

WEEKLY UPDATES

Week of Nov 27 Reminders

Practice Schedules and Deadlines

PLEASE NOTE THAT TEAM UNIFY'S EMAIL SYSTEM ISN'T WORKING PROPERLY

- this is a global outage for all teams using TU, so please check the website for updates -

Changes to the NORMAL Practice Schedule:

- HS Meet on Thursday, JR White/Blue only in Augusta from 6-7:45pm
- Normal Monday-Wednesday, and normal Senior/JrRed in Augusta on Thursday
- Normal Friday-Saturday, save for the athletes traveling to SR State (see separate note on the Event Page). NO Sunday in Aiken this week.

Upcoming Deadlines:

- LAST CALL for Charleston!!!
- 2nd Call for the December Winter League meets.

Other Programming Notes:

- We will take a short team break in December from the 22nd thru the 25th. There will some doubles for the Seniors and Jr Reds from the 26th-1st, we'll send a schedule in the coming weeks, and there will be a few days of 'mini-camp' for the JR White/Blues, and Coach Noah will send some more information on that shortly.



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Coaches Corner

Message/Notes from a Coach

by **Coach Greg** on 11/27

USA Swimming posted this video- [A Day in the Life with Olympian Bella Sims](#)

I think it's a great video to sit with your athletes and watch... it shows the HABITS that create success for athletes. I obviously watch these things through a coach's lens, but all I saw was HABITS. Here's my notes:

0:55- Up early, eating a healthy breakfast, not a quick and easy unhealthy one
- it goes without saying a healthy breakfast is better than a quick and easy/unhealthy one. Prepare for good meals, and they'll help the athlete perform.
UP EARLY, so that 7am on deck feels less early, they'll be less groggy for each of the steps to come.

1:20- First team on deck, doing their dynamic warmups.
- this program has put 3-4 HS aged girls on the US National team and a couple more on the Open water and Canadian National teams (a young man who's tearing up the NCAA right now as a freshman) in each of the last few years. It's not luck, it's not random, it's 15 years of team habits and culture that creates that kind of success.

2:00- getting in early to a lighter load pool allows them to get a solid warmup in without the crowd, and a nice sense of calm about the day.

2:50- she's obviously carrying the camera for this, but she's also got her water bottle with her AT ALL TIMES.

3:15- Teammates that compete together, get better together. There is room for



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more than 1 person to be great, and have success. They battle day in/day out.

4:15- they're joking about their height, but Regan and Bella are both SHORT compared to a lot of swimmers. Size on land doesn't matter. When they get in the water, they SWIM big. And that's all that matters. They're efficient, and train with focus on being efficient.

6:00- this is a mid-season meet for them, they're not rested, they're not here to go best times, so they joke about how fast they'd go 'if it wasn't for the wind'. 2:00 would be a world record- and yes, the wind in outdoor pools affects them. It'd be like most of our athletes going to the Fall Invite or a meet like the SwimMAC LC/SC meet.

8:00- The time between prelims/finals is SUPER important for athletes- they do some recovery work, eat, nap and stretch. They are not running around, or vegging out with video games. It's a habit that carries over into their focus meets, when they WANT to go FAST!

9:40- They suit up in prelims AND finals, not just finals. Even though it's a very early season event for them. Why? Because that's how they're going to do it when it matters is 8 months at Olympic Team Trials. They rehearse these routines all year long.

10:30- The positivity is awesome. She isn't and wasn't ever going to go best times at this meet, and racing hard HURTS. But it's part of the process for her. It correlates to later. The 200 Back is NOT a race she'll do at Olympic Trials, but it makes her better in the 200 Free, the 100 Free, and other events she will swim.

12:00- Ryan Murphy is awesome. He's in his late 20s, and he's a backstroke specialist, so he has pared back his schedules, but anyhow- he's the man. One of the best guys to watch race, he's impeccable with the turns and underwaters.

13:00- That was the 3rd day of racing. It takes practice to be good at that. Olympic Trials is a SEVEN day meet. The ability to focus and stay in the routines for that long takes YEARS of work.

She didn't start doing things the right way after she became an Olympian. She became an Olympian because she started doing things the right way when she was 12. No late dinners after finals, no big group lunches between sessions... she's



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getting healthy, efficient food, eating while recovering, etc... it's a sacrifice, and it's hard, to be sure, but that's HOW she got to be good. Because if you do those things when you're 11 and swim fast at that meet, you'll be faster heading into the next one, and if you do it right again, you'll go faster again, and it keeps snowballing and snowballing until you're 16 and swimming at a really high level.

These travel meets we have coming up are a great opportunity to practice these better habits. Senior State and Charleston, like this Grand Prix meet for Bella, are not 'end of season' meets for our athletes. But they ARE a dress rehearsal for them. They are prelims/finals format, they are 2.5-3 full days, they are OPPORTUNITIES for the athletes (and for these meets, the families traveling with them), to learn new routines to help them perform better.

I always try to rest our older athletes before these types of travel meets- maybe not for the fall flash, a season opener type of meet, but in a 'rehearsal' type meet, we want the athletes to go fast. Families are spending a lot of money on hotels, travel, food, etc. It's a lot, and I want them to have a great weekend so it 'feels' worth it for everyone involved (it'd be worth it even if they don't go all best times, because it's not the end of season, or last meet ever, but it always feels better driving home when there is positive results in the rearview).

That said, I'm only one leg of the tripod. I can rest them, but if they stay up all night on their phones, or chug 10 sodas the night before, carry some out of the pool stress to the meet with them, etc it can affect the results. So they're responsible for making sure they don't do silly things, and keep their minds clear and focused.

And their support team on the road is the third leg- getting them fed right, and at the right times (doordash is amazing at travel meets, have the food ready and waiting in the hotel lobby when you get back from the pool!), create a space for rest and recovery between sessions, and get them on deck early/on time so they can settle in and prepare for the session.



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It takes all three legs to make a weekend go great. And I'm excited for the next few weekends of racing for all our athletes- and looking forward to great dress rehearsal for the spring meets!

Athletes heading to Atlanta this weekend- I'd like everyone to SWIM and SHAVE on Thursday along with the TRAVEL part. How we do this is up to you all, as athletes/families to work out, as I've got some options for everyone- but I'd really like everyone to do ALL THREE on Thursday.

Option 1- swim in Augusta at the AAC before you travel. The pool is open all day, just pay the \$3 and I'll have a set on the board for them, it'll take 1 hour. You can get to Atlanta before dark, and get your shave done in the hotel room and have plenty of time to eat and get to bed.

Option 2- Gwinnett will let us drop in with them from 3-4pm at their pool at 2800 Quinbery Dr in Snellville GA. It's a short detour off 20 before you get to Atlanta, but it will get you to your hotel by 5pm to eat and shave.

Option 3- regular practice time from 4-5, or 5-6. Coach Noah will be there with the athletes going to Charleston, and we'll have lanes. You'll likely need to shave before this, so when you get to Atlanta, you can eat and go to bed.

Option 4- go to your HS meet warmup/racing. You'll definitely need to shave beforehand, and use the HS meet as a test swim for the weekend. Suit up, and GO FOR IT. Then get to Atlanta, check in and hit the hay.

I'll be at the Gwinnett pool for the 3-4 time before heading to Atlanta myself. Try and have a plan with your athletes so I can get some head counts of who's doing what by Wednesday night's practice so I can let Gwinnett know roughly how many are coming.

We've been training EXTREMELY well this fall, and this past week or two has been especially strong, and the kids look and SOUND fast... and when they SOUND fast... that's when you know it's going to be a great weekend. Let's support their months of preparation with a great weekend of logistics and cheering!!!



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TEAM SPIRIT PLANS for Winter Focus Meets

Senior State:

Friday- **Black Out**, all black pants/shirts/hats, etc.

Saturday- **Christmas Spirit!** green/red, santa hats, etc.

Sunday- **Baggy Everything**, oversized sweats, etc.

Blizzard Blast:

Friday- **Black Out**, all black pants/shirts/hats, etc.

Saturday- **Christmas Spirit!** green/red, santa hats, etc.

Sunday- **Baggy Everything**, oversized sweats, etc.

Winter League Dual Meets:

- Everyone should come decked out in their House Color, and we'll take some HOUSE TEAM PHOTOS before we race!

We've put in some solid work this season, and we've taken some huge strides as a club, both in actual team growth but also in the growth of our teams within the teams- the training Groups, and the Houses. The Winter League has been everything I hoped for, with the older athletes and younger athletes working together and cheering for each other, and those kind of team vibes translate well to the training groups, and then ultimately, in the results.

#WhosNext

#ASLSeniorState2023 #ASLBlizzardBlast2023 #LetsGO

#ASLBrave #ASLFierce #ASLProud #ASLStrong

#ShowUp #WorkHard #FindFast #BeNext #TheASLWay



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