



X News 10 – 20th April 2004

Time for fast swimming!

This weekend sees the first time that we all swim together under the DX umbrella!
I can't wait because of the great sessions in training!
There will be a load of pb's & some great racing!
Lets Kick some a**!

Please make sure that you have your Derventio eXcel kit with you.
You must wear your club kit for any presentations etc & it will give you more recognition whilst on the poolside.
Also if you wear a hat, it MUST be a DX hat!

Questionnaires

Julie has asked me to remind you to return your questionnaires as soon as possible.
These will help us plan for the next year in all ways.

What is the difference between a swimmer on the National Team & a swimmer who is not?

Over the last few months since I began working with swimmers at DX, I have put a lot of thought in to this.

It has struck me that whilst I have worked with swimmers at District team level, World Class Start level & then with coaches & swimmers at senior International level, there is one difference across the board, **commitment**.

There are any number of swimmers who have the talent, size, strength & general physical edge over their competitors.

The few who make it to the top do that little bit extra in every way.

If their weekly volume needs to be 18 hours, they do 20.

If they are tired or have a busy day, they are the ones going to bed early to make sure they have enough rest for the following session.

They are the swimmers making sure that they do all their land sessions.

They are the ones doing an effective blood flow session before they enter in to the water.

They always spend time stretching & are the ones in the changing room chatting with their friends, not sat down but always stretching after a session.

They are the swimmers who always know at what pace they are swimming, what their heart rate is & whether it is absolutely right for that set.

They are the ones recording all the details in their log book so that it can be evaluated effectively.

DERVENTIO EXCEL SWIM SQUAD



It's all the little things that add up.

It doesn't mean you have to be boring & not have fun, it just means for example that instead of turning up five minutes before a swim session, you get there fifteen minutes before to make sure that you have done a proper warm up. You make sure that your volume is higher than it needs to be as often as possible, that you stretch whilst having a chat with your friends in the shower & changing room.

None of this makes a big impact on your life, but it will make a big impact upon your swimming!

You will notice that nowhere is there mention of talent.

Talent is not nature...it is nurture.

That means, if you do everything within your power to be the best you can be, then that is what you will become.

If you do little to be the best you can be then you will never be the best you can be.

Talent doesn't make an Olympic champion.

At the last Olympics, **EVERY** swimmer in a final swam a **MINIMUM** of 46,000 metres per week as an age grouper. That is an average, not an exception.

We average 3,000 metres per hour.

That will equal **over** 15 hours per week for 48 weeks per year. That includes illnesses, competition weeks, taper weeks etc.

So in reality 17-18 hours will be needed from most swimmers in this programme.

All done, to the best of their ability with the best attention to detail & remember the distance swimmers did more!

In four years time, swimmers will be winning gold in Beijing.

These swimmers will not have a natural gift, they will not have arrived there by accident, they will be the best prepared swimmers doing the best job they can, week in, week out.

Will it be you?...

Mark