

Newsletter : December 2009

In this Issue:

- Chairman's Report.
- Head Coaches Notes
 - Mental Rehearsal
 - Top Tips of the month
- Notices



A Ho ho ho and Seasons greetings to everyone old and new to this month's Newsletter.

I have had a busy time over the last couple of months and as some of you may recall I was nominated for Outstanding Contribution at Club level and

won for the London Region. I was automatically entered into the National Aquaforce Awards.

The Awards were held at Stratford upon Avon and at the same time the ASA held their first Council Conference which I attended together with the workshops which were very informative and the Guest speaker Sir Clive Woodward.

The day was rounded off with the awards being announced during the evening Dinner and Dance.

My husband and I found ourselves in the good company of other London Nominees and two ladies from Nottingham. Although our table did not win I can report a good time was had by all.

Another event which I have attended was the Essex Annual Dinner and Dance which was held at Orsett Hall. It has been quite sometime since Killerwhales have attended this event and I would like to thank Carine Kearns, Sarah Whyman, Marie Marshall, Carla Robinson, Sarah Flynn, Kate Palmer and Michelle Fox who joined me for this event and made it a memorable evening.

I would like to thank everyone who donated items for the Christmas hampers and a big thank you to Juliann and Sarah for arranging the Christmas Disco.

Please continue to support your club by attending events organised

Wishing you a Merry Christmas and a Happy New Year.

Mrs Crow.
Chairman

From Head Coach – Nicola Seabrook



Mental Rehearsal

What is Mental Rehearsal?

Mental Rehearsal or 'Visualisation' is a strategy adopted by many sports people, especially at the higher end of competitive sports. It is an exercise in which the athlete is asked to form mental image of the skill or event that they are going to perform. No physical

movements are involved in the visualisation exercise.

Why do athletes use Visualisation Techniques?

Visualisation is used to learn new skills in some sports such as gymnastics, or as in the case of swimming it can be an effective tool in improving existing skills. If performed well it can help to control pre-competition nerves and increase confidence, leading to an improvement in overall race performance.

Where should I do my Mental Rehearsal?

As it involves no physical activity you can 'mentally practice' anytime, anyplace, and anywhere. However the best place to perform this skill is somewhere where YOU feel you can completely relax, concentrate and focus on the task. The skill doesn't have to take long, but be thorough. Get it right.

"But I am no good at this"

Practice is the key! You may not be good at any new task/skill the very first time you try it, but with practice you will improve. Don't forget, as with anything you do, you have to practice correctly. The saying of 'practice makes perfect' in my opinion is not quite good enough for the elite in sport – if you practice badly you are more likely to perform poorly. The saying needs to be;

"PERFECT PRACTICE MAKES PERFECT".

Think about it...
Nicola

Top Tips of the Month...

1. Create the right mindset

Believe in yourself. Focus on what you can do and just do it. The more you do, the more you will be able to do. Challenge your mind, body and soul.

2. Get support

Surround yourself with the right people. Those who want to succeed, will succeed.

3. There is no failure – only feedback

There is no failure! Everything is an experiment and we learn from our mistakes. Each piece of learning will increase the chance of success **if** you pay attention.

Notices



ASA Fees

Don't forget ASA fees for all squad swimmers aged 9 years and over are due by the end of January 2010. The fee this year is £31 for the first (includes 1 parent as an ASA requirement) and subsequent swimmers in the same family are £26.00 each.

This fee is levied by the ASA. We as a club act as a collection agency for this fee and it is passed entirely on to them. This annual payment is not to be confused with the Killerwhales membership fee which was paid in September.

The ASA stipulate that all competitive swimmers must be fully paid up members of an ASA affiliated club. This fee must be paid into the club before/by 31st January 2010 otherwise your ASA registration will lapse.

If this is not paid the swimmer will not be covered by the clubs insurance and therefore unable to train. It will also mean that the swimmer is unregistered and will be unable to compete in any competition.

If any family wish to add a further parent/guardian to the registration this will be at a cost of £5.00 per adult. All officials and poolside helpers etc must be ASA registered.

If you require any further information regarding this fee or how it is made up then visit the London Swimming website at www.londonswimming.org

If you still have any questions then please see Barbara Rooke who is the clubs membership secretary.

Maria Merchan has kindly volunteered to collect the fees this year so please see Maria in order to pay.

We note that some parents are still dropping their children at poolside and going before they have checked whether the pool is open. It would be appreciated if they could check before leaving as the children are your responsibility until they are in the water. We would like to thank the parents who have taken the time to do this it is much appreciated.

don't forget to check our website at www.killerwhallessc.co.uk for gala entries and reports, travel directions to pools across the country, new club records and much more.