

EXCEL, Etc...

Tuesday, December 29, 2009

HAPPY HOLIDAYS!!!

STINGRAYS MEET
Marietta, GA
January 15-17, 2010



MEET SIGN-UP is available on Direct Athletics until December 29, 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 16, 2010 at the ISC.

TULLAHOMA MEET
January 16, 2010



MEET SIGN-UP is available on Direct Athletics until December 29, 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 16, 2010 at the ISC.

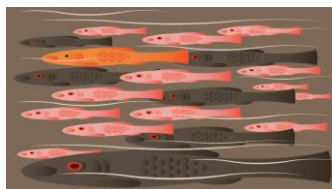


The Weekly Newsletter for Excel Aquatics

www.excelaquatics.org

HOLIDAY PRACTICE SCHEDULE FOR ISC

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	5:30-6:15pm	X	X	10-11 am
Bronze I	X	4:30-5:30pm or 6:30-7:30pm	4:30-5:30pm	X	X	10-11 am
Silver III	X	X	X	X	X	9:45-11 am
Silver II	X	4:30-6:00pm	4:30-6:00pm	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	4:30-6:30pm	8-10 am	X	9-11 am
Gold I	X	8-10 am 4:30-6:30pm	8-10 am 4:30-6:30pm	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 4:30-6:30pm	8-10 am	X	7:15-10:30 am



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 12/28-1/2

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

Week of 1/4 -9

No Changes To Date

Week of 1/11-16

F 1/15 **NO PRACTICE** Slv 1, Gld 1, Xtreme

SAT 1/16 **NO PRACTICE** ALL GROUPS (HS meet)

Week of 1/18-23

No Changes To Date

Murfreesboro Location

Week of 12/28-1/2

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

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

No Changes To Date



ISC Location

Week of 12/28-1/2

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

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

No Changes To Date

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	1/30-31	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)
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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

H is for Having Fun

BY AIMEE C. KIMBALL, PhD

I agree with Abraham Lincoln, who said, "People are about as happy as they make up their minds to be."

I think that having fun is, in fact, a mental skill. Most people believe having fun is as easy as getting involved in something you enjoy, which is true. However, what happens when what you enjoy also becomes a source of pressure, anxiety, fatigue and pain?

Most athletes start swimming because they love being in the water and enjoy being with their friends. When they decide to turn their "hobby" into a competitive activity is when some of the "fun" can be taken away.

That is, when you now have to practice for two hours after school and you are being asked to push your physical limits, you may start to focus on the aspects of competitive swimming that you don't enjoy.

Focusing on your dislikes is what can make the fun disappear. Then, when you start to get good, develop high expectations for yourself, and feel pressure to drop time every meet or win every race, you may find even more things you don't like about a sport you used to enjoy.

If you take it to the next level and start swimming to possibly get or keep a college scholarship and your whole reason for swimming is based on the belief that

you HAVE to swim well or you will lose this opportunity, then even more anxiety occurs.

Basically, the higher the level at which you compete, the more potential there is for you to find things you don't like about swimming, and thus, swimming becomes less fun.

Don't worry though, just because you are now competing doesn't mean swimming has to cease being fun. As I said before, you control your own happiness.

Here are some things you can do to make sure you can still have fun while swimming competitively:

Focus on the positive

Like anything else in life, the more you focus on what you enjoy, the happier you will be. It is easy to go to practice focusing on how much you don't want to be there, how tired you are going to be, or how much you hate when your coach yells at you. However, if you accept that all of those things are part of your reality and instead change your focus to what you are going to get out of the day, you'll find it a lot more enjoyable. So, before heading to meets or practice, remind yourself what you are looking forward to while you are there, rather than what you're dreading.

Remember the good stuff

If you are ever struggling and feel like some of the fun of the sport has been lost, pull out a picture of yourself from when you were really young. Maybe it's from the first race you ever entered or from a day where you were just with your friends practicing your cannonballs. The picture should put a smile on your face and remind you that you chose to swim because of how happy being in the water makes you.

Embrace the pressure

The pressure you feel and the anxiety you experience don't have to be detrimental. Instead of perceiving your expectations for yourself as a negative, recognize that it means you have confidence in your ability. If you didn't know you were good, you wouldn't have such high standards for yourself. Experiencing pressure just means you've created an opportunity for yourself to reach a higher level of success. That you've proven you are good enough to be in this situation should bring satisfaction rather than worry. Also, choose to view meets and difficult practices as small challenges that you are going to work through to overcome. A sense of pride should come from knowing you are working your hardest to achieve something meaningful to you.

Swim for the sake of swimming

While it's easy to get caught up in external rewards such as medals, records and scholarships, you must keep in mind these are not the reasons why you swim.

First and foremost you swim because it's a sport you enjoy. The accolades are just a by-product of your hard work. We lose the fun when we think we are swimming to get something out of it. Make sure you remind yourself that you swim for enjoyment, for improvement and to be with friends. Then, by being involved in something you find inherently fun and putting forth the effort to see how good you can be at that activity, you are setting yourself up to *enjoy the process* of achieving success – not just for success itself.

Remember, having fun is up to you. No matter how hard practice is, no matter how “serious” the meet is, you can enjoy competition and all that it brings with it. It's up to you to decide that your passion for the sport and everything you love about swimming are much more important than the aspects you don't like. So next time you head to the pool, jump right in and have some fun!

Make it great!