

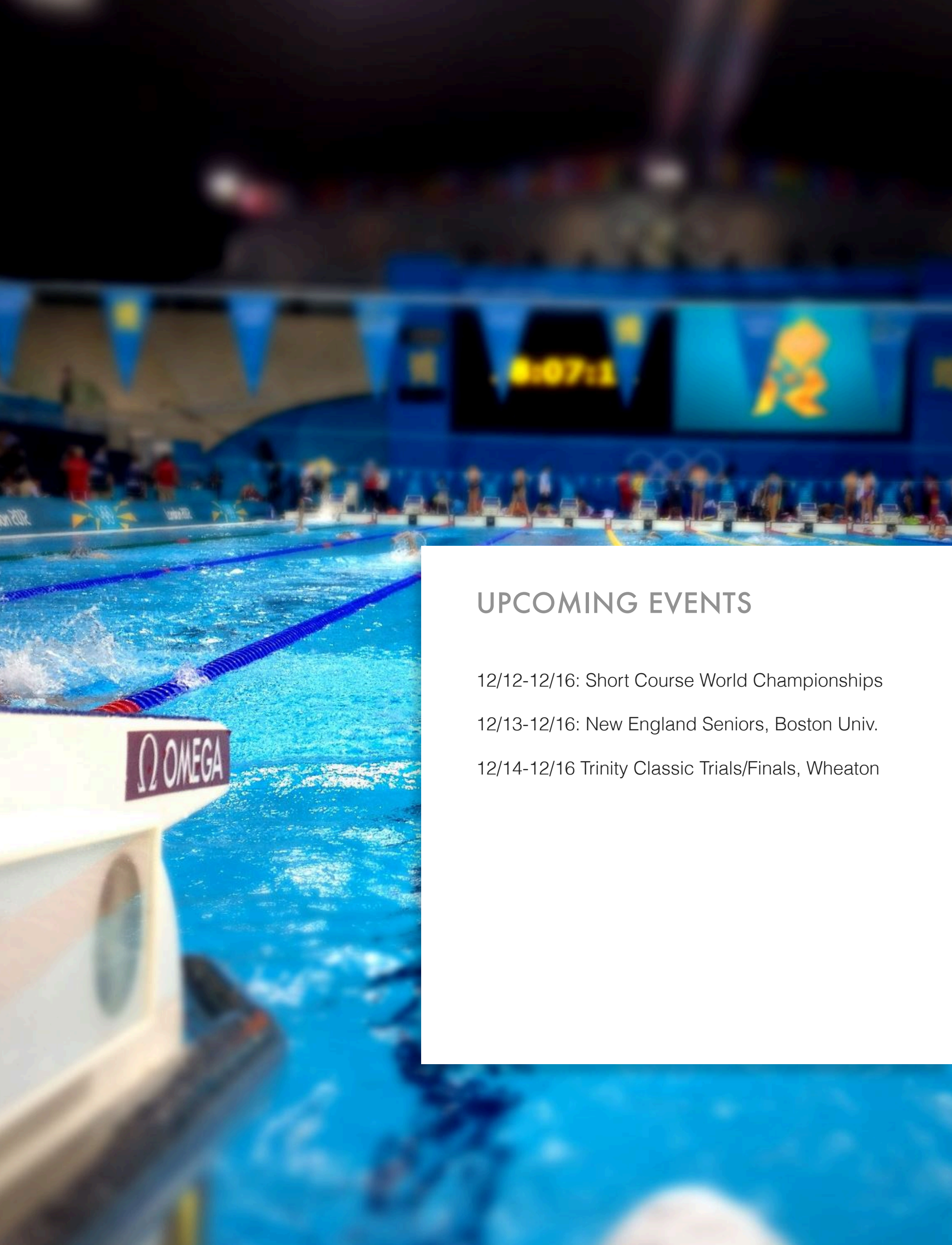
# THE CURRENT

THE OFFICIAL NEWSLETTER OF BLUEFISH SWIM CLUB



FINA  
is Our World  
SPECIAL WORLD CHAMPIONSHIP EDITION





## UPCOMING EVENTS

12/12-12/16: Short Course World Championships

12/13-12/16: New England Seniors, Boston Univ.

12/14-12/16 Trinity Classic Trials/Finals, Wheaton





## SHORT COURSE WORLD CHAMPIONSHIPS



Forty-three of the nation's top swimmers, including 2012 Olympic gold medalists Ryan Lochte (Daytona Beach, Fla.) and Allison Schmitt (Canton, Mich.), will head to Istanbul, Turkey to represent Team USA at the 2012 FINA Short Course World Championships, December 12-16.

The Short Course World Championships, held every two years, will mark the first major international competition for many U.S. swimmers since their dominant performance at this summer's Olympic Games in London.

Chuck Batchelor will be head coach of the women's team and will be joined by one other Bluefish star: Laura Sogar who will be swimming the 200 Breast.

The U.S. swimmers selected to compete at the Short Course World Championships were chosen based upon their performance at any of the three meets: the 2012 U.S. Olympic Trials, the 2012 Olympic Games or the 2012 U.S. Open.

WATCH SAME DAY COVERAGE ON:



The event in Istanbul will be the 11th FINA Short Course World Championships, an event which has been held every two years since the inaugural Championships in Palma de Mallorca, Spain in 1993. The event in Istanbul will take place at the Sinan Erdem Dome, which is a multi-purpose indoor arena that is located on the European side of Istanbul, Turkey.



## GET TOUGH!

**“YOU MUST LIVE  
IN THE PRESENT,  
LAUNCH  
YOURSELF ON  
EVERY WAVE,  
FIND YOUR  
ETERNITY IN  
EACH  
MOMENT.”  
HENRY DAVID  
THOREAU**

Mental toughness is a psychological quality that allows peak performance in any endeavor. Since the brain acts as a central processing unit for the muscles and nerves, mental toughness is particularly relevant if you seek to maximize performance in sports. Sports psychology has developed into a profession and focuses on the development of mental toughness for athletic purposes.

### **Definition**

Mental toughness is the psychological edge that allows you to perform at the peak of your ability in a challenging endeavor. It consists of six attributes: self-confidence, motivation, focus, poise under pressure, courage and resiliency. These attributes can be developed through the use of goal-setting, imagery and focus training.

### **Goal Setting**

In order to motivate yourself, you must set clear goals. These goals must be realistic, because self-confidence in your ability to attain unrealistic goals is unjustified and ultimately discouraging. Your goals must also be challenging, because it is difficult to get motivated over a goal that is too easy to achieve. Finally, goals must be specific and measurable, so you will know when you have attained them and can regularly chart your progress.

### **Visualization**

Visualization is simply using your imagination to train. This will help build neural pathways that can produce measurable increases in your coordination. In some ways, it is superior to physical training--although it should be used to supplement



rather than replace physical training--because you can train anywhere, any time without exhaustion.

Nevertheless, it may take time for you to develop the visual imagination necessary to vividly imagine knocking out an opposing boxer time and again. At advanced levels, you will be able to "rewind" and "fast forward" your visualization, and even put it into slow motion, so you can carefully analyze each move you must make. In addition, vividly imagining success in advance can improve your self-confidence.

### Focus Training

A period of intense focus is like a laser beam of attention to the execution of a skill. Mental focus training involves the use of a specialized form of visualization combined with real-life execution. You must start by choosing a simple skill--hitting a free throw, for example--and practicing it again and again in your mind. Try to shut out all self-consciousness and analysis during the execution of the skill.

Next, practice performing your skill in the gym or on the court, preferably with spectators present. As your game improves, focusing will become more difficult, due to the increasing complexity of the demands placed upon you. When shooting a free throw, for example, you must focus on the ball and the goal. If you miss, you must suddenly switch your focus to getting the rebound or defending an opponent running the other way.

The ability to switch focus quickly is a key component of the focus aspect of mental toughness, because it prevents you from being too easily distracted.

### Flow

Entering the state of "flow" is the ultimate goal of mental toughness, because it is during flow that you are most likely to achieve optimal performance. Flow occurs after a sustained period of intense focus. You know you have entered flow when your activities become effortless, time seems to slow down, and you lose all self-consciousness.

Ironically, the desire to win can take you out of a flow state because this desire re-engages the ego. Likewise, the desire to please spectators, impress your teammates or humiliate your opponent can re-engage your ego and take you out of flow.

**Written By:** David Carnes

<http://www.livestrong.com/article/134696-mental-toughness-training-sports/>

### ANTIOXIDANT, ENERGIZING, RECOVERY DRINK

- 1/4 Cup Bananas
- 1/4 Cup Blueberries
- 1/2 Cup Almond Milk
- 1 TSP Ground Flax-seed
- 1 Cup Ice



Blend and Serve!



Chuck in the dunk tank at the Rome BLVD Road Race.





## TOP HEALTHY HIGH-FAT FOODS



Athletes know to avoid high-fat foods, right? Nutritionists and coaches tell you to stay away from fatty burgers, fries and fried chicken. However, there are some high-fat foods that are good for you so no need to adopt a fat-free diet. Just be smart about fat. For those of you trying to gain weight, fat provides more than twice the calories of carbohydrate or protein, so try these healthy, high-fat foods to increase calories and make a part of your performance diet.

1. Avocado is one of the few fruits that contain fat, and it is the heart-healthy type of fat called monounsaturated fats or MUFAs. You might only think of avocado as guacamole served in a Mexican restaurant, but there is a lot more you can do with it. Slice avocado on a sandwich for a creamy alternative to mayonnaise, or dice into a salad and use less salad dressing. People in Brazil even use avocado in ice cream. Ask your mom or dad to buy some “alligator pears” (another name for avocado because of their appearance) and after you eat it, save the pit and try to grow your own avocado tree.

2. Olives and olive oil are also good sources of MUFAs. Try olives (green, black, Greek olives) as a topping on cheese pizza for a salty, meaty topping to replace pepperoni. Add olives to pasta and salads, or make a paste of chopped olives and spread on bread instead of butter.

3. Canola oil is another healthy fat to use in cooking if you don't like the strong taste of olive oil. Canola oil gets its name from a contraction for “Canada” and “oil” as most of the oil comes from Canada, although many U.S. farmers are now growing canola plants for the healthy oil. Canola oil is also found in margarines and mayonnaise as heart-healthy spreads.



4. Nuts and nut butters make great snacks for swimmers, and nuts have the advantage of containing protein along with the fat. Another plus for nuts is that they are a good source of the fat-soluble vitamin E which is in short supply in many diets. Vitamin E is a potent anti-oxidant that can help your muscles recover after a hard workout.

5. Salmon and tuna are fatty fish with essential fats that have many health benefits. Tuna canned in water is just as healthy as tuna canned in oil (the healthy fats are in the flesh of fish, not in the oil). Try grilled salmon or a tuna sandwich as a recovery meal for high quality protein and fats. If you don't like fatty fish, how about scallops or shrimp? Or if seafood isn't your favorite, try flax seeds, walnuts or soy nuts for the essential fats that are also found in fatty fish.

*Chris Rosenbloom is the sports dietitian for Georgia State University Athletics and is the editor of the Academy of Nutrition and Dietetics Sports Nutrition Manual, 5th edition, 2012.*



## NORMAL PEOPLE DON'T DO DELIBERATE PRACTICE

First of all, there is nothing wrong with being "normal"--- it's just that in athletics, and in scholarship, and in arts, and in business, and in charity, and in faith, and in relationships we take note of the EXTRA-ordinary person, sometimes with a bit of envy, but more often with a big smile, being happy for the person and what they have been able to accomplish. What sets apart the normal from the extra-ordinary is oftentimes the result of deliberate practice.

Psychologist K. Anders Ericsson, a professor of Psychology at Florida State University, has been a pioneer in researching deliberate practice and what it means. According to Ericsson: "People believe that because expert performance is qualitatively different from normal performance the expert performer must be endowed with characteristics qualitatively different from those of normal adults... We agree that expert performance is qualitatively different from normal performance and even that expert performers have characteristics and abilities that are qualitatively different from or at least outside the range of those of normal adults. However, we deny that these differences are immutable, that is, due to innate talent. ...we argue that the differences between expert performers and normal adults reflect a life-long period of deliberate effort to improve performance in a specific domain."

*"deliberate effort"*

One of Ericsson's core findings is that how expert one becomes at a skill has more to do with how one practices than with merely performing a skill a large number of times. An expert breaks down the skills that are required to be expert and focuses on improving those skill chunks during practice or day-to-day activities, often paired with immediate coaching feedback.

One time I said to our senior team, "We are now going to do 39 turns and in between each turn you have about 18 yards of swimming for deliberate, and conscious thought to evaluate your turn and make an adjustment for the next one." Most just swam a 1000 free.

Swimming is sometimes too coach dominated taking away the opportunity for the athletes to connect the dots on their own. Counsilman said, During the initial learning stage the person much use the higher centers of his brain (the cerebral cortex) to perform the movement. He literally thinks out his task."

*"THINKS OUT THE TASK."*

Over the years I have had a handful of swimmers who deliberately practiced. They often get in the water early or stay late. They try new things. They're conscious. They show me things and they ask questions. They remind me of great basketball players who go to the gym for a few hours when no one else is around and practice deliberate hoop shooting.

Sorry to say that for most swimmers it's just "swim a thousand free." But for the extra-ordinary ones it's, "39 deliberate turns, thinking and evaluating." Ready go."

**Written By:** Guy Edson, ASCA Staff

# BLUEFISH TEAM UPDATES



## Friends & Fan's Fall Updates!

I would like to again remind folks to use [Good Search](#) and [Good Shop](#) during the holiday season. This past year we raised \$780 just from families in the club using this search site and designating Bluefish as the recipient.

You can earn money for the Bluefish every time you search the Internet! Spread the word.....get your family, neighbors and friends involved! GoodSearch also offers online shopping through GoodShop. When you shop online at your favorite stores, the Bluefish can receive a donation of up to 37 percent of each purchase! Hundreds of great stores including Amazon, Target, Gap, Best Buy, ebay, Macy's, Barnes & Noble, Old Navy, and Toys R Us have teamed up with GoodShop. Every time you place an order through the Good Shop store, you'll be supporting the Bluefish!

Here is the link from the Bluefish website with the directions on how to use and set up good search and good shop!

[https://www.teamunify.com/SubTabGeneric.jsp?team=nebsc&\\_stabilid\\_=30132](https://www.teamunify.com/SubTabGeneric.jsp?team=nebsc&_stabilid_=30132)

Due to the overwhelming support we received last year, Friends and Fans are now in the financial position to support many more club initiatives as well as outreach to the community at large.

We are very excited to share that F&F will be contributing \$5,000 towards the winter training trip, supporting senior travel. We also want to thank and recognize the seniors for their incredible fundraising efforts in the swim-a-thon last year.

Thank you for your continued support,

Dave Thomson

President, Friends and Fans

## Bluefish Alumni Updates

Several Bluefish Alumni swam at Short Course Nationals and did quite well! Luca Spinazzola, Anna Senko, Laura Sogar and Aaron Gustafson all swam and made it back for finals in their events. The highlight of the meet for the Bluefish had to be Laura Sogar winning not only the 100 BR but also the 200 BR! Great job and fast swimming to everyone who went!

**You can find results for the meet here:**

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1418&Alias=Rainbow&Lang=en>

### Other Notes:

- Former Senior Assistant Coach Jeff Ledoux has been named the head coach for the boys swim team at Bishop Feehan High School.
- Another Bluefish Alumni Alex Frasier has been named the assistant coach for the Bishop Feehan boys swim team.
- Congrats to Matt Christian (former coach) on getting engaged! The wedding will be October 19th 2013.
- Nick Dufresne (former coach) recently had a baby boy named Jaxon James Dufresne.
- Congrats to Sarah Kearns on her marriage to Chris Slapak.



Alex, Elizabeth, Anna, Alex Forrester & Laura at NCAA's