



EXCEL, Etc...

Tuesday, November 3, 2009



The Weekly Newsletter for Excel Aquatics

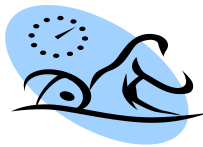
www.excelaquatics.org



**NAC OCTOBER
OPEN MEET**
October 24-25, 2009

The **TEAM RESULTS** are posted on the team web site (www.excelaquatics.org)

**BAYLOR MARTHA
BASS MEET**
November 13-14, 2009



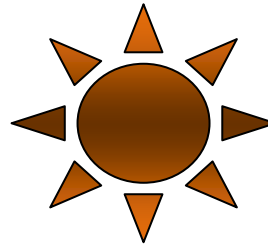
Entry SIGN-UP deadline for the November Chattanooga meet has passed. The team entry can be found on our web site (www.excelaquatics.org/meets/new_news_publisher_42?id=65407)

The entry has already been sent to Baylor with the check so any changes, additions, or scratches will be up to the host club. If you need to make changes or additions, please contact Coach Kate directly at chronicks@aol.com. Please do not contact the host club directly. Thank you.



MTSU Schedule November 3:

All groups swim at the same time!



**EXCEL's
GIFT WRAP SALE
&
SWIM-A-THON**

WHAT NOW? Tell family and friends (neighbors & classmates) that you are gathering donations for your swim of up to 200 laps (5000 yards). Send this letter or write your own to tell your friends and family about your goal and how their donations will benefit your swim team.

Ask all those fine folks to stock up on finest quality wrapping paper & supplies, chocolates & candies and gifts for the home. Remember, family and friends can order items online. Follow the simple instructions on your Innisbrook packet to get registered. Items ordered online will be shipped directly to your family and friends, and our parent volunteer coordinating gift wrap can pull your online sales to qualify you for prizes, cash and fun!

Our goal is for every swimmer to gather a minimum of \$200 in donations and sales. Talk to your teammates who've participated in SWIM-A-THON & GIFT WRAP SALE....they'll tell you Excel rewards our top fund raisers with serious prizes....and it's pretty cool to see your name on USA Swimming's website. This year USA Swimming will again award top fund raisers with t-shirts, towels or swim bags.

WHAT'S NEXT? Watch for your email updates and Excel's website for more details. Mark your calendar for November 3rd (Murfreesboro) and bring in all swim-a-thon donations. We'll swim, eat, haul home great prizes, & for swimmers earning \$200 or more there will be a special celebration with more details to come!

* Swim-a-thon pledges will be accepted, but donations are preferred.

QUESTIONS OR WANT TO HELP?

Brentwood:

Patte Belin pattebelin@yahoo.com or 377-1204

Carole Kent rcjz Kent@gmail.com or 781-6469

Gallatin:

Kim Mainland rmainland@comcast.net or 822-2032

M'Boro:

Alicia Enroth alenroth@comcast.net or 419-1055

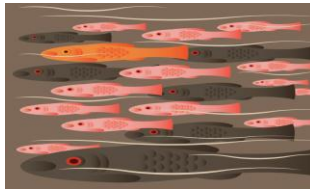
**GATHER UP THOSE DONATIONS & SALES,
THEN SWIM FAST & HAVE FUN**



Coach Kate & the National Youth Team

Coach Kate will be traveling with the National Youth Team November 7-16, 2009 to Stockholm and Berlin for World Cup Competition. She will be the Assistant Manager on the trip and will oversee 46 athletes! Traveling with the team are Michael Phelps and his coach Bob Bowman who will be the Head Coach for the World Cup events. This promises to be a great experience for Coach Kate and a great honor for Excel Aquatics. For more information on the World Cup Meets, check out USA Swimming's web site at:

http://www.usaswimming.org/USASWeb/Documents/8aacb0b0-3d40-4341-8e46-e7601201f7fc/World%20Cup%20Information_09.pdf



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 11/2-7

TH **NO PRACTICE** ALL GROUPS (HS Meet)

Week of 11/9-14

SAT **NO PRACTICE** SLV1, G1 (Baylor meet)

Week of 11/16-21

No changes to date

ISC Location

Week of 11/2-7

T **NO PRACTICE** 4:30-B1, B2, SLV 2 (HS meet)

Week of 11/9-14

M **RACE DAY** B1, B2, S2, S3 Groups
SLV 1 6:15-7:45pm

T **NO PRACTICE** GOLD 2 (HS meet)

W **NO PRACTICE** ALL GROUPS (ISC closed)

F **NO PRACTICE** SLV1, G1, Xtreme (Baylor meet)

SAT **NO PRACTICE** SLV1, G1, Xtreme (Baylor meet)

Week of 11/16-21

T **NO PRACTICE** GLD 1, Xtreme (HS meet)

Murfreesboro Location

Week of 11/2-7

T **SWIM-A-THON** ALL GROUPS

Week of 11/9-14

SAT **NO PRACTICE** SLV1, G1 (Baylor meet)

Week of 11/16-21

No changes to date



Swimmer & Parent Education Corner



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.

NOVEMBER	DATE	GROUP
Baylor Meet (Chattanooga)	11/13-15	ALL GROUPS
Grand Prix Series (Minneapolis, MN)	11/12-15	G1, Xtreme (MUST QUALIFY)
DECEMBER	DATE	GROUP
Meet of Champs (ISC)	12/4-6	SLV 1-3, G1-2, Xtreme
US Nationals (Federal Way, WA)	12/3-5	G1, Xtreme (MUST QUALIFY)
Jr. Nationals (Columbus, OH)	12/10-12	G1, Xtreme (MUST QUALIFY)
St. Nick's 8 & Under Invite (ISC)	12/12	B1 & B2 Only
JANUARY	DATE	GROUP
Stingrays Invite (Marietta, GA)	01/15-17	S 1, G 1-2
Tallahoma Open	01/16	B 1-2, S 2-3
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)

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

F is for Fear

BY AIMEE KIMBALL, PhD//Special Correspondent

One of the worst four-letter words in an athletes' everyday vocabulary is "fear." It is an emotion that most athletes don't admit to, yet when experienced, is constantly influencing their behaviors. This article will focus on rational and irrational fears, how to accept them and keep them from influencing your performance.

Slaying the Big Bad Wolf

I have yet to meet an athlete who isn't afraid of something. While a fear of spiders isn't going to keep most athletes from performing their best, a fear of failure may. If you have a fear that is hindering you from performing your best, you have to examine the source of this fear.

Common sport-related fears are:

- Letting down/disappointing others
- Making a mistake
- Having a bad race
- Getting yelled at
- Not living up to your potential
- Getting hurt
- Not being as good as you/others thought
- Pain

If you can relate to any of these, take a deep breath, because it's OK. It's not all bad when you are afraid of something. It's how you deal with it that counts.

First, write down the fears that you have and determine whether or not they are realistic. If you have an unrealistic fear, it's important to remind

yourself that it's not likely to happen. Be logical with yourself, "Come on. I'm being silly. My parents will not be disappointed in me if I have a bad race."

Second, if there is a level of honest concern (i.e., your coach will never put you in the event again if you mess up) then you have to accept this reality. Nine times out of 10, the more you focus on NOT messing up to avoid the reality, the more likely you are to mess up. If there is a realistic reason you are afraid to swim poorly, then focus on what you need to do to swim well, rather than what you are trying to avoid.

For example, the conversation you'd have with yourself would go something like this:

Negative You: The relay is counting on me. I can't have a bad race or we'll lose.

Positive You: Yes, the team does count on me, but I'm pretty good, so I'm more likely to swim well than to have a bad race. I just need to get a good start, have smooth turns, and really kick strong. I've done it in practice. I can do it now.

Third, have a routine. When athletes don't have something they do consistently, there is a greater chance that something is going to feel off or that uncertainty will creep in. By having a routine that you do before every competition — a routine that does not change depending on how your last meet went — you provide yourself with a level of comfort. That is, when you *always* put your goggles on first or you listen to "Eye of the Tiger" right before you take the block, you feel more in control of your mind and body, the experience feels more familiar, and you will be calmer—all things necessary in keeping those worries at bay.

Swim Your Best Race

When favored to win, athletes who are not mentally tough fear losing and compete that way. They are tentative and don't do their best. When expected to lose, athletes often do better because they are focusing on causing an upset or because they are more relaxed since they have nothing to lose. If you find you fit into either category, remember *who you swim should not determine how you swim*. When you swim well against good opponents, you can swim well against lesser opponents. The mindset you have when you swim your best should be the mindset you have against every opponent.

Swim to Win

Fear of the unknown comes because we're thinking ahead. Stay in the moment and don't worry so much

about negative outcomes. You are out there to do your best, so swim like it. If you swim to win, your focus is on swimming your best and making the most of each stroke. If you're swimming not to lose, you're thinking of swimming poorly and the "what-ifs" often get the better of you. Thoughts of losing lead to anxiety, thoughts of swimming well lead to confidence. Which mindset would you rather have?

Choose to be a warrior, not a worrier.



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 continue to work on turns and starts is of utmost importance between now and the Baylor meet. We swam well at NAC, but we needed some intensive work on starts and turns. We will continue to emphasize stroke work and endurance.

Silver I – Great swims this past weekend. This week we will work more on backstroke starts and finishes. We will also continue to work on stroke technique. Tuesday is the swim-a-thon, be ready to jump in the water one hour earlier than regular practice time: 4:30!

Gold / Extreme – Swimmers should be contacting friends, family members and neighbors about either buying Innisbrook items or sponsoring them in the Swim-A-Thon. The Swim-A-Thon is October 27th, and I think you can turn in the Innisbrook orders at that time.

On the 29th and 5th the swimmers may attend a practice in Brentwood if they want to. Check the website for practice times for Brentwood.

ISC

Bronze I & II – We had a GREAT time at the Swim-A-Thon. The kids who got to throw a pie in my face were finally able to get some revenge for making

them work hard at practice! Some swimmers swam the full 200 laps and some swam just over 2 miles. I am so proud of all of our swimmers that attended. Those swimmers that attended the swim-a-thon will receive a token for their attendance and for doing such a great job.

A little note about the attendance award: the swimmers can receive 2 tokens for attending 3 or more practices per week but they must also be on time for all of those practices.

Remember that Race Day is November 9th from 4:30-6pm. Please plan on attending and show up on time. We start warm-ups promptly at 4:30.

See you at the pool, Coach Michelle, Coach Gina, and Coach Peter

Silver III – Thanks to all the swimmers who came out for the swim-a-thon. Way to go guys!!! Practice this week will be focusing on distances so come ready to work hard. I know you can do it! Thanks for being prepared for practice and for having good attitudes! See you at the pool!

Silver II – Congratulations on a great meet this past weekend! I saw a lot of beautiful, hard swimming. I think all of you swam best times! This coming week we will focus on backstroke and backstroke flip turns. From what I saw on Sunday, all of the Silver II swimmers need some work in this area.

Swimmers, please update your goal sheets with times from this past meet and bring them to practice this week. Amy, Amanda, or I will help you set realistic goals for the next meet. I know many of you are looking to make Southeastern cuts and it helps if you know, going into the meet, how close you are to some of those cut times.

Please work hard this week to get sponsors for the upcoming SWIM-A-THON. We want 100% participation from the group.

Keep coming and keep up the hard work. See you on deck!

Dear Swimmers!! A BIG thanks to those of you who participated by raising money and/or swimming in the Swim-A-Thon last Saturday. We had a good turnout and a great time!

We will be ramping up the yardage over the next few weeks. Please be on time for practice, with water bottle, and all of your equipment! You may want to eat a healthy snack about 30 minutes to an hour before practice.

If you are going to the Baylor meet, please check-in with Coach Amy each morning for warm-ups and relay assignments. I will not be at the Baylor Meet.

Several of the Silver II swimmers have expressed interest in moving up to the Silver I swim group this January. Those of you serious about moving up need to a) increase attendance at practices (4 minimum per week for Silver I); b) increase your yardage per practice (Silver I swims between 4,000-5,000 per practice!); c) get faster! (swim smarter, work harder); and d) streamlines and flip-turns are mandatory, not optional.

It is my goal to help each of you reach your goals. Keep coming to practice. Keep paying attention. Keep swimming hard.

Swimmingly, Coach Gretchen

Silver I – Congratulations on a bunch of great performances at the October Open. It looks like our training is paying off, but our brains need a little more work. For that reason, we will be backing up a little and reworking our strokes, turns, starts, streamlines, etc. There was lots of room for improvement at the meet. There were also more disqualifications than I have seen lately-possibly due to the out of state judges that call things differently than the officials do in our region. We will, will, will, will, keep working on it.

Gold II – This week's focus is on the back half of races. Expect several descending sets and distance events broken into 50's and 100's.

The gold II group will have a wonderful surprise this week as we expand the coaching staff, Becky Schuler will be assisting on Tuesday's, Wednesday's, and some Saturday's.

Gold I – Nice job with Swim-A-Thon this past weekend. It was great to see the attendance and participation! Nice costumes as well! I hope everyone had a great Halloween! Not too much candy I hope. Remember I like chocolate, preferably Milky Way.... ☺

We will continue this week with Chronic Boot Camp. It would be great if some of you It would be great if some of you could pull it together and stay focused for 2.5 hours. We will continue to run outside as long as weather permits. Once the temperature drops to below 50 degrees, we will stay inside, regardless of the weather. Please dress appropriately. No more shirts off while we are outside! Remember Mondays are our team meeting days so no dry land on those days.

Morning practices started for our group. They are Tuesdays and Thursdays 5:00-6:30am. Here's the formula for who attends:

1st Timers (Newbies) to my group – NO AM practice
 2 seasons (Winter/Summer) – 1 day per week
 More than 2 seasons – 2 days per week
 Practices will run through the Thanksgiving.

Extreme – We have completed 4 weeks of pretty intense dryland work. Swimmers in the NAC meet looked a little worn down as a result. We will significantly increase our work load getting ready for the next meet in November. The next two weeks are really important. Swimmers should attend every practice, eat healthy and get as much rest as possible. I plan to give the swimmers some rest going into the Minneapolis and Baylor meets. We are discussing the importance of leadership and team unity this week. Last push for Swim-A-Thon and Innisbrook. Be the Leader!

We will finish up a hard week of practice this week and get ready for Minneapolis and Baylor next week. Even though the ISC is closed on 11/11, we will swim at another location at a time yet to be determined. Keep this in mind when making plans. I will finish up entries for Minnesota on Tuesday. No changes after this date! Great job with Swim-A-Thon. Get those last minute donations and orders in this week.

Murfreesboro

Bronze & Silver II – Congratulations to the swimmers who competed in this past weekend's October Open! We had almost all best times from swimmers, proof that their hard work in practice is paying off! Keep up the hard work as the longer, more intense training continues. Keep working to raise money for the upcoming Swim-A-Thon!

We have a busy week this week with the Swim-A-Thon on Tuesday! This past week we focused on practicing on faster intervals, with an emphasis on shorter, quicker swims. We have spent a good bit of time working on starts and turns, knowing that the smaller details of each race can really make a difference. Keep up the hard work!

Silver I/Gold – Remember that the swim-a-thon is coming up on November 3rd, so please be thinking about getting pledges together soon. I hope that everyone had a safe and enjoyable Halloween this past weekend. Last week we work a lot on stroke

technique, so remember to keep thinking about what we have worked on for the next week.



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
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

G 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

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.

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)
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- Gretchen Bates (ISC – Silver II)
grettle@gmail.com
- Melissa Baird (ISC – Silver III)
mbaird1@gmail.com
- Gina Carbone (ISC – Bronze I & II)
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- Michelle Sinokovitz (ISC – Bronze I & II)
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- Andreea Ianoli-Mitrofan (Gallatin Silver)
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- Sheree Zobl (Gallatin – Bronze)
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- Sara Sargent (Murfreeseboro –