains about the rate at which he has to update the club records because the swimmers times are improving so quickly.

Thanks for the support you offer the coaches, the club and the kids.