

SWIMEXCELL

MAY 2011

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

www.swimexcell.co.uk

CLUB NIGHT - SUNDAYS

BE INTOUCH!!

Our main method of communication is by email – at least one a week is sent out every week so please make sure you are receiving them. If a week goes by and you haven't received such communication please call Penny to let her know.

JUNE BIRTHDAYS



Happy Birthday to: OLIVER F BROWN, FRANCES CLARK, CAMILLE CORCORAN, GEORGE DURSTON, MEGAN LEYLAND, MAYA NEWSON-SMITH

COMPETITION NEWS

June and July are busy months for various club competitions and they are listed here below. In an endeavour to make available different types of competition to suit all club members we have sourced Inter Club galas which take place on Saturday evenings. So far attendance has not been great and swimmers/parents have let the club down by just not turning up. Remember selection to the team is an honour as you will be representing SWIMEXCELL. For future competitions an email will be sent asking for your availability at specific galas, this will enable the team list to be worked out more accurately. Also a team bus will be arranged for both swimmers and parents for galas further away, we will let you know as and when.

JUNE 25/26 – EPSOM OPEN MEET @ RAINBOW CENTRE, EPSOM

JULY 3 - GODALMING OPEN MEET @CRANLEIGH L3

JULY 7 - LONDON YOUTH GAMES BY INVITATION

JULY 9 - EPSOM INTER CLUB GALA

JULY 17 - CLUB FUN GALA @ HURST POOL 7pm

JULY 28 - LAST TRAINING SESSION

SWIMMER OF THE MONTH AWARD – MAY

LUCIA EALES

REMINDER

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.



CONGRATULATIONS JESS

Well done to Jessica Wenlock , as some of you will know Jess is a competitive triathlete and she has recently been nominated to be one of the torchbearers for next years London Olympics. I am sure you will join the coaching team in wishing success in her nomination.

STILL ONE MISSING OWNER = 2ND REMINDER – IT MUST BE SOMEBODY'S.....

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

MARK ETMAN

Well done to Mark who qualified and swam at the prestigious National Finals of the IAPS Championships representing his school and were held at Crawley K2. Past swimmers include internationally known Sharon Davies, Duncan Goodhew, Andy Jameson and Keri-Anne Payne.



TRAINING THE MIND – A NECESSARY SKILL TO LEARN

(for swimmers and your life beyond....)

Part 2- Have No Limits

“I feel great today and there is nothing I can’t do in the pool today. What’s to stop me? Everybody look out!”

You must know there is nothing to stop you putting in a great performance. Think of yourself as unlimited, unstoppable, unbeatable, supreme and all powerful. This ensures you do not get dragged into thinking about obstacles or other negatives but see nothing but opportunities ahead of you. Would you like to have these traits, they are yours for the taking, with some work. To achieve them we need to back track and learn something important about the mind.

The first thing you must know is you have two minds – a conscious and subconscious. Your conscious mind is your normal daily awareness, for instance when waking in the morning you start thinking about the day ahead. It makes your plans and decisions, thinks through problems and organises your life in general. While awake its your conscious mind which is constantly thinking thoughts about 60,000 per day. Unfortunately for us often a great number of those thoughts are negative and that affects performance. In fact your conscious mind is probably responsible for most of your worst performances in the pool. Negative thoughts such as fear of failure, doubt, worry and anxiety, whether you realise it or not its these thoughts that create the major problems when swimming.

How does that happen, well such thoughts are transmitted to your subconscious mind by electrical impulses , which sends these messages to your brain. Your brain sends the electrical messages to various parts of your body which are re4quired to swim your race and ultimately these negative thoughts appear in your performance in the form of extreme nervousness, lack of belief and inconsistency. That’s the bad news , now the good news. You possess a highly powerful subconscious mind which is generally responsible for your personal best times and good performances. It is the sleeping giant within you.

Some people go through their whole life never knowing how powerful the subconscious mind is but successful people and champions know very well how to use it to their advantage. Your subconscious never sleeps, its coordinating countless functions every second, such as your heart beat, breathing and circulation. Your subconscious is your inner intelligence and you are never consciously aware of this. Your subconscious mind takes instructions from your conscious mind and obeys instructions without question whether positive or negative. Its like the hard disc drive on your computer with the conscious mind being the keyboard. It also cannot tell the difference between reality and imaginary. So when you are on the block ready to dive in its your conscious mind that sends the command and its your subconscious mind that acts on this command sending electrical impulses to your brain, which sends messages to your arms, legs and body which in turn perform the physical exercise.

So your subconscious takes a copy of every thought, every action, every stroke you have ever made and stores them in your memory bank, every life event is stored there, all your swimming experiences every race, every training session. Now with this knowledge you can see how we can reprogramme your thought processes to record positive belief structures. Next month we'll start practicing in the meantime go back to

last month's issue and with knowledge gained practice the 'I AM POWER' exercise.



VIDEOING

Chief Coach Penny Shand is planning to use her video recorder to record the swimmers when training. Videoing is an extremely useful tool for coaches as often swimmers are not aware of how a specific action in their stroke is affecting their overall swim. With instant feedback they can see their strokes and this can have an immediate beneficial effect. In accordance with ASA child protection guidelines as a parent please let me know IMMEDIATELY if you have an objection to this course of action which will be ongoing. Such data will not be stored and shall be deleted after use.

AGM

MONDAY 20TH JUNE 2011 @ THE OLDE SWAN, THAMES DITTON

8pm

PLEASE SEE THE SEPARATE EMAIL SENT OUT

WE WANT TO SEE YOU THERE



HAVE YOU OUT GROWN YOUR FINS, DO YOU NEED A NEW PAIR FINS THEN USE THIS SPACE TO ADVERTISE THEM – SIZE, MAKE AND COLOUR SEND EMAIL TO SWIMEXCELLESHER.CO.UK

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

Look at our Facebook Group Account, [swimexcellesher](https://www.youtube.com/user/swimexcellesher) You Tube Account, [turbopenny52](https://www.youtube.com/user/turbopenny52) Account