



EXCEL, Etc...

Monday, January 4, 2010



The Weekly Newsletter for Excel Aquatics

www.excelaquatics.org

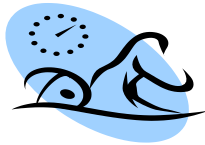
HAPPY NEW YEAR!!!

STINGRAYS MEET
Marietta, GA
January 15-17, 2010



MEET ENTRIES are available on the team web site. Please proof your entry to be sure it is correct. This meet is for Silver 1 and Gold 1. All High School swimmers will compete in the Excel Invite held January 16, 2010 at the ISC.

TULLAHOMA MEET
January 16, 2010



MEET ENTRIES are available on the team web site. This meet is for Bronze 1 & 2, and Silver 2 & 3. All High School swimmers will compete in the Excel Invite held January 16, 2010 at the ISC.

MARDI GRAS OPEN
January 30-31, 2010



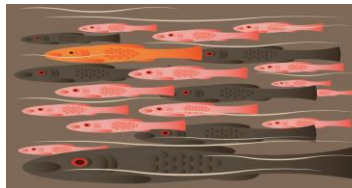
MEET SIGN-UP is available on Direct Athletics until January 13, 2010. Please sign up as soon as possible to ensure your athlete is entered in the meet. This meet is open to all practice groups and will be held at the ISC in Brentwood. It would be great if we could get 100% participation for each practice group – this is the last meet to make qualifying times for our Championship Meets!

WEATHER CANCELLATION POLICY AT THE ISC (Brentwood)

If the Williamson County Public School System is closed or opens late due to snow and/or ice, all practices scheduled prior to Noon will be cancelled. Watch the team web site for any possible afternoon practice cancellations. They will be posted as soon as we are notified.

HIGH SCHOOL MEETS – EXCEL Invitational & Williamson County Championships

For those swimming high school meets this month, the Williamson County Championships has been combined with the Excel Invitational and will be contested Saturday, January 16, 2010 at the ISC. There will be no swim meet at the ISC on January 23, 2010. Please check the team web site for meet information.



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 1/4 -9

No Changes To Date

Week of 1/11-16

T 1/12 **NO PRACTICE** ALL GROUPS
 F 1/15 **NO PRACTICE** Slv 1, Gld 1, Xtreme
 SAT 1/16 **NO PRACTICE** ALL GROUPS(HS meet)

Week of 1/18-23

M 1/18 **NO PRACTICE** ALL GROUPS
 (GCC closed)
 TH 1/21 **NO PRACTICE** ALL GROUPS

ISC Location

Week of 1/4 -9

T 1/5 **NO PRACTICE** @4:30 B1, B2, Slv 2
 (HS Dual Meet)

Week of 1/11-16

M 1/11 **RACE DAY** for Bronze 1 & 2, Silver 2 & 3
 T 1/12 NO PRACTICE Xtreme, Gold 1
 SAT 1/16 **NO PRACTICE** ALL GROUPS

Week of 1/18-23

M 1/18 **NO PRACTICE** ALL GROUPS
 (ISC closed)
 T 1/19 **NO PRACTICE** Gold 2

Murfreesboro Location

Week of 1/4 -9

No Changes To Date

Week of 1/11-16

SAT 1/16 **NO PRACTICE** ALL GROUPS

Week of 1/18-23

M 1/18 **NO PRACTICE** ALL GROUPS
 (MTSU closed)



Fall /Winter 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.

JANUARY	DATE	GROUP
Stingrays Invite (Marietta, GA)	01/15-17	S 1, G 1-2
Tullahoma Open	01/16	B 1-2, S 2-3
Mardi Gras Open	01/30-31	ALL GROUPS
FEBRUARY	DATE	GROUP
SE Districts (ISC)	02/20-21	B1-2, S2-3, G2
Southeasterns (ISC)	02/25-28	ALL GROUPS (MUST QUALIFY)
MARCH	DATE	GROUP
SZ Sectional Champs (SportsPlex)	03/04-07	G1, Xtreme (MUST QUALIFY)
SZ AG Sectional Champs (Charlotte, NC)	03/11-14	G1, Xtreme (MUST QUALIFY)
NCSA Jr. Nationals (Orlando, FL)	03/16-20	G1, Xtreme (MUST QUALIFY)



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

I is for Injuries

BY AIMEE C. KIMBALL, PhD//Sport Psychologist

When you work hard, push yourself to your limits and engage in physical activity, you are not only competing with other swimmers, you are also competing with your body.

If you have ever been injured, you know how stressful and life-altering it can be. Whether it's the disappointment of having trained so hard and no longer being able to compete or the feeling of being an outsider rather than a part of the team, there are many sources of injury stress.

It is important to know how to cope with this stress and what mental skills you can use to help throughout the recovery process. This article is about how to cope with injuries so you can get back in a pool ASAP.

Relax!

When you have physical tension or mental stress, your body uses its resources to fight the stress rather than to heal your injury. Also, if you go to physical therapy, and your muscles are tense (which occurs because you are stressed) you won't be as flexible as you do your rehab exercises. This limits the progress you can make. If you are stressed about the injury or about other things in your life and you bring this to your physical therapy sessions, your focus will be on the stressors rather than the exercises. Because of this, you may not be pushing yourself and you may not be doing the exercise correctly, both of which can keep you from progressing as quickly as possible. Thus, it is important to know how to relax and to take the time to de-stress periodically throughout the day, especially before rehab.

Social Support

Make sure you have people you can talk to about the injury. You might find it helpful to talk to someone who has experienced a similar situation and is now back competing again. You may find just being around the team helps you, even if you are unable to swim. There are also mental training consultants and sport psychologists who understand what you are going through and who can be a "neutral" source for you to get out your thoughts and emotions and who can teach you how to refocus more positively.

Set Goals

Make sure you have goals for rehab. Most athletes set goals for improving their times or winning events. However, when injuries strike, all of those goals you were striving for change. As an athlete, you are used to working towards accomplishing something, so it's important to channel that drive into your rehab and into goals you have in school or other areas of your life. For example, if you had shoulder surgery, make sure you talk to your surgeon and physical therapist about what the rehabilitation process is like. Have them educate you on milestones you are likely to experience throughout the recovery as well as obstacles you might face. If you can, at least once a week (if not every day) talk to your physical therapist or athletic trainer about what muscles or ligaments you are strengthening and write down goals that you want to achieve for each exercise. It's important to recognize that with injury, small changes are big deals. Don't just emphasize major accomplishments like the day you can swim at full speed, acknowledge range of motion improvements or increases in the number of reps you do while lifting. These goals provide you with motivation by letting you know you are getting closer to your ultimate goal and can provide that extra push on the days when you are mentally and/or physically struggling. Goals also can also help to diminish fear of reinjury when you return. Comparing what little you were able to do when you were first injured with the day you are fully cleared will give you greater confidence that you are well on your way to returning to full speed.

Keep an Injury Notebook

Some athletes find it very helpful to keep a notebook throughout their injury as a way to get their thoughts out of their heads. In this notebook, you can keep track of your goals each week. Chart what you are working on and what is improving. Make note of how your mood might be improving, what helps you to deal with pain, fatigue and stress. Take notes about what the coaches are teaching other swimmers so you can learn new things and recognize what the coaches want from their swimmers. The reason for doing this is: a) writing things down can serve as a stress reliever, b) setting goals can keep you focused during rehab and c) keeping track of improvement is a great motivator and confidence booster. This injury book can also provide encouragement after you have returned from injury. If you ever start to feel burned out you can always look at this notebook and remind yourself that you didn't go through all of this to give up now.

Do Imagery

There is a lot of research within sport and other domains that shows how effective imagery can be in speeding up the recovery process. Some studies show that imagining yourself healing influences blood flow, optimism and sense of control, which can all help you

to get back in the pool sooner. Additionally, by having vivid images in your head and essentially “feeling” yourself swimming, you keep your muscle memory in tact and your skills won’t decrease as much as if you sit around and don’t think of swimming at all.

The above suggestions are just a few ways to address the mental aspects of injury. While no one wants to get injured, it is unfortunately a part of sport. By choosing to view the injury as another challenge to overcome, you will develop a very valuable life skill-the ability to succeed in the face obstacles. You can also learn a lot about yourself and about your sport while injured. Thus, while dealing with an injury can be a very stressful experience, you can return a stronger competitor and a more mentally tough individual once you’re back in the water.



Coaches’ Corner

Each week 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 – We want to thank coach Barnes for all his work the past 6 years. We will miss his presence on the deck. Small changes will take place with practice, but Sheree, Andreea, and Mike will keep the torch lit. We will still be on the deck pushing every swimmer to be the best. Please be mindful that January is a big month for High School swimming. There will be some changes in the schedule, but we will reach our goals of working toward the District Championship and/or Southeasterns. Just take your swimming one day at a time. Try to get settled back in school and get used to the cold weather. Remember, the water temp stays the same.

Silver I – No Report

Gold / Extreme – had record attendance for a Christmas Break, and some hard work and good yardage was put in. I am proud of your work and appreciate your dedication. What you do this coming month combined with your work this past Fall, will determine the level of your success in February and March.

In parting, I want the Gallatin-Gold squad to remember that the path most traveled is not necessarily the best one. It is time to step up, be uncommon, and go find Garcia.

ISC

Bronze I & II – First I want to congratulate the swimmers and parents in this group for the progress made since we got started last fall. Sometimes it is easy to look at where we are and forget where we came from. Bronze I swimmers have gotten thru all 4 strokes including starts and turns for each stroke and the IM. Bronze II swimmers have gotten to all 4 strokes and are making strides towards proper stroke techniques. The kids have soaked all this up like sponges and we look like a swim team. Both Bronze I and II are poised to make even more progress the rest of the year.

With that being said, we do have a ways to go. The focus over the next few weeks will be on preparing for a good showing at the District meet in February, which Excel hosts. We will begin a little more preparation for racing in the Bronze I group, with more and more focus on starts and turns. My goal is to get them to start swimming faster, without sacrificing any technique. Bronze II will continue to focus on the 4 strokes and do as much start, turn and relay work as possible. That work will depend on how they do on swimming all 4 strokes legally.

I hope that parents of these groups can help the swimmers start thinking about the District Meet. At all levels, especially the Bronze, the parents have a huge impact on the swimmer’s attitude and focus. Swimmers and parents can get a little disinterested in this sport this time of year and understandably so. It is sometimes hard to keep up with all the demands of school, swimming and other commitments this time of year. It may start to seem unreasonable for young kids to go racing off to a pool when it is so cold and dark outside, but that is what swimmers do. As a parent of several swimmers I use the time in the car, to and from practice, to talk about **reasonable** goals and try to keep the positive attitude going. On the way home I make sure they know that I am proud of them for their effort and use that opportunity mention their goals and how they are working towards them. This is a great time in their lives to introduce the idea of being “goal oriented”. They aren’t too young for that and it is a great lesson.

Thanks again for all the efforts made by the swimmers and parents in the Bronze groups. I really look forward to watching them continue to improve.

Coach Peter

Silver III – is gearing up to work hard once again. I hope everyone had a wonderful break and is ready to be back at the pool. I can't wait to see everyone and hear about their holidays. Please remember to be on time and have all your swim stuff at your lane. I promise I'll take it easier on you until everyone is back up to speed. See you at the pool!

Silver II – No Report

Silver I – No Report

Gold II – No Report

Gold I – Happy New Year! As we get back to a more normal schedule of training this month, I want everyone to stay as focused as possible. January will fly by and before we know it, we will be resting and tapering for our Championship meets. If you get sick now, your season is all but over. Please take care of yourselves at all times!

Reminders:

1. Stay warm...maybe even HOT
2. SLEEP
3. Eat something every 4 hours...
4. Dryland every day at 4:00pm for the next 6 weeks
5. Stay warm...warmer than you like...
6. Early is on time...On time is late...LATE gets you no practice for the day...BE ON TIME!
7. Eat something every 4 hours...
8. SLEEP
9. AM practices start January 5 – every Tuesday and Thursday until the end of February
10. Stay warm...a warm hat on your head keeps you healthy

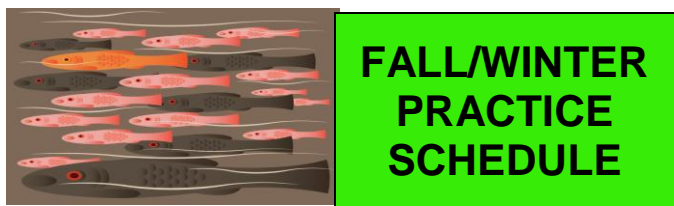
This week's exercise – look up the US Olympic Trial qualifying times for your top 2 events and see where you fall (<http://www.usaswimming.org>) The second exercise - write down who owned the World Record for your top 2 events in 2008, 2007, and 2006...or write down who the last three WR holders were since times have dropped dramatically the last two years.

Extreme – Extreme swimmers have trained hard during the holidays. Each has a set of bands to use when away from the pool. I have been meeting with the swimmers to discuss the upcoming meet season. Please discuss with your swimmer the following: which meets are the most important for your swimmer, what events are the most important and prioritize those events, and what are the goals for the Spring. It is important that coach, swimmer, and parent are on the same page. We begin morning workouts this week on Tuesdays and Thursdays.

Murfreesboro

Bronze & Silver II – No Report

Silver I/Gold – No Report



The following is the fall/winter practice schedule for all sites. It is scheduled to take effect September 1, 2009 and end March 31, 2010.

GALLATIN

	Mon GCC	Tues GCC	Wed GCC	Thurs GCC	Fri GCC	Sat GCC
B	x	6-7 pm	x	6-7 pm	x	9:30-10:30 am
SLV II	5:30-7pm	4:30-6pm	5:30-7pm	4:30-6pm	4-5:30 pm	8-10 am
SLV I	4:30-6:00 pm	5:30-7pm	4:30-6:00 pm	5:30-7pm	4-5:30 pm	8-10 am
G/X	4:30-6:30 pm	4:30-6:30 pm	4:30-6:30 pm	4:30-6:30 pm	4-6 pm	8:00-10:30 am

ISC

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

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.

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

MURFREESBORO

	Mon	Tues	Wed	Thurs	Fri	Sat
BI	4:30-5:30 pm	x	x	4:30-5:30 pm	x	x
BII	x	4:30-5:30 pm	x	5:30-6:30 pm	x	10:45-11:45 am
SII	5:30-7:00pm	5:30-7:00pm	4:30-6:00pm	x	4:30-6:00pm	9:15-10:45 am
SI	4:30-6:15 pm	4:30-6:15 pm	4:30-6:15pm	4:30-6:15 pm	4:30-6:15 pm	9:15-11:15 am
G	4:30-6:30pm	4:30-6:30 pm	4:30-6:30 pm	4:30-6:30pm	4:30-6:30pm	9:15-11:15 am

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. Contact information may be found on our team web site at

www.excelaquatics.org

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

Kate Chronic (ISC Site Coordinator - Gold I / Xtreme)
ChronickS@aol.com

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

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

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

Dawn VanRyckeghem (ISC – Home School)
dvanryc@aol.com

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

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

Gina Carbone (ISC – Bronze I & II)
jgcarbone@comcast.net

Peter Browne (ISC – Bronze 1 & II)
scrowlers@bellsouth.net

John Barnes (Gallatin Site Coordinator /Gold)
coachjohn@excelaquatics.org

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

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

Mike Ballard (Gallatin Bronze)
labitty@aol.com

Steven Murry (Murfreeseboro Site Coordinator / Gold, SI)
sjmurry@yahoo.com

Sara Sargent (Murfreeseboro) –