



## Harrisonburg Gators Newsletter February 2021



What a cold and wintry February this has been! Luckily we have our championship season to keep us going!

### Upcoming Meets

We have 4 upcoming Championship meets. The first two District Meets are open to all swimmers in each of the age groups. The second two are qualifying meets that require a time standard to be met in order to participate. The qualifying times and more information about these meets can be found on our web-site. These are all historically very fast meets, and we look forward to some amazing swims!

- Southwest 9-12 District Championships, Feb. 19- 21
- Southwest 13 & O District Championships, Feb. 26-28
- Virginia Swimming SC Senior Championships, March 4-7
- Virginia Swimming SC Age Group Championships, March 11-14

**PLEASE READ EACH MEET ANNOUNCEMENT CAREFULLY** as most of your questions can be answered from the detailed information included in those documents. The meet announcements and other useful meet documents are posted on our Gators website under **MEETS**. Click on the specific meet name and find the attachments.

### Meet News

#### **8 & Unders Crushed District Champs!!!**

On February 6-7, nine swimmers traveled to Charlottesville to show off their hard work in the pool. Here is a summary of some of their accomplishments:

Swimmers: Harper Mancini (5), Elias Kite (6), Bryson Long (6), Lucille Caldwell (7), Huck Kann (7), Igor Dmytriyeu (8), Cealee Long (8), Claire Maust (8), Anna Paradise (8)

There were 47 legal swims. Of the 47 races 11 were first time swims. Of the remaining 36 swims, 78% were best times! In total there were 114 dropped seconds with an average drop of **7%** per race. Great Stuff! There were also 5 new 9-10 B Time cuts achieved. Those swims and swimmers are called out below.

**Hardware Recap: 36** out of the 47 swims placed (top 16) with 24 in the Top 10 and **5 in the top 3**. Great Job Little Gators!

Swimmer/Event	New 9-10 B Times!	
	New Cuts	Improvement
<b>Dmytriyeu, Igor</b>		
8 & Under 100 IM	1	-23.13
8 & Under 50 Back	1	-4.88
8 & Under 50 Free	1	-7.78
<b>Long, Caelee</b>		
8 & Under 100 Free	1	-5.31
8 & Under 50 Breast	1	-2.17
<b>Maust, Claire</b>		
8 & Under 100 IM	1	-8.13

## Coach's Corner – Words of Wisdom

"It's a few days before your big meet. You've trained, you've gotten your sleep, you're hitting your pace times in practice, you're consistent with your eating, you're moving around during the day to stay loose, with some stretching here and there. Everything is set, and you can't do anything else better, right?"

Well, now's the perfect time to prepare yourself mentally. After settling down for bed, close your eyes and go over an entire race in your mind. What does the pool look like? Sound like? Smell like? What do you do behind the blocks? Imagine the official blowing the whistle to call your heat to the blocks. How does the block feel on your feet? You take your mark, and the race starts. Think of all of the motions that you do to move your body from the blocks into the pool and into your racing body position. How does the water feel? How does it sound as you begin the race? Think about every pull, every kick, turn, push off, streamline that happens in the race, one after another. Try to go over everything that you do from the beginning to the end of the race using as many senses as you can, and, by the time you have gone over everything, if your heart starts beating harder and you start breathing a little more heavily, you are mentally preparing correctly."

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## Practice Schedule Updates

Sunday, Feb. 21 is a scuba day, so we will run practices in the morning:

7:00-9:00 am – seniors

9:00-10:30 am – pre-seniors

