



X News July 2005

Stay Focussed!!

The run in to nationals or Northampton if this is your last meet of this swimming year is upon us!

Lots of small improvements will now make a big impact. Be sure that everyone knows this & will be doing everything in their power to beat you. So you have to out prepare them if at all possible!

We now have no time to waste, as every session is a chance to make sure that you are out training our opposition in every way!

1. Out skill them
2. Out pace them
3. Out tough them
4. Out psyche them
5. Out professional them in every way!

All the details count now so make sure that YOU are paying attention to all the details that you possibly can so that you can be better prepared when you stand on the blocks YOU KNOW that YOU have done EVERYTHING YOU CAN to be THE BEST PREPARED YOU CAN BE!

High Skill levels = High Rewards!

Keep control of your diet, enjoy the treats but make sure they are only in addition to a great balanced diet. Make sure the fat & salt stay low & the carbs, fruit/veg & fluids are high. Do a pee test – check the colour of your urine, if it anything other then a light colour you are already dehydrated.

Positivity rules!

Only positive comments are allowed in training now!

People who make negative comments are energy sappers & we only want energy sappers in the team!

- Be Positive At All Times!
- Remember that Pain is temporary – Success lasts Forever!

Stick to constant sleep patterns. Resist the urge to watch TV until late. Record programmes if you really want to watch them.

Take care in the sun.

You need to be very careful because sunburn, even lightly will leave you dehydrated for days. We all know how badly poor hydration can affect performance...

Stretch yourself.

We still have swimmers who only stretch at the pool after workout. You need to do more! Just do it for 10-15 minutes whilst watching TV or relaxing, but do it!

