

Coaches Corner

Head Coach: Lawrence Krauter

Mobile: 0402374384

Email: Krauter@live.com.au



Hi All,

The Lilydale Swimming Club has had another successful year. All of our competitive statistics have improved. As a coach I am very aware of the clubs progression, but sometimes it is not as apparent to our members, so I have listed below some of the improvements we have seen this season.

SHORT COURSE WRAP UP:

	2010	NOW
Number of State Entries:	49	68
Number of National Entries:	8	8
Ranking at State Age:	61 st	52 nd
Ranking at State Open:	16 th	9 th
Combined Ranking:	39 th	22 nd
National Ranking:	56 th	39 th

I would also like to point out that Lilydale Swimming Club is above the National and State average for percentage of members competing at State level.

As a coach I could not be happier with the result. Though I still insist there are many more swimmers who can contribute to another improved performance this Long Course Season.

Lawrence Krauter

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Splash!!!

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

Pacing it OUT >>>

I have decided to bring in some new innovations in how our swimmers go about pace training. As you may know, it is very hard to hit a specific time for race practice, while counting your strokes. Even knowing what that time should be, remains a mystery to some. So I have developed a Pace sheet which swimmers can target goal times. The sheet will prescribe training times, stroke counts and stroke rates. Swimmers in the JX squad and higher are in need of these sheets, to get one simply write down goal times for all 200 and 100m events and pass them on to your coach. I will then process them. It may take a day or 2, then you will have your own personal pace sheet.

Long Course Starts with a BANG >>>

The First Long Course Meet of the Season so far was Surrey Parks Bendigo Bank Meet. We had 17 Swimmers on the day and were one of the largest teams at the meet.

We had some great results at the meet with Lenny Krix and Jamie McLauchlan achieving another state time each. Lenny in the 100m Breaststroke and Jamie in the 100m Butterfly (the first time Jamie had raced 100m Butterfly). Other Mentionable swims include Courtney Smyth's 50m Freestyle, which was over a second Personal Best and only missed State time by .07 of a second. Something I'm sure Courtney can pick up throughout the season. Another big result was Matt Gilling's record breaking 1500m Freestyle of 18.56. This not only broke the age group record but was the fastest time the club has ever had beating the Open record! As a group, our overall result was good for this early in the season notching up 40 Personal Best times. The Club also picked up to medals thanks to Matthew Gilling in the 400m Freestyle and Daniel Ringer in the 200m Breaststroke I would just like to congratulate swimmers on a good opening meet.

Presidents Corner >>>

The Grand final is over for 2011 and Geelong has taken the honors. Congratulations to Geelong supporters and commiserations to the black and white army. I am reminded that commitment and endeavor are hallmarks of success. In the case of Geelong and Collingwood, this is accompanied by high level resourcing and coaching. As a committee, we continue to do our best with the limited funds we have, to create a well-resourced environment where endeavor and commitment are supported by excellent coaching (check out the underwater camera now that Lawrence has it up and running).

Last night I was on the door at the Club Disco (thanks Arne Krix for being the real half of the security team). It was great to see many of the club kids take part. A stand out performance was the mums doing the nutbush. I have it on good authority that some are struggling to move today. Another highlight was the sight of Matt Gilling and Daniel Ringer on the catwalk. It is extremely fortunate they like swimming, because they are not destined for a career in modeling. A far brighter future awaits Olivia and Brooke. Their poise and balance gave the judges little choice but to award them victory. The third highlight was the sight of established club members welcoming newcomers to the club so warmly. Thanks to all the parents who helped out to make the night a possibility.

On behalf of the committee, I would like to congratulate all our swimmers for their efforts in the short course season and wish them all the best for the long course season over the next few months.

Phil Jones
President



Tip no.4 >>>

THE ZONE

One of the most powerful terms used in world sport for decades, but least known amongst most swimmers, is the mental state called **THE ZONE**. This is the mental state that produces super-human performances, amazing times and winning streaks. Any swimmer or athlete who is in this state is virtually unbeatable at their respective level of competition - and at the elite level, you witness world records well and truly smashed. A swimmer who is **IN THE ZONE** experiences an unusual feeling of effortless power, allowing the swimmer to feel as if their body is powered by a turbo-charged engine, and they find their body gliding and cutting through the water with minimum effort and awesome power. The strange part about this is - this powerful performance does not feel as if it is being controlled by the actual swimmer! In fact, they often report feeling as if they weren't responsible for the swim at all - as if their body was being guided and directed by a more powerful force (and this is exactly what is happening). Almost every swimmer at some stage in their career has experienced this feeling to some extent, and then wondered afterwards "how did I do that?" This is the mystery that surrounds THE ZONE - why does it appear so fleetingly, and then disappear just as quickly as it came? And most of all - why can't we access it all the time? What is the powerful force which is guiding the body during this period? The answer is the sleeping giant that resides inside all human beings - the subconscious mind, the source of all bodily movement, which also stores all past swimming memories and experience. When a swimmer is zoning, their conscious mind becomes quiet (the normally busy, chattering mind we use all the time), and this allows their more powerful subconscious to run their performance on 'automatic pilot', in the way a computer runs software. This allows their strokes to flow much easier, effortlessly increasing speed and power in a way that could never be matched by conscious thought. This means that when you are in the zone, you have virtually no thought going through your mind whatsoever, your body is just swimming on automatic-pilot, powered directly by your subconscious mind. This is NOT to say that your body is swimming without instruction, on the contrary, it is simply getting its instructions from a more powerful and reliable source. So how do we get into the zone? Everyone must find the method that best suits their needs, but here is an excellent description sent to me by a swimmer about how he manages to enter this state before a race...

"In some of the best races I have ever swum, I do some very odd things and I was wondering if you have heard of this. First I just try to clear my mind of everything. Then I get this weird feeling of being almost inside my brain. It feels kind of like when you try to take a nap in the middle of the day, when you close your eyes and you just lay there in a mode of "thoughtlessness". I get into that mode, and then I begin to get cold and tired before my swim. Then right before my swim I just go into a total focused mode where I pay absolutely no attention to anything around me except the blocks and my race. I seem to snap out of it 30 seconds before my swim. When I get up on the block I mentally slow everything down. Like in the movie the 'Matrices', I start to feel like I can do anything, things that I would not normally be able to do. Then I take my mark slowly and go. It feels so weird. When I saw the movie the 'Matrices' it was amazing because it seemed like that was exactly what I had been doing for the past two years before a swim. It took me a while to master the mental thing. When I started I had to do it for at least 30 minutes before my swim but now I do it for about two minutes before I swim". This was his method, and I suggest you experiment with this technique in training, and try to master the best method for you to use in your future races. The zone is a very powerful state, and can help you reach beyond your limitations to achievements you may have never realised were possible. Try it, explore it, master it, and then show the world what you can do!

SWIMMING PSYCHOLOGY

By Craig Townsend

Daniel Ringer @ Short Course States >>>

On Friday the 26th, Saturday the 27th and Sunday the 28th was the most important dates of the calendar year for swimming in Victoria. These dates were State Championships. For those involved, it's a bit of a buzz and for a coach, it's also a stressful time. This year, as some people may know, we did quite well overall with lots of personal bests and good placing's coming from all swimmers, as well as a few of us who also made finals.

For those that have never seen or been to a final the atmosphere the minute you walk in is just amazing. Everyone is running around, there is plenty of cheering and even the coaches have a smile. There is even an opening ceremony when everyone stands for the National Anthem and it's that stage where you realise it's a bit more than an average swim meet. The moment you walk into the marshalling room, everyone is focused. Normally quite a loud room, it's almost strange to hear anyone talk at this time. There is definitely a stage after this, when you walk out behind your block, after your name gets called out over the PA that you realise that you don't have any more time to prepare. What training you have done is done and that it's all up to your ability and your attitude that will determine how well you go. The moment you dive in though you just go for it, the crowd even disappears. Then as quick as it starts, it's over. Personally I did quite well. I had 3 out of 4 Personal Best's and made 2 finals and was very happy with mine and the club's performance.

Daniel Ringer