



EXCEL, Etc...

Monday, January 11, 2010

The Weekly Newsletter for Excel Aquatics

www.excelaquatics.org

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.

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.

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.

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.

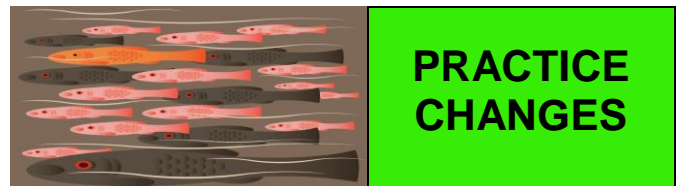
MARDI GRAS OPEN
January 30-31, 2010



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!

VOLUNTEERS FOR UPCOMING SWIM MEETS

Volunteers – If you are scheduled to work the Excel High School Invite Saturday, January 16, 2010 please note the change in start time. Warm-ups begin at 8:00am and the meet starts at 10:00am. Please check the Volunteer web site for your correct time assignments. Thanks.



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 1/11-16

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

Week of 1/25-30

SAT 1/30 **NO PRACTICE** ALL GROUPS (Mardi Gras meet @ ISC)

Murfreesboro Location

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)

Week of 1/25-30

SAT 1/30 **NO PRACTICE** ALL GROUPS (Mardi Gras meet @ ISC)



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.

ISC Location

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)
 ***Gold 1 & Xtreme practice @ Vandy Student Recreation Center 1:00-3:00pm
 T 1/19 **NO PRACTICE** Gold 2

Week of 1/25-30

SAT 1/30 **NO PRACTICE** ALL GROUPS (Mardi Gras meet @ ISC)

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
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

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 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.



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 – Working on the little things. Starts, turns, and good strokes are always a top priority. We are focusing more on racing and getting ready for the Mardi Gras meet. Mardi Gras will be the last big meet before Districts. We are close to an SES time for a couple of swimmers and we are working hard to put ourselves in position to obtain the time. Having a sense of urgency in practice has become a concern for us. We welcome our newest members to Silver II, Emily and Ben. We want all Excel swimmers to know they are welcome in Gallatin anytime they need to use our services. We are all on the same team.

Silver I – Some long IM and freestyle sets along with breaststroke and butterfly sprints coming this week. Get challenged on Monday when sharing a workout with Gold group. No practice on Tuesday. Good luck this weekend at the swim meet. Stay focused to your personal goals. Have fun!

Gold / Extreme – The Gold swimmers are swimming through the transition from Coach Barnes to the assistant coaches with the same positive approach they bring to practice daily. They miss coach Barnes as we all do. We all plan to stay the course Coach Barnes has laid out and continue to get better. We want to reach our goals. The attendance has been high and the training has continued at a high level. All the coaches are very proud of each individual effort. This month is huge for the high school swimmers. The upcoming prep races will give all of us the opportunity to see if the Christmas training has paid off. We look forward to the high school meets, Mardi Gras, high school regional, and of course the state high school swim meet. Coaches Andreea, Sheree, and Mike are all committed to the success of our older swimmers.

ISC

Bronze I & II – No Report

Silver III – is getting ready for the upcoming meets this month. We will be focusing a lot on technique or starts and finishes and also on speed throughout the events. There was some confusion about practice cancellation last week due to weather. The cancelled practices will be on the right side of the Excel homepage by 2:30 that day. If you check throughout the day please hit the refresh button on your computer to make sure the page has been updated. Those of you who are new to silver III will need to get fins and a pull-buoy for practice. See Coach Melissa for more info. See you at the pool!

Silver II – No Report

Silver I – Hi everyone! Sorry for not getting anything in the last two newsletters. The holiday season threw me off-in a good way! I just want to remind you all that there are three more opportunities to qualify for Southeasterns-Marrietta or Baylor, Mardi Gras, and Districts-don't waste the opportunities! As well, keep up your good attendance as it is very important heading into a Championship meet. Also, now is the time to practice race strategies. Learning "how to" swim a race doesn't occur only when racing (which wouldn't be enough opportunities to practice the race) it should happen every day in practice! When you get to race time, the "how to" should already be practiced, developed, refined and hopefully known. The actual race is the result of practicing!

Gold II – We will be spending the week preparing for the swim meets this coming weekend. Focus on turns, body position, and finishing.

Gold I – DO WORK!!!

Meet Reminders –

- 9 weeks to Zone Age Group Champs
- 7 weeks to Southeastern Champs
- 5 weeks to the HS State Meet
- 3 weeks to the HS Region Meet
- 1 week to the Marietta meet

Stay with our discussion of taking care of the little things...all those little errors you chose to ignore in practice will be amplified in a meet. Good streamlines, good underwater kick, fast turns, perfect technique, good breathing patterns. Set the standard high and make yourself stick to it!

Practice Reminders: Gold I and Xtreme will practice at the Vanderbilt Student Recreation Center from 1:00-3:30 pm on MLK Day, Monday 1/18.

1. Stay warm...maybe even HOT
2. SLEEP
3. Eat something every 4 hours...

4. Dryland every day at 4:00pm for the next 5 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

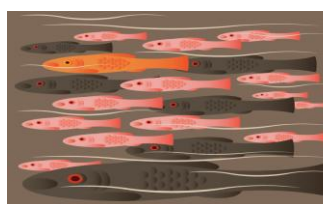
Extreme – Xtreme swimmers are in a good place right now with their training. Practice attendance remains an issue with some. Please help me out here, parents. With so many meets in the coming weeks, it is important for the swimmers to communicate with me about when and what they are swimming. I am securing practice times elsewhere when the ISC is closed for upcoming holidays, so stay tuned. We will swim at the Vandy Student Rec Center on MLK Day (1/18) from 1:00-3:30 pm. since school is out. All swimmers are expected to swim Tuesday morning this week since we have no practice in the afternoon. Mark will attend the Marietta meet this weekend and will not be at the High School Invitational. Good luck to all.

Gold I and Xtreme will practice at the Vanderbilt Student Recreation Center from 1:00-3:30 pm on MLK Day, Monday 1/18.

Murfreesboro

Bronze & Silver II – No Report

Silver I/Gold – No Report



FALL/WINTER PRACTICE SCHEDULE

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	6:15-7:30pm	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
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.

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