

SWIMEXCELL

APRIL 2011

**SWIMEXCELL ESHER SC - KEEPING YOU UP TO DATE
WITH ALL THE NEWS**

www.swimexcell.co.uk

CLUB NIGHT - SUNDAYS

SWIMEXCELL's official supplier ALLEYCATZ.CO.UK has a retail shop in Thames Ditton as well as a mail order service supplying kickboards, pullbuoys, fins etc. Etc., have a look at their website



MAY BIRTHDAYS

Happy Birthday to: PAIGE BELSTEAD, JON CRAWFORD & KRYSZYNA SAWICKI

SWIMMER OF THE MONTH AWARD – APRIL

JORDAN van der MURWE

REMINDER

Sainsburys/Tescos vouchers
Remember to hand your vouchers to Diane or the Coaches

Looking for someone to provide the music at a kids disco or party? We'll suggest a play list for you or use the one you provide. We have all the latest (and old) music. Will provide full PA and lighting too if required.



COUNTY TEAM SWIMEXCELL T SHIRT has lost its owner – left at the Time Trials on 17th April at Hurst Pool. Please Claim from Penny

TRAINING THE MIND FOR SWIMMING – A NECESSARY SKILL TO LEARN

Over many years scientists have undertaken studies to understand how much the mind affects the performance of swimmers and in doing so one thing that has been gleaned is that the vast majority of swimmers do not seem to have any real inner belief in themselves and their ability. This creates problems during open meets like severe nervousness, inconsistency, training well but racing poorly, being intimidated by other swimmers. So over the next few issues a separate aspect of mental technique will be covered with an exercise to use and practice which will help you, not only in your swimming but in your everyday life.

One common thread which you will find throughout these forthcoming articles will be how your mind controls your body. Swimmers who don't train their minds simply don't have great control over their bodies. This in turn leaves performances over to chance every time you race. Mental training may well be the difference between attaining your dreams – or not!

Training your mind is the same as training your body, it takes time to become mentally tough, so be prepared to put in some hard mental work if you want to get there. When two swimmers are of the same ability and training, it's their mind that determines the winner. Remember also if you think you can win, you can and if you believe you can't, you won't – it's as simple as that.

Now time for action, try the mirror technique for increasing belief. This exercise is done in front of a mirror when you are on your own. Stand in front of a mirror 10 steps back from it. Look at your reflection and generate a very strong, serious and powerful look on your face, this is important as your mind must not catch any hint of joking during this exercise – absolutely NO smiling. It may take you a few practices to achieve this. Now stare at the reflection of your own eyes. At no time take your focus away, just look deeper and deeper into them. Then say aloud to yourself in a strong voice full of conviction, 'I am power'. Allow these words to sink in for a few seconds and feel their strength circulating through your body, while maintaining focus on the reflection of your eyes. Now take a step closer to the mirror, continuing to look into your eyes and repeat again the words with even more conviction 'I am power'. Once again allow the words and their power to wash over you. Continue this exercise until you are almost right up against the mirror. Repeat again at close range, say six inches away, then close your eyes, take a deep breath and imagine your lungs filling with power, strength and confidence. Feel this power flowing through your body. As you exhale breathe out all doubt, fear, worry and anxiety, letting them go forever. Repeat breathing in and then breathing out.

This exercise is incredibly effective if used with conviction and regularity. Do not doubt the power of this technique. It has worked minor miracles with swimmers who once suffered from low confidence. It is a direct line to the subconscious.

Next issue the article will cover **Belief No. 1 – 'have no limits'**

