

SHARK TALES

Elmwood Sharks Swim Team Monthly News



Putting in the Work

By Brett Dipuma

We all know the feeling--we've been swimming so well, dropping time and feel great in the water. Everything that we do is correct and feels perfect. All of a sudden, 3 weeks before the meet, everything we do feels wrong - our turns feel slow, pulling feels like hands slipping through the water, and that kick just won't come together. Everything feels like it is falling apart and the big meet is in mere weeks. Does this feel like you? IT IS OK!!! That is how you are supposed to feel right now. Swimming is a strange sport that takes our bodies through different phases and then your mind might start to play mental games with you.

My advice for you here is this: Trust all the work that you have done. We have all been training hard and with great enthusiasm, and now is the time to have fun and enjoy ourselves. Trust all the work you have done and simply swim fast without overthinking. Remember, we are playing a game, and the point in games is to have fun!

So over these next two weeks, there are three things that I want to see on the pool deck: 1. Smiles all around with NO NEGATIVE TALK. Now is the time for self pep-talks. "I will swim fast. I will swim well; you will swim fast. You will swim well." 2. Positivity. Encourage your teammates and chat with them about any and everything! 3. Trust all the work you have done and visualize your future. One way we can ease our stresses is to meditate and reflect upon the race that we are about to swim.

Every day for these next few weeks, I want you all to imagine the races that you will swim. Smell the chlorine, taste the water, hear the crowd, get hype! Take a stop watch and time yourself as you go through your race from behind the blocks all the way until you finish with your best time. Reflecting like this can ease your nerves, acknowledge the work you have done, give you confidence, and help you have the best swim and time of your life!

Trust the Process and Swim Strong, Sharks!

IN THIS ISSUE

- **TRUST THE PROCESS**
- **ATHLETES IN THE KITCHEN: RACE DAY FUEL**
- **UPCOMING EVENTS**
- **SWIMMER OF THE MONTH**





UPCOMING Meets & Events

- June 24-26 TAQ Tristan Vessel Invitational Baton Rouge, LA
- July 7 - July 10 LA Age Group Long Course State Championship
Baton Rouge, LA
- July 14 - July 17 LA Senior Long Course State Championship
Shreveport, LA



Athletes in the Kitchen

RACE DAY FUEL

Nutrition plays a major role in your body's ability to perform and recover during meets. Here are some healthy swim meet snacks that are easy on the stomach:

- Bananas
- Apple sauce
- Bagels
- Fig newtons
- PB&J sandwich
- Grapes
- Energy bars
- Pretzels
- Energy chews/gels

And don't forget to stay hydrated throughout the meet! Sipping on water throughout the day is crucial to performance and recovery. Never wait until you're thirsty to grab some water or electrolyte enhanced drink!

Swimmer of the Month

Blair Foss has shown consistent effort and a positive growth mindset in the Long Course season! As a Senior Blue swimmer, Blair has a solid attendance record and consistently shows up with 100% effort. Blair's ability to process and apply feedback in workouts and at meets has allowed her to continue to grow in her technique and race strategies. Blair's efforts have allowed her to crush her races and swim multiple personal best times at the most recent long course meets. Blair's improvements are evidence of the importance of consistency and a positive, growth mindset!

Keep up the great work, Blair!

