



EXCEL, Etc...

Monday, May 3, 2010

The Weekly Newsletter for Excel Aquatics

www.excelaquatics.org

EDITOR'S NOTE

Welcome back to the team newsletter! Our apologies for the delay in getting this restarted. Our plan going forward is to publish the newsletter twice per month, around the 1st and 15th of each month. We will include updates, schedule changes, and any other educational information we can provide to better serve your needs. Please email Coach Kate at chronicks@aol.com if there is anything you would like included in the newsletter.

Thanks and happy reading!



STARS & STRIPES MEET
June 4-6, 2010

MEET ENTRIES are due on Direct Athletics May 13, 2010. Please get your entry completed sooner than later! Entries will be posted on our web site as soon as the deadline has passed. Thanks.



PILOT MEET
June 18-20, 2010

MEET ENTRIES are due May 25, 2010. This is a team meet for 12 & Under swimmers only.



NAC MEET
April 30-May 2, 2010

FINAL RESULTS are posted on the team web site. Congratulations to all who participated in our first meet of the long course season.



FORT LAUDERDALE MEET
June 24-27, 2010

MEET ENTRIES have closed and are posted to the team web site. The hotel information is as follows:
Marriott Courtyard Fort Lauderdale Beach
440 Seabreeze Blvd
Fort Lauderdale, Florida 33316
Reservation Phone #: 954-524-8733
We have 8 rooms on Wednesday, June 23 and 20 rooms available starting Thursday, June 24, 2010. Check-out is Monday, June 28, 2010.



BAYLOR MEET
May 14-16, 2010

MEET ENTRIES have closed and been posted to the team web site.

Direct Athletics Meet Sign-Up Reminders

The team uses an online site to complete our meet entries. New members to the team may not yet have been assigned a User ID and temporary password. Each team member should expect to receive an email from info@directathletics.com giving you your User ID and password. Make a note of both! This email will come from info@directathletics.com so please be sure your email account is set up to accept this address.

If you do not receive this email, please contact Coach Kate at chronicks@aol.com. When you are ready to sign up for a specific meet, please follow these simple instructions:

1. Go to the Direct Athletics web site (www.directathletics.com)
2. On the upper left side of the screen there is a section for individuals to log in.
3. Enter your User ID and password and click ENTER.
4. Click on the meet you wish to enter your athlete
5. Click on the box next to the event you wish to enter
6. Once finished, click ENTER to save your entry
7. You should receive a confirmation email with a list of the events you entered within 24 hours.

You need to log in to the site for each individual athlete. Unfortunately we could not tie multiple athletes to one account.

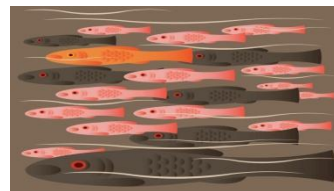
PARENTS – please DO NOT wait until the last day to do your entry. The cut-off deadline will either fall at noon or midnight, depending on the type of meet and team deadline for acceptance. We are bound by other meet hosts' constraints and cannot do entries any later than 10-12 days out from the meet.

APRIL	DATE	GROUP
NAC Meet	4/30-5/2	ALL GROUPS
MAY	DATE	GROUP
Baylor Meet	5/14-16	ALL GROUPS
JUNE	DATE	GROUP
Stars & Stripes Meet (ISC)	6/4-6	ALL GROUPS
Open Water Swim (Chattanooga)	6/12	SLV 1, GLD 1 & 2, Xtreme
Pilot Meet (Knoxville)	6/18-20	12 & Under ONLY **ONLY for those not attending the Florida meet**
Fort Lauderdale (Florida)	6/24-27	SLV1, GLD1 & 2, Xtreme (must qualify)
JULY	DATE	GROUP
SZ Senior Sectionals (Athens, GA)	7/15-18	GLD1 & 2, Xtreme (must qualify)
SES Southeasterns (Knoxville)	7/22-25	ALL GROUPS (must qualify)
SZ Zone All-Star Meet (Atlanta, GA)	7/27-31	ALL GROUPS (must qualify)
AUGUST	DATE	GROUP
SZ Senior Zone Meet (Orlando, FL)	8/3-7	SLV1, GLD1 & 2, Xtreme (must qualify)
USA Nationals (Irvine, CA)	8/3-7	GLD1 & 2, Xtreme (must qualify)
USA Junior Nationals (Irvine, CA)	8/9-13	GLD1 & 2, Xtreme (must qualify)



Spring /Summer Meet Schedule

Here's the Meet Schedule for the entire team! Please pay special attention to the meets designated for your specific practice group. We want everyone to participate in as many meets this season as possible. This Schedule is subject to change so please check back often.



PRACTICE CHANGES

The schedule changes in this section of the newsletter are very important. We set our practice schedule every six months but must make weekly changes due to pool facility changes or other

activities. We will make every effort to give you at least one week's notice and those changes will be listed in the weekly newsletter and on the web site. If an unexpected change occurs, we will notify you by e-blast as soon as we are made aware. In addition, we will post those changes on the team web site prior to 3pm each day. Please get in the habit of checking the web site each afternoon prior to 3pm.

Gallatin Location

Week of 5/3-8

No changes to date

Week of 5/10-15

No changes to date

Week of 5/17-22

No changes to date

Week of 5/24-29

No changes to date

Murfreesboro Location

Week of 5/3-8

No changes to date

Week of 5/10-15

No changes to date

Week of 5/17-22

No changes to date

Week of 5/24-29

No changes to date



Swimmer & Parent Education Corner

Each week we publish a small article or clip from USA Swimming or other related sources concerning athlete progression, training, nutrition, sleep, parent involvement, and injury prevention. We hope you will find this section interesting and informative!

This week's article comes from Dr. Aimee C. Kimball. She is the Director of Mental Training at the University of Pittsburgh Medical Center's Center for Sports Medicine.

The ABC's of Mental Training

J is for Juggling Everything

BY AIMEE KIMBALL, PhD//Sport Psychologist
Athletes are dedicated. They are committed. They are willing to make sacrifices in their lives to help their sport performance. However, when you take this commitment to their sport and add a similar level of commitment to their academics, social lives, work and family, it can lead to a very difficult juggling act.

Take "Christina" for example. She is an athlete whom I work with that did not play well partly because she had done poorly on a paper and was stressed about it and partly because she didn't get a

ISC Location

Week of 5/3-8

No changes to date

Week of 5/10-15

No changes to date

Week of 5/17-22

No changes to date

Week of 5/24-29

No changes to date

chance to eat before her game and instead had taken a nap.

She was so tired because she was up until 1 a.m. finishing a paper. She was up so late because she had procrastinated and did not manage her time well. She had known about the paper for a week, but said that it wasn't really that long or difficult of an assignment. She even admitted she could have done a better job managing her time because she probably didn't *have* to watch "Grey's Anatomy" (which took longer for her to watch than it did to actually complete the paper).

She also said her friend had a bad day, so she spent almost an hour on the phone talking to her. Because she waited until the last minute, waited until she was totally exhausted, and did not prioritize well, she not only did poorly on her paper she also did poorly in her game. Juggling her fun time, with her friend time, with her sport and academics proved to be too overwhelming. However, if she had thought it through and worked to manage her time and energy better, she could have been more successful in both her academic and athletic performance.

Unfortunately, I'm sure many of you can relate to Christina and are wondering how committed athletes who look for success in all areas of their lives juggle everything. Here are some suggestions to help you juggle your many demands successfully:

Recognize it's hard to give 100% to everything all the time

You're not a superhero. At some point something has to give, and that's OKAY. It's fantastic to strive to be perfect, but it's unrealistic to expect it all the time in everything you do. Do what you can, the best you can, with what you have at that moment.

Know your true priorities and think long term

Make sure if you choose to sacrifice one area of your life for the benefit of another that you are not just focused on the here-and-now, that you are thinking about how prioritizing one area of your life will affect you 1, 5 and 10 years from now. For example, if you choose to put your social life first and go out with friends all night rather than working on a project or getting a good night sleep before your 6 a.m. practice, recognize that one year from now your grades might not be good enough to get you the job or get you into college, or, five years from now when your swimming career has ended you may regret not doing the little things necessary to help you to reach your fullest potential. However, when choosing your priorities, keep in mind that the odds of competing at the collegiate or Olympic level are against you. So, before you prioritize swimming

over all else, make sure you don't totally neglect the areas of your life that you have to rely on if/when competitive swimming ends. Again, think about the long-term effects of your decisions.

Know who else your decisions affect

As you are juggling the various aspects of your life, make sure you know what relationships might suffer. Whether it's your relationship with teammates, coaches, friends, or family, when you are spending a good deal of time with one group your connection to others may begin to fade. It's just something to consider as you try to balance your life.

Decisions don't have to be totally wrong or totally right, they just have to be the best you can make at that time

Many people stress out because they don't want to make the wrong decision. When several things are important to you, you are likely to feel that you are doing something wrong if you have to make a choice between two things you enjoy. When you struggle with such a decision, weigh the pros and cons, the long term effects, the people involved (including yourself), and make the best choice you can with the options available.

Balance the time and energy required for tasks

When you have lots of demands for your time, it is hard to get everything done. You can feel overwhelmed, stressed, and think that it is impossible to be you and be everywhere at once. When you have stress because of significant time demands, the best way to get control of it is to plan it out and learn to manage your time and your energy. First, get out a piece of paper and divide it into five sections. This is going to be your "to do" list. In the first column write down everything you have coming up. In the second column estimate how much time the task will take. In the third column, decide on a scale of 1-5 (1 being a little bit, 5 being a lot) how much energy the task is going to take. Then look at your list and prioritize-your fourth column is the order in which you are going to complete each task. The final column is the date or time you want to complete the task by.

To Do	Time Required	Energy Required (1-5)	Priority	Completion Date/Time

I suggest doing the tasks that require the most energy first, the ones that require the most time next, then, with the remaining tasks, decide which are most important. The reason you want to do the

tasks that use your energy first is because you want to do them while you still have energy and you don't want to have them hanging over your head all day. You might have to call a coach and tell him that you are going to miss practice, something you dread and know it takes a lot of your energy to do but not necessarily a lot of time. If you wait until the end of the day, you'll have been stressing over this "energy-draining" task all day, which can distract you from all of your other tasks (causing them to take longer than needed and possibly decreasing their quality). Also, once the "energy-drainers" are completed, that sense of relief of having it done can actually bring you an energy boost.

Juggling the various aspects of your life is a skill. If you can create good time management habits, set goals to help you choose your priorities, and learn how to deal with the stress of it all, you will develop the ability to be successful in multiple areas without having to sacrifice too much in others. Sometimes, there is a lot going on and a lot being demanded of you, but the more you work at it, the more things you can juggle at once.

Make it great!



Coaches' Corner

Each newsletter the coaches from each practice group write a brief note to each of their groups. This is a great place to learn what's happening in all the groups, catch up on what your athlete might have done in practice the past week, or get practice group specific information. Please read!

Gallatin

Bronze / Silver II – No Report.

Silver I – In the first half of May we will keep working on the aerobic conditioning in general; Wednesdays get the challenge to train with coach Mike on short distances; more breaststroke drills than usual that will emphasize the undulation of the hips and power of the kick. Good luck this weekend for the first long course meet!!

Gold / Extreme – Working to maintain a steady training regimen. Coming off a very good short course season the swimmers have been able to

train and keep a nice attitude. Congratulations to Bradley G and Alek N. for signing with colleges to swim. Bradley will go to MSU and Alek to King College. We will see how well we have maintained our regimen at the NAC meet. Silver II is really working on strokes and *getting ready for the summer season. The Baylor meet will be our first long course test of the season. We look forward to getting in a meet soon. We appreciate all the swimmers that have signed up for the tune up. Great job Sheree and Andreea!*

ISC

Bronze I & II – Coach Gina and I continue to be impressed with the improvement of the young Bronze swimmers.

We have a race day on May 11th to get a good look at the group. **Please RSVP** with Sharon Browning russbrowning@earthlink.net if you can make it to that. We need to know who will be swimming and if you can help with the meet (timers, clerk of course, etc.). We will be swimming relays the IM and the longer free. I believe we may also have a dinner at the ISC after the races. It should be fun.

We know a lot of you guys will take off from Excel for the summer and hope to see you back in the fall. We will be cheering for you in the recreation leagues.

For those that continue on with Excel this summer please check the Excel Website as the practice times for Bronze change slightly. It is a good idea to check the website periodically anyway.

Starting now we will be doing a little more yardage in Bronze I in preparation for the next level at Excel. There will not be a huge difference in what we are doing now but we will focus more on interval training, adding a few yards while we continue to focus on stroke technique and streamlining.

Bronze II is still primarily working on streamlining and stroke technique.

We have a home swim meet (Stars and Stripes) coming up in early June. Please check the web site for the details. **All Bronze I are encouraged to enter this meet!** If you are unsure of what events to swim, please email me (pbrowne6@gmail.com) or talk to me at the pool. I don't think Bronze II are ready for a long course meet yet but should swim at race day for the experience.

Parents:

If you have any interest in all at becoming a stroke and turn official please sign up to be an apprentice for the next home meet. This is a great way to learn more about the sport, help the team and satisfy your work requirements. I have been an official for several years and really enjoy it. You get to eat for free at the meets and have the best view in the house. We really need young families to get involved in this area.

Finally, I appreciate the chance to work with so many talented young swimmers and look forward to the continued improvement. If you ever have any questions or need to contact me please don't hesitate.

Silver III – Wow! April was filled with long, hard workouts and the swimmers did great! Their hard work is paying off as their endurance builds. We are going to keep it up during the month of May as summer swimming will start soon. If you have not signed up for the Stars and Stripes meet in June please see the website for more info. This will be a great long course meet! Please let Coach Melissa know if you are planning on swimming in that meet. Also, please try and come to Saturday practices. This is a good chance to swim the long course pool. Keep up the awesome work!

Silver II – Swimmers, we're getting ramped up for long course season! Prepare for longer distances and more yardage at practice. It's a great idea to eat something before you come to practice and to drink lots of fluids before, during, and after swimming. We have our first summer Race Day coming up Tuesday, May 11th from 4:30-6:00. I hope you can come. We'll be swimming relays at this Race Day so it'd be great to have a big turnout. Sharon Browning is looking for parent volunteers to time and is cooking up something for dinner afterwards, so please RSVP with her if you want to stay and eat.

Silver I – No Report.

Gold II – No Report.

Gold I – We continue to work on speed and percentage of effort in practices as well as technique and distance per stroke (DPS). You must know your current best times for both SCY and LCM in order to complete practices correctly. It is important everyone know their times and be able to figure out their correct percentages for each distance and stroke. Dryland continues with running and Ultimate Frisbee. Keep up the great work!

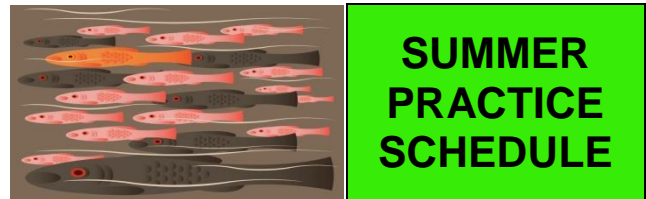
Extreme – Swimmers are finishing up conferences with the Mark. If you have not had yours, schedule one this week. Swimmers are working hard in dryland to build strength. The NAC meet is fast approaching so we will be preparing to race soon. Baylor is an optional meet, but Mark will not be attending. Amy and Kate will cover the meet, while Mark stays back to run practices. All swimmers should have their seasonal goals submitted to Mark.

Murfreesboro

Bronze – No Report.

Silver II – No Report.

Silver I/Gold – No Report.



The following is the TENTATIVE summer practice schedule for all sites. It is scheduled to take effect May 29, 2010 and end August 7, 2010.

GALLATIN (Coming Soon!)

	Mon GCC	Tues GCC	Wed GCC	Thurs GCC	Fri GCC	Sat GCC
B						
SLV II						
SLV I						
G/X						

ISC (Starts May 29, 2010)

	Mon	Tues	Wed	Thurs	Fri	Sat
B	5:15-6:15 pm	x	5:15-6:15 pm	5:15-6:15 pm	x	10-11 am
SLV III	4-5:15 pm	x	4-5:15 pm	4-5:15 pm	x	9:45-11 am
SLV II	8:30-10:30 am	x	5-6:30 pm	4:30-6:30 pm	x	9:45-11 am
SLV I	8:30-10:30 am	x	7:00-8:45 am	4:30-6:30 pm	7:00-8:45 am	7:30-9:15 am

G II	4:30-6:30 pm	8:30-10:30 am	8:30-10:30 am	8:30-10:30 am	8:30-10:30 am	9:30-11:00 am
G I	6:30-8:30am 4:00-6:30 pm	6:30-8:30am	6:30-8:30 am 4:00-6:30 pm	6:30-8:30 am 4:00-6:30 pm	6:30-8:30am	7:15-10:30 am
X	6:30-8:30am 4:00-6:30 pm	6:30-9am	6:30-8:30 am 4:00-6:30 pm	6:30-8:30 am 4:00-6:30 pm	6:30-9am	7:15-10:30 am

MURFREESBORO (Coming Soon!)

	Mon	Tues	Wed	Thurs	Fri	Sat
BI						
BII						
SII						
SI						
G						

Excel Parent Board

Excel is a Not-for Profit Corporation run by a parent Board of Directors. The Board meets once per month with Head Coach Mark Walker.

Please feel free to contact these individuals if you have questions regarding the Parent Board. If you have questions about the club, practices, meets, or training please contact one of the coaches.

Coaches E-Mail Addresses

Here are the e-mail addresses of the primary coaches for each group. All requests of coaches should be sent via e-mail.

Mark Walker (Head Coach, Xtreme / College)
walkerxl@comcast.net

Kate Chronic (Asst Coach, ISC - Gold I / Xtreme)
ChronicKS@aol.com

Dennis McEwan (ISC – Gold II / Masters)
rhsswimcoach@comcast.net

Amy Caulkins (ISC – Silver I)
amycaulkins@juno.com

Amanda Crawford (ISC – Silver I)
amanda@denovodahl.com

Ashley Whitney (ISC – Tri-Athletes)
triash@gmail.com

Gretchen Bates (ISC – Silver II)
grettle@gmail.com

Melissa Baird (ISC – Silver III)
mbaird1@gmail.com

Peter Browne (ISC – Bronze I & II)
scrowlers@bellsouth.net

Gina Carbone (ISC – Bronze I & II)
msinkovitz@live.com

Mike Ballard (Gallatin Site Coordinator /Gold)
labitty@aol.com

Andreea Ianoli-Mitrofan (Gallatin Silver)
coachandreea@excelaquatics.org

Sheree Zobl (Gallatin – Bronze)
sbzobl@comcast.net

Chris Pickerell (Murfreeseboro Site Coordinator / Gold, SI)
cpp2p@mtsu.edu

Sarah Sargent (Murfreeseboro – Silver II & Bronze)
sarahandroo@hotmail.com