

ALWAYS FREE

# NGI

## Season greetings to all! It's time for Christmas training, Oh Baby!

So we have completed the 2011 piece of the short course season, ending with a pretty rigorous stretch of meets. Going through the Canada Cup into Youth Cup then stretching the taper period out to the CAMO Invitational is a good show of toughness. We also find out a fair bit about how each swimmer holds fitness and who responded to rest or work more positively. I'm sure each swimmer has a few events they would like to have another crack at and you will all get more opportunities to race in the new year, but now we go into another technical and fitness boost before we hit another run of competitions.

Over the next week, take the time to reflect on what you have done really well and what made you feel really good about yourself. This could be either in the water during a training set or during a race or maybe part of your workout preparations, dryland training or even your nutrition. Think about what went well and made you feel good, then try to move that positive into another area of your swimming. Perhaps your chin ups need work or your underwater kicking, anything, attack it with the same positivity you found in yourself.

### Big Swims!

Every member of the NGI group has stepped up and shown a number of big efforts to this point. Here are what I think are the big swims for each athlete, keeping in mind there will be a number to choose from I'll just name one. It's ok for you to have had a different race in mind. It's all good as they say!

Bronwyn: 800 fr Youth Cup (9:19.33) Courtney: 200 fly CAMO (2:21.40)

Simone: 100 Back Youth Cup (1:02.43) Edgar: 200 Fly Youth Cup (2:07.55)

Kaitlin: 200 free CAMO (2:07.16) Lily: 400 free Youth Cup (4:35.49)

Josh: 100 fly Youth Cup (1:00.89) Lukasz: 200 IM CAMO (2:10.56)

Cino: 100 back Youth Cup (1:05.09) Edward: 100 fly Canada Cup (55.34LC)

Kate L: 100 back Youth Cup (1:07.03) Katie M: 200 back CAMO (2:20.54)

Nathalin: 200 fly Youth Cup (2:17.61) David Ou: 200 breast Youth Cup (2:41.69)

David R: 200 free Youth Cup (1:51.89) Zoe: 200 back CAMO (2:17.50)

Jillian: 400IM Youth Cup (4:52.73) Oliver: 200 free Youth Cup (1:53.88)

Tyler: 100 breast Youth Cup (1:06.69) Austyn: 400 free CAMO (4:36.76)

# Be a NGI Group Leader today!

<b>your picture could be here next time!</b> ...	Be quick to help with lane ropes.	Have all the right equipment at practice, all the time.
Why not be the first swimmer to hit the water each practice?	Help a teammate with partner stretching.	Be the person who says 'let's do it!' every set.
Be the first to start on lane ropes.	Talk to the younger swimmers at meets.	Use a smaller kickboard as a challenge.
Encourage your teammate beside you during that really tough set.	always give your best efforts, no less.	Always use your ankle band when the set says 'pull'
Step up and be heard cheering for the swimmer on the podium or blocks.	Set you goals high and work towards them.	Look closer at the food you eat. Is it healthy? Does it help you be stronger?
Tell your teammates what your goal is for the next big meet.	Get pleasure from your teammates successes.	Practice mental imagery of top races and 'see' yourself do your goal performance
Always wear your team gear on deck.	Race to win each heat.	Push past 'tired' each workout. What is your next level?
Take on the tougher pace times next set.	Accept a failed swim with a learning attitude.	Kick without a board more often.
Always positive talk.	Show others how easy it is to work hard.	Sing during training sets!
	Never complain if things don't go your way.	SMILE!
	Take your extra vitamin C!	
	Be first in your lane.	

# Moving through the tough training isn't always easy, but it can be easier.

If you accept the fact that without fast swimming in practice there will likely be no fast times at the competitions, you have already decided that to attempt to swim faster or better in practices is the way to better personal times. Thinking then goes to 'how hard do I have to work?' answer: As hard as you can. Every time out.

So then you ask 'what if I am not as fast as yesterday but I worked just as hard' Answer: GOOD! You are learning to be consistent and resilient. You won't have equal results every day. Some are tougher than others so accept that. Be happy that you are able to go to your highest effort level often and easily. Easily meaning you have found that you can dig

into that pool of energy and extract whatever you have available. Some days more than others yes but really it's about learning how to do that.

So then try to put that attitude or 'behavior' into all things help to be a stronger better swimmer. First, 'stroke skills'. It's difficult to make a big stroke correction much less make it quickly. you have to make the change and stick to it. It may take weeks or months but the improvement will be worth it.

Next 'strength skills'. I know it's not always fun to feel your legs ache with stiffness or your arms sore just lifting a glass of milk. But hey! that should be a thing of pride for you. it tells you that you are really putting yourself into discomfort for the long term benefit. That's

very smart of you. Investing in your improvement by doing 20 extra chin ups a day is a good thing, tell yourself it's like putting money in the bank!

'stretch skills'. This is so important but also very neglected. stretching helps your body work harder longer. Be smart, stretch out after practice and each night at home. 90 minutes a week of stretching goes all long way.

In essence it's just telling yourself to do the right things and difficult or not it doesn't matter because it's all for your benefit.

Stay positive when proceeding into the tough training and extra efforts. You will find that doing the hard work becomes easier when you've taught yourself how every day.

**This is New.....be here next time!**

## **New things from NGI**

*Jillian Stoyan makes  
olympic trial cuts in the  
200 IM and 400 IM*

*Tyler Tong-McDermott  
breaks the club records  
for boys 13-14  
breaststrokes. He also  
breaks the Brantford  
International meet  
record*

*Simone Cseplo breaks  
15-17 girls 50 back  
club record*

*Edward Liu wins three  
silver medals at the Paul  
Bergen International  
meet in Oregon, setting  
club records for boys  
15-17 in all three  
butterfly events.*

*David Riley breaks club  
record for boys 15-17  
200 freestyle*

*Nathalin Moy, Edward  
Liu, Zoe Rivard-Aslin,  
David Riley are all  
selected to the Swim  
Ontario 'Canada Games  
Stage one' camp.*

## Some words for the holidays.....

There are many great quotes from great leaders over time but I thought I'd thrown in some great quotes from great swimmers of our current time.

Here they are...

"I wouldn't say anything is impossible. I think that everything is possible as long as you put your mind to it and put the work and time into it." Michael Phelps

"I concentrate on my race and let the other swimmers think about me. not me about them." Amanda Beard

"The water is your friend....you don't have

to fight with water, just share the same spirit as the water, and it will help you move."

Alexander Popov

"For myself, losing isn't coming second. it's getting out of the water and knowing you could have done more or better. For myself, i have won every race I've been in." Ian Thorpe

"I was so surprised! Then again, I was so relaxed in the water, it felt amazing." Pieter van den Hoogenband after Olympic gold medal swim

"There is water in every lane, so it's ok." Ian Thorpe on being in lane 5 for a final

So there you have it folks. A few cool words

from past champions to see you off into the new year.

Some last notes: Keep an eye on the calendar for the week upcoming as there will be a few subtle changes.

Please have all your gear/equipment ready to go. now is a good time to get it fixed or replaced.

Spend time with family and friends over the holiday time. Be sure to give a hug to your parents for all they do to support you and your swimming.

Ciao for now!

Coach Alex