

BSC Newsletter

February 2019



ATTENTION ALL SQUADS 2019 PB CHALLENGE DATES:

**Tues 19th Feb
Tues 19th March**

Coaching Contacts

**For all coaching enquiries please
contact:**

**Head Coach
Andrew Sexton
headcoach-
andrew@busseltonswim
mingclub.com.au**

Useful Links

**Swimming WA:
www.wa.swimming.org.au**

**BSC PB Meet entries:
miriamcjohnson@bigpon
d.com.au**

Committee Message

Term 1 is officially under way with all squads back in the water training hard. We now have 4 junior squads with some 50 swimmers coming through the junior and intermediate ranks.

January has been a great month for the club with swimmers excelling at the SunSmart Country Championships, Hancock Prospecting WA Championships and Junior Championships, as well as lots of preparations for the 2019 Busselton Jetty Swim. February sees us compete in some of the great south west local meets in Harvey and Collie.

Busselton Swimming Club this month have also joined forces with Busselton Surf Lifesaving Club to help train competitors for the WA Country Surf Life Saving Championships. Surf lifesavers from age 12 to adults are swimming with us in different sessions on Wednesday and Thursdays, as well as joining coach Amber in the shark net on Saturday mornings. This is a great opportunity for both clubs to share skills and build relationships.

This month we have added a new feature to our newsletter with 'Getting to know our swimmers'. This section will profile a different swimmer each month as we encourage our members to get to know each other. Please say hello next time you see 'Mads' on pool deck.

Finally, we would like to wish all swimmers good luck in their upcoming school swimming carnivals. This is a great opportunity for kids to show off their skills to their peers and gives them a great understanding of how well they are doing.

'Just keep swimming'

Busselton Swimming Club Committee

TEAM APP

For all the new swimmers to the club, we use Team App as a means of contacting you with last-minute changes such as pool closures and cancellations. Please take the time to download Team App onto your phone or smart device, search for Busselton Swimming Club and request to join.

Coach's Corner

In the last newsletter, I raised some points about swimming as a hobby, a love, a passion or as a lifelong tool to promote fitness and well-being, and that swimmers come in many different shapes and sizes, with a multitude of goals and dreams.

This month I would like to focus on those who wish to swim competitively in the pool or in open water meets, and the requirements for constant improvement over time, especially our younger swimmers.

Here is a list of things that I think make for a fantastic swimming season. Life has a way of throwing obstacles in our path, and not every 3 month period is perfect, but by taking care and proper planning you can make the very best of your talent and passion for your swimming.

1) Do things a little better every single day

Dropping many seconds does not come from doing something correctly once. It comes from doing a lot of little things better and better every single day. Your brain only creates pathways to master activities through repetition, repetition, repetition. And when you stand on that starting block having mastered your goals in training? Anything becomes possible. (For anyone who has an interest in the development of the brain in relation to performance, I highly recommend "The Talent Code" by Dan Coyle)

2) The details are important

So many medals, qualifying times and records come down to who had the slightly better streamline, kept their head down to the wall, or had the best reaction off the block. If you do not focus on these drills under pressure in training, you will not perform them correctly in race conditions. Do the extra kick off the wall, and breathe two strokes later every push off – you will be amazed how much more easy the races become.

3) Progress needs pain

Whether in the pool, or in the gym, whether it is maths class or footy training, no progress will happen without pain. As your muscles break down and regrow at night as you sleep, you SHOULD feel uncomfortable. I always say that as long as your pain is less than 7 out of 10 and as long as they are not stabbing, sharp pains which indicate injury, in order to become a champion you need to love the feeling of discomfort in training. Only through constantly exceeding your boundaries (with rest!) does your body get fitter and stronger.

4) You're not only tougher than you think, but you're tougher than you can imagine

In the moments when you think you can no longer continue, when it feels like your last breath is in your chest, your mind will want to stop you performing long before your body will become unable to perform. The greatest difference in truly great athletes is not their bodies but their will to succeed, by pushing their bodies when their competitors are no longer able to mentally.

5) Be the teammate you want to train with

Swimming is a very individual sport, but your squad is essential to your performance. Without friends you trust and respect, it is very difficult to achieve your dreams. Always treat your team mates with respect by being on time, not distracting them from their goals, and by working hard together when the time is right and by enjoying each other's company when it is time to recover.

Coach's Corner

6) Excellence is a full-time effort

Working hard in the pool is one thing, but by not getting enough sleep, not eating correctly and not planning the other activities in your life around your sport, you will not get the best benefits of all that hard work in the pool.

This is a fantastic document on junior swimming nutrition and hydration:
<https://www.sportsdietitians.com.au/factsheets/children/junior-swimmers/>

7) Log your workouts (and track your progress)

For older swimmers it is really useful to keep a log of your training performance, and I have introduced the same system during training in our Intermediate Squad. If you are training, for example, at PB + 8s for your 100m training repeats while your friend is consistently training at PB + 6s at the same heart rate, your friend will more than likely improve faster than you.

And if you are now doing PB + 6s on a 1:30 in training (with a PB of 1:24 in a race), and in three months' time you are doing a 1:25 in training, you KNOW you can do a 1:19 in a race. But if you cannot remember that, you will never know how you have improved.

8) Keep it simple

99% of success in sport is due to hard, intelligent training, adequate rest, nutrition and injury prevention (stretching/warm up). Academic studies of top professional versus amateur sportsman actually show that the biggest difference isn't the effort but the rest, with professionals being able to have the time to rest (they get almost twice as much sleep per hour of exercise as those who have to work/study/etc). Focus on the simple things you can control, and the other things will take care of themselves.

9) Be grateful.

Being healthy enough to train, having the support and help of your family and coaches who care deeply for your success, having friends to train with, and the facilities to train are gifts. Never take any of that for granted, and always put your heart and soul in make best use of your opportunities.

10) You will only be as good as the excuses you make.

There are thousands of swimmers who wish they could be State, National or International swimmers. Those who make it to International level never made excuses as to why they couldn't get there. Instead of asking "How can I ever?" ask yourself "Why not me?"

11) Master the process, master the results

No swimmer EVER arrived at a meet and turned into a champion. Every one of them spent years and years in training, mastering every bit of their sport. Michael Phelps did not miss one session in 5 years leading up to the Beijing Olympics. And you can only do that if you love the process, love the challenge and love the results. Get out of the pool after every session feeling positive about your effort, and the next session becomes exciting.

Coach's Corner

12) Commit to your truth. And be true to your commitment.

When you fully commit to something, all the excuses, the doubts, the fears drop away. Let no one stand in the way of your goals. Be able to look into your eyes in the mirror and know that you are being true to yourself always. And always treat yourself with the respect you deserve for making that choice.

13) Ask for help. Always!

Your family, friends and coaches are always there to assist with aches and pains, to help in times of struggle, and to help you navigate the ups and downs of sporting life. Never be afraid to be honest and open about your problems and to realise that if you are following the lessons above you, no one will ever think you are being weak. Even if you are not as serious about your swimming and have other things on in your life, your coach will find a way to take best advantage of your time and effort.

14) Have FUN!!!

All the things above are quite serious, and if followed will result in great success. But over and above all of them, if you do not find the process of getting into your bathers and reading that whiteboard for the session with a feeling of anticipation and excitement, you will always be battling to achieve your peak performance. Every person has good and bad days when you don't FEEL like training – but the champions are able to overcome this feeling with the knowledge that they will feel better after the session and actually use their swimming as a release from the pressure of school, your peers, your family and all the things we deal with in life. Learn to do that, and all the rest become just that little bit easier!

I hope that this was an interesting read and that both parents and swimmers will add a few (or ALL J) of these to their swimming lives!

See you in the pool!

Coach Andrew, Trish, Amber and Ella

Busselton Jetty Swim Results

Congratulations to all BSC members who took part in the 2019 Busselton Jetty Swim. As usual this was a fantastic event that we are lucky to have on our doorstep.

Special mentions go to: Angus Johnston-Walker and Eden McDonald who took out the prizes of Fastest Local Male and Female.

Liam Mills who took some 12 minutes off his time from last year, beating Coach Amber by 1 second!

Oscar Topham took out 3rd place in the kid's swim.



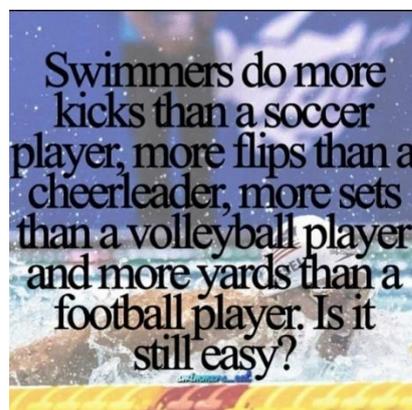
SunSmart Country Championships:

13 of our swimmers competed the Country Championships at HBF Stadium in Perth, where every swimmer had PB's and some had a full house of PB's in every event!

Special mention must be given to our new Country Champions (Lucinda Jones, Maddy Johnston-Walker and Ruby Eastaugh) and to our medalists (Lily O'Meara, Jas and Sienna Currie, and Eden McDonald).

Those who achieved a full house of PB's include Jas Currie, Ruby McClennan and Nicole Aquino, with Marc Aquino, Conor Barbour, Shea O'Meara, Sienna Currie, and Ella Hitching achieving notable PB's themselves!

Q: What do swimming coaches and dentists have in common?



UPCOMING TARGET MEETS:

- Harvey Open Carnival 16th February 2019 (All squads)
- SunSmart End of Summer Sensation 23rd February (All squads)

Collie Open 9th Feb

Congratulations to Nicole A for her 12 sec PB in the 100m breast as well as Olivia, Ethan and Finn for some massive personal bests.
 Congratulations to Ella Hitching winning several medals including a tight Gold in the 50m Back

A: They both use drills

Getting to know our swimmers

Name: Maddison Johnston-Walker



Nickname: Mads

Squad: Performance

How long have you been swimming? 7 years

What is your favourite swim meet? Nationals

Most memorable achievement? Making a National final in the 100 fly at my first Nationals in 2017.

Who is your hero/heroine? Myself

What do you think about when you are swimming (during races and hard training)? I normally just get a song in my head, set a good pace, technique and breathing pattern and switch my mind off and let my body do the work.

What is your favourite music/movie? My favourite movie is "The Spectacular Now". My favourite music is calm music, instrumentals, acoustic covers.

What do you enjoy doing in your spare time? Journaling, writing, reading, napping, watching horror movies

What is something about you that we would be surprised to know? I love the winter, the sound of the rain and the cold.

BUSSELTON SWIMMING CLUB NEEDS

YOUR HELP 

SUPER RAFFLE:

Please, please sell your allotted tickets to help build the future of BSC. Raffle books will be handed out soon, plus watch out for dates to sell at Callows.

3/3/19 BUNNINGS SAUSAGE SIZZLE- As well as being a great opportunity to replenish some much-needed funds, these are a fantastic chance for some team building and fun with swimming friends. Please volunteer your time to help our club improve. Register your interest NOW at secretary@busseltonswimmingclub.com.au.

Busselton Swimming Club would like to thank the following sponsors and supporters:



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