

Hello Parents!

Parent Appreciation Event

A big part of sport is the community that you join. The more involved you are with your child's sports, the more involved your swimmer is. This afternoon is a fantastic opportunity to meet the NCSA parents you will officiate at the upcoming meets with, attend the year end banquet with, and spend hours in the stands with.

While this won't be an official bonspiel, we can guarantee a great afternoon filled with sliding, slipping and smiles.

Saturday, January 20, 2024
2-4pm
Huntington Hills Community Association
520-78 Ave NW

The cost of this activity will be approximately \$10 per person and will include equipment, coaches to provide some tips for new curlers, and light snacks. The exact price will be confirmed once our numbers are finalized.

Please note that while we're all enthusiastic fans of our club swimmers, this event is adults only.

Please sign up [here](#) by January 05, 2024.

December Board Meeting

This Wednesday from 7:00 - 9:00 pm, December 13th you are welcome to attend our monthly board meetings. Please email ncsa.sec@ncsaswim.ca for the zoom link if you would like to attend.

Pictures of Swimmers

We always welcome candid pictures of our swimmers, please send any pictures of your swimmers off and on the pool deck, in NCSA gear, to office@ncsaswim.ca for us to share.

Please like our Facebook Page!

Hopefully this doesn't come across too demanding or desperate however we have now amalgamated our many NCSA Facebook profiles to one page.

Please click [here](#) and like our page to celebrate and share our journey together.

And if that isn't enough to motivate you, there is a tik tok of Coach Dave and Alexx dancing that I will share to the page if I get over 100 likes by tomorrow afternoon.

The Easy Way – Hard Way Concept:

By Wayne Goldsmith

Want to know why good swimmers become great and great swimmers become unbeatable? Simple. Because they understand the “Easy Way – Hard-Way” concept.

A great swimmer, in any situation, when given the choice between doing things the Easy Way or the Hard Way will inevitably **choose** the Hard Way. They know from experience that doing things the Hard Way is usually the **right way** and therein lies the real power of this concept. The cumulative effect of always doing things the Hard Way means that when you're challenged and tested in competition, you can always be confident of a great performance.

Swimming fast has very little to do with talent. Or size. Or strength. Or how expensive your swim-suit is. It's about the consistent application of the “Easy Way – Hard Way” concept: about *living* excellence – and about *choosing* to be successful by being totally committed to being the best you can be in everything you do.

5 Specific Choices for Swimming Successfully

1. Every morning in bed when the alarm goes off, you've got a choice to make: the easy way or the hard way.

Easy way: Hit the snooze button or even worse – go back to sleep.

Hard way: Jump out of bed, pick up the swim bag you packed with all your swim gear the night before, go wake up mom and ask her (nicely) to drive you to workout.

2. In the pool as you approach a wall, you've got a choice to make: the easy way or the hard way.

Easy way: Breathe as often as you like, finish sloppily and your head up and your hips down.

Hard way: Don't breathe from the flags in free and fly, drive to the wall with great power and finish in a streamlined position with hips high.

3. During a tough workout you've got a choice to make: the easy way or the hard way.

Easy way: Cruise up and down the lanes, try hard only when the coach is watching and cut laps whenever you get the chance.

Hard way: Swim every lap with excellent technique, outstanding skills, precise pacing and controlled breathing and give everything you've got to every lap you swim.

4. When you get home from workout, you've got a choice to make: the easy way or the hard way.

Easy way: Dump your swim bag on the floor, go take a shower and then rush down a quick bowl of high sugar cereal for breakfast.

Hard way: Unpack your swim bag in the laundry, put your wet towel in the washer and turn it on, rinse/hang your swimsuit, take a shower then make your own breakfast of fresh fruit, healthy low sugar cereal, low fat yogurt, fresh juice and whole grain toast AND clean up afterwards.

5. Late that night when it's time for sleep, you've got a choice to make: the easy way or the hard way.

Easy way: Stay up late watching TV then go to bed and lay there until midnight watching funny videos on your phone while texting friends.

Hard way: Go to bed early and read a book for 30 minutes before closing your eyes and practicing deep breathing and relaxation exercises as you fall asleep.

It Is A Choice To Swim Successfully

Everyday, you're presented with choices: to do things the quick, low effort, "easy" way or to do things the often more difficult, challenging "hard way" – which is usually the "right" way.

It's easy to blame the coach for your lack of success or to find fault in your swim equipment or the pool where you train or your training partners but in the end, **you** are the person who determines how successful you can and will be.

The Easy Way – Hard Way concept is very powerful and to those swimmers who master it, success is inevitable: not just in the pool – but in life.

No matter where you train, no matter what event you swim, no matter how old you are, the Easy Way – Hard Way concept is a simple but effective way of achieving the swimming results you want – faster.

Dream it, Train it, Live it!
Robin Loyola
NCSA Team Manager
403 948 7895