



EXCEL, Etc...

Tuesday, December 15, 2009



The Weekly Newsletter for Excel Aquatics

www.excelaquatics.org

MEET OF CHAMPS
December 4-6, 2009



The **MEET RESULTS** are posted on the team web site.

SAINT NICK'S 8 & UNDER INVITE
December 12, 2009



The **MEET RESULTS** will be posted on the team web site as soon as they are available.

STINGRAYS MEET
Marietta, GA
January 15-17, 2010



MEET SIGN-UP will be available on Direct Athletics starting December 17 and will be open until December 28, 2009. Please sign up as soon as possible to ensure your athlete is entered in the meet. This meet is for Silver 1 and Gold 1. All High School swimmers will compete in the Excel Invite held January 15, 2010 at the ISC.

TULLAHOMA MEET
January 16, 2010



MEET SIGN-UP will be available on Direct Athletics until December 28, 2009. Please sign up as soon as possible to ensure your athlete is entered in the meet. This meet is for Bronze 1 & 2, and Silver 2 & 3. All High School swimmers will compete in the Excel Invite held January 15, 2010 at the ISC.

HOLIDAY PRACTICE SCHEDULE FOR ISC

ISC	Mon 12/21	Tue 12/22	Wed 12/23	Thu 12/24	Fri 12/25	Sat 12/26
Bronze II	5:30-6:15pm	5:30-6:15pm	x	X	X	X
Bronze I	4:30-5:30pm or 6:30-7:30pm	4:30-5:30pm or 6:30-7:30pm	x	X	X	X
Silver III	4:30-5:45pm	6:30-7:45pm	x	X	X	X
Silver II	6:15-7:30pm	4:30-6:00pm	x	X	X	X
Silver I	8-10 am	8-10 am	8-10 am	X	X	X
Gold II	6:15-8 pm	4:30-6:30pm	4:30-6:30 pm	X	X	X
Gold I	8-10 am 4:30-6:30pm	8-10 am 4:30-6:30pm	8-10 am 4:30-6:30 pm	X	X	X
Xtreme	8-10 am 4:30-6:30pm	8-10 am 4:30-6:30pm	8-10 am 4:30-6:30 pm	X	X	X

ISC	Mon 12/28	Tue 12/29	Wed 12/30	Thu 12/31	Fri 1/1	Sat 1/2
Bronze II	X	5:30-6:15pm	5:30-6:15 pm	X	X	10-11 am
Bronze I	X	4:30-5:30pm or 6:30-7:30pm	4:30-5:30 pm	X	X	10-11 am
Silver III	X	X	X	X	X	9:45-11 am
Silver II	X	4:30-6:00pm	4:30-6:00 pm	8-10 am	X	9:45-11 am
Silver I	X	8-10 am	8-10 am	8-10 am	X	7:30-9:30 am
Gold II	X	4:30-6:30pm	4:30-6:30 pm	8-10 am	X	9-11 am
Gold I	X	8-10 am 4:30-6:30pm	8-10 am 4:30-6:30 pm	8-10 am	X	7:15-10:15 am
Xtreme	3:30-6 pm Brentwood YMCA	8-10 am 4:30-6:30pm	8-10 am 4:30-6:30 pm	8-10 am	X	7:15-10:30 am

ISC Location

Week of 12/14-19

No changes to date

Week of 12/21-26

12/24-28 **NO PRACTICE** ALL GROUPS

Week of 12/28-1/2

12/31-1/1 **NO PM PRACTICE** ALL GROUPS

Gallatin Location

Week of 12/14-19

No changes to date

Week of 12/21-26

12/24-26 **NO PRACTICE** ALL GROUPS

Week of 12/28-1/2

12/31-1/1 **NO PM PRACTICE** ALL GROUPS

Murfreesboro Location

Week of 12/14-19

No changes to date

Week of 12/21-26

12/24-26 **NO PRACTICE** ALL GROUPS

Week of 12/28-1/2

12/31-1/1 **NO PM PRACTICE** ALL GROUPS



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.



Fall /Winter Meet Schedule

The ABC's of Mental Training

G is for Goal Setting

Every athlete has a goal. Whether it's to win races, achieve a personal best, or simply make it through a grueling practice, the goals we set undoubtedly exert influence on our performance.

However, there's a lot more to goal setting than just stating what it is you ultimately want to achieve. To get the motivational support and performance boost that goals can provide, athletes must set goals systematically and have various types of goals.

This article will lead you through steps to setting goals so that your performance, satisfaction and quality of practice can all be enhanced. While this article is geared to your sport-related goals, the same steps can and should be used to set goals for all areas of your life.

Step 1: Know where you are headed

Five years from now, what do you want to be doing? One year from now? At the end of this season, what do you want to have achieved? All of these long-term goals are important to sit and write down because they give you something to commit to. It is also important to identify why you want to achieve these goals. This "why" should be something that is valuable to you more than it is to others. Once you identify your goals, close your eyes and picture yourself achieving them. Try to experience the feelings you expect to have when you achieve these goals.

On a weekly basis, reexamine your end-of-season goal. It is okay if you need to adjust it and make it more challenging or more realistic based on your circumstance. Make sure you keep your season goal in mind as you practice so you are aware that what you do today connects you to what you want to achieve in the future. At the end of each season, re-visit your yearly goal and at least once a month imagine yourself achieving your 5-year goal.

Step 2: Know how to get there

Ever get lost on the way to a meet? If you have, typically you knew where you were supposed to end up, you just didn't have a very accurate map of how to get there. Having a path towards your long-term goals is extremely important because what you want to achieve weeks, months, or years from now can only happen if you take the opportunity each day to make progress towards your longer-term goals. Each day ask yourself, "What can I do today to get myself one step closer to where I want to be?" Make sure you always

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
Tulahoma 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)



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.

have a short-term, specific goal you are working on. Whether it's a technique goal, a mental goal, or a nutritional goal, keep focused on your daily and weekly objectives so you can give yourself the best chance to reach your ultimate goals.

Step 3: Identify milestones of success

Having intermediate markers of success can help enhance motivation (ex., swimming a PR, qualifying for a specific meet, mastering a fundamental skill). These markers serve as points on your goal route that are important to you and are achievements you will be proud of. These milestones provide set standards so you know you are progressing along your goal path. They let you know that your hard work is paying off and give you confidence, encouragement, and enhance your commitment.

Step 4: Identify obstacles

Reaching long term goals is a very challenging process and there are a lot of uncontrollable factors that may keep you from reaching these goals. Look at your long term and short term goals and identify obstacles that may prevent you from reaching these goals. Injury, strength of the competition, and burnout are common obstacles swimmers face when trying to win meets, improve time, or work their hardest. If you list an obstacle you can't control, cross it off your list (if you don't control it, don't worry about it). If it is something you do control, make a plan for dealing with it when it comes up. By identifying obstacles and being prepared to overcome them, you are helping to ensure obstacles do not become excuses.

Step 5: Create a system

Everyone is a little bit different in how they set goals. Some set daily goals while others focus on what they want to accomplish on a monthly basis. Create a system that you can stick to that allows you to: a) Set specific, challenging goals, b) Measure progress towards these goals, c) Gain motivation and encouragement from your goals, and d) Focus on these goals every practice.

I suggest setting, at minimum, weekly goals. Maybe every Sunday write three specific areas you want to improve on. Share these goals with coaches, parents, and/or teammates so you have someone to hold you accountable to working on these goals and who can recognize when you achieve your goals. Each day before practice review your goals and remind yourself what you are working on and how this week's goals connect to your goals for the season. At the end of the week, assess whether or not you achieved your goals. If you didn't accomplish what you set out to do, make sure you honestly figure out why you fell short and try to control what you can in the future. If you did achieve

even some of your goals, take a moment to reward yourself and feel proud that your hard work paid off.

Step 6: Set different types of goals

One of the biggest mistakes athletes make is setting goals focused only on the results of meets. While these outcome-oriented goals are important, they are often out of your control. Therefore, it is essential to set process and performance goals as well.

- Process goals-fundamentals totally under your control (stroke, turns, attitude)
- Performance goals-"statistics" based on individual improvement (drop time, increase in sets)
- Outcome goals-focus is on comparisons to others (winning races, being the best)

Ultimately, you want to focus on your process goals since the more of the fundamentals you master, the more likely you are to reach your performance goals (good technique + good mentality=better time). When you reach your performance goals, you give yourself a better chance of achieving your outcome goals (you don't control if you win, you only control if you swim your best). By focusing on the process and what you control, you are trusting that the way you swim will lead to the performance you want.

Process → Performance → Outcome

Summary

Whether you are 14 or 41, goals are vital in providing direction, creating motivation, and enhancing commitment. Some people shy away from setting goals because they are afraid of being disappointed if they fall short. Other swimmers only set goals for meets or for their careers. It is important not to see goals as the ultimate indication of success or failure; rather they provide you with guidance so that you can stretch your abilities as far as possible. Very few people achieve every goal they set; therefore it is the progress you make towards these goals and the effort you exert in their pursuit that is the determinant of your success. If every day you get a little bit closer to where you want to be, consider that to be a successful day.



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 - Congratulations to the Bronze and Silver II group that participated in the St. Nick meet. We had much success with top 8 finishes. All swimmers did very well with starts, and turns. We hope they had fun participating on relays with their teammates from the different swim sites. We will be working hard during the Christmas break. We want to start concentrating on fast racing and finishing races. Thanks to all the parents that support our mission. We hope all had fun at the Gallatin Christmas Party. We also want to thank all the parents that had anything to do with running the St. Nick meet. Coach Mike and Sheree.

Silver I – No Report

Gold / Extreme – No Report

ISC

Bronze I & II – No Report

Silver III – Silver III will be having it's Christmas party on Dec 18th at Coach Melissa's house. Please check your email or talk to Melissa for details. Hope to see everyone there! I'm so excited for all the new folks that have just joined our group. We are excited to have you. Please make sure you check the schedule for practices over the holidays. See you at the pool!

Silver II – No Report

Silver I – No Report

Gold II – No Report

Gold I – We will have our annual Holiday Party Saturday, December 19 at Maggie Pope's house from 4-6 pm. Come early, come late – just stop by for a quick visit if that is all you can manage! We'd love to have everyone attend!

Keep up the great work in practice. I know this week is rough with Finals. Starting next week we will get back to a regular dry land routine and more stroke specific training. January will be here before we know it and will fly by. We've done the tough yardage much earlier this season, so now we work on speed and power.

Our yardage will still stay around 6-7000 but the focus will be much different.

This week's exercise – look up the World Rankings for your top 2 events and see where you fall (<http://www.swimnews.com/rank>) The second exercise - write down who owned the World Record for your top 2 events in 2008, 2004, and 2000...or write down who the last three WR holders were since times have dropped dramatically the last two years.

Extreme – It has been a busy Fall season with the Xtreme group. I am pleased with our December results, but have much higher expectations for the Spring Championship meets. With exams this week, we will maximize our time at the pool with conditioning swimming and save team meetings for after exams. I plan to evaluate each swimmer's performances this fall and discuss future individual goals. Congratulations to our 7 swimmers who competed recently at Nationals and Junior Nationals. A special recognition to Robbie Graves who earned his first Junior National cuts in Minneapolis and then made his first National cuts 30 days later at Juniors.

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-	5:30-	4:30-	5:30-	4-	8-10

	6:00 pm	7pm	6:00 pm	7pm	5:30 pm	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

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

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 (ISC Site Coordinator - Gold I / Xtreme)
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 Dennis McEwan (ISC – Gold II / Masters)
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