

# SHARK TALES

*Elmwood Sharks Swim Team Monthly News*



## Trust the Process

*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 two 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

- **SHARKS SWIM STRONG : 2021 LHSAA STATE CHAMPONSHIPS**
- **ATHLETES IN THE KITCHEN: RACE DAY FUEL**
- **TIDBIT OF THE MONTH**
- **UPCOMING MEETS**
- **SWIMMER OF THE MONTH**







## Tidbit of the Month

The Elmwood Sharks Swim Team will hold an Intrasquad Meet next month! A friendly intrasquad meet shows our team how supportive our athletes are of each other—regardless of speed, experience, or talent.

The Intrasquad meet is a wonderful opportunity for our newer swimmers to get more comfortable in a meet environment and practice their racing skills. Swimmers can practice race prep, following the heat sheet and finding their correct lanes, understanding the referee whistles and commands, and swimming fast! We hope everyone can plan to attend and kick off the new season with all the Sharks. We will have pizza, snacks, and music for the swimmers along with presentations and OFC program information for all parents and guardians. See y'all at the pool!

## UPCOMING MEETS

- February 10-13 **Louisiana Swimming Senior Short Course State Championships**, Sulphur, LA
- February 17-20 **Louisiana Swimming Age Group Short Course State Championships**, Baton Rouge, LA
- March 3 **Elmwood Sharks Intrasquad Meet**, Ochsner Fitness Center

## Athletes in the Kitchen Race Day Fuel

Stay energized and recover properly between races during long meets!

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

Chase Gauthier has shown consistent dedication and a positive mindset this season! As a Junior White swimmer, Chase has a stellar attendance record and knows how to give 100% every day! All of his hard work and effort paid off as he swam his way to multiple state times and personal bests at the Sunkist Winter Blast Swim Meet. Chase's achievements are proof that hard work and a positive, growth mindset set the foundation for success!

Keep up the great work, Chase!

