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Web Links

GMA Programs Page

Link to our programs page for information about all of our programs and to sign-up online.

GMA Forms Page

Link to our forms page and complete your season's forms online.

GMA Meet Information Page

Link to our team meet information page to sign-up for meets today.

GMA Family Education Page

Link to our family education page to review online articles about helping your swimmer succeed every day.

GMA Handbook

Link to our team handbook posted on the team website to read more about the GMA team philosophy.

Strong Season Start

The GMA short course 2007-2008 season has gotten off to a GREAT start! We have hosted one GMA-only meet, one New England calendar meet and we have attended one travel meet so far. In each of these meets, our team has achieved a minimum of 51% best times. Additionally, our GMA parents have worked hard to run excellent meets for our swimmers and for swimmers within New England Swimming.

The GMA Coaches wish ALL of our team members the best of luck in the upcoming meets. We have two athletes, Taylor Grey and Alex Suppan, attending the USA Swimming Short Course National Championship Meet. We have over fifty athletes attending the NCAC Winter Classic. We will also have about ten athletes attending the competitive New England Senior Championship Meet and about seven athletes attending the challenging MIT Trials/ Finals Meet. GOOD LUCK GMA . . . SWIM FAST and HAVE FUN!

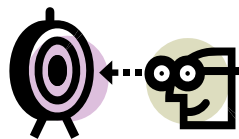
Congratulations GMA swimmers! Thank you GMA parents! Keep up the great work!

Training Your Goals

The GMA Coaches subscribe to a specific training philosophy for all of our team members. We believe that swimmers must "train their goals." This requires that, first, swimmers acknowledge their goals for the season, for the month, for the week and for the day. Each day in each set, we ask that swimmers have something that they are working to achieve. This focus and effort in practice is necessary in order for swimmers to drop time, to achieve qualifying times and to improve their stroke technique.

With their focus directed toward their goals, swimmers must attend practice consistently and exert their best efforts regularly. Throughout the years, the athletes who have had the most success in our program have been those who attended practice most frequently and challenged themselves daily. The swimmers' attendance and effort should directly match their specific performance goals. The most challenging goals will require the greatest attendance and focus.

Finally, achieving goals is much more than just getting pumped up from the race or feeling motivated by external rewards. Athletes are most likely to get pumped up psychologically and race their best when they are confident that they have worked hard in practices, and when they feel powerful in the water thanks to their training. The most effective way to feel confident and ready to race is to "train your goals" in every practice.



Contact Us

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To summarize, "training your goals" means the following:

- Athletes have stated goals that direct their practice focus
- Athletes attend practice and apply effort in practice in concordance with their stated goals
- Athletes race with confidence, certain of their ability to achieve their goals, because they have worked on their goals every day in practice.

In the words of world-class coach Dick Jochums, "Records are produced in practice. They happen in meets."

Swim Meet Warm-Up

The coaches wish to remind all swimmers and families that the swim meet warm-up is an essential tool in preparing athletes to perform their best. It is the only time that the athletes can prepare their bodies and minds to race to their full potential. In order for swimmers to approach warm-up with the proper mindset, they must arrive at the pool early and get their swimming gear ready. Swimmers also need time before they get into the water to warm-up and stretch their muscles. Once in the water, it is critical that swimmers remain focused on their stroke technique and practice their goals for the meet. They must warm-up their turns, their stroke technique and their finishes throughout the warm-up period.



Skipping the warm-up session can be detrimental to the swimmer and is never recommended. Even though the meet warm-up sessions can be very crowded, the coaches know that all of our athletes can do their best to prepare for the meet. With a little preparation, focus and effort, all GMA swimmers can achieve a great meet warm-up.

Often, swimmers do not have access to the pool for warming-up and warming-down during the meet. When this is the case, the coaches recommend that swimmers walk around the building for ten to fifteen minutes following their race and do some active stretching to remove the lactic acid from the muscles and prepare the body to continue racing. For specific suggestions about dryland warm-ups, please refer to the following article highlighted on our family information page:

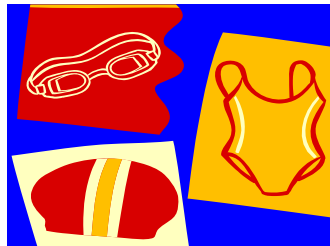
<http://www.swimmingcoach.org/articles/asm/wg07252001.asp>

Racing Suit Basics

As our swimmers begin thinking about their championship meets, the coaches want to outline some basic ideas about the meet racing suit.

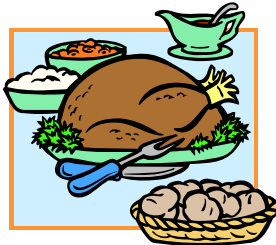
- First, all swimmers should have a specific suit that they use ONLY for racing. This suit should be very snug on the swimmer and should not allow for any drag or resistance in the water.
- During the regular season, swimmers may choose to race in a standard lycra suit, an endurance fabric suit or an aquablade suit. At home meets and travel meets, swimmers should wear a normal racing suit.
- During the championship meets, swimmers may want to upgrade their racing suit. This is the time of year when swimmers may choose to race in a fast skin suit. The coaches recommend that swimmers save their super fast racing suit for the championship meets to allow for an extra edge in their racing.
- Some thirteen and older swimmers will also choose to shave their bodies only for the championship meets, allowing their body hair to grow out during the season.
- Choosing to wear a fast skin suit and/or shaving only for the championship meets will allow swimmers an additional advantage in achieving their best times and will help swimmers feel smooth and sleek in the water. When swimmers utilize suits and shaving to feel fast and have had a successful season of hard training, fast racing can happen!

Please see Laura if you have any questions or concerns about racing suits.



Holiday Nutrition Ideas

As the holidays approach, the coaches want to remind all of our families about healthy holiday eating habits. We believe that holiday meals are often healthy meals for athletes. Most holiday meals offer plenty of protein in the form of turkey, ham or beef. Additionally, most holiday meals offer lots of carbohydrates in the form of stuffing, bread and potatoes. Finally, most holiday meals include vegetables which are important sources of vitamins and minerals. Of course, holiday meals also include lots of tasty appetizers and desserts. These are the items that many athletes may want to limit since they include lots of sugar and fat. Some sugar and fat is necessary in every healthy diet, so our athletes simply need to be careful not to over-indulge in the sweets and treats during the holidays.



When thinking about fueling the athlete's body for training and competition, some important ideas include the

following:

- Balance the amount you eat with the amount you train. The more frequently and intensely you train, the more fuel your body requires.
- Be aware of your portion sizes. One small slice of pumpkin pie is far healthier than eating $\frac{1}{4}$ of the pie!
- Listen to your body. If you feel full, stop eating.
- Maintaining a regular sleeping routine and staying hydrated are also key components in maintaining your energy level and maximizing your body's efficiency in training and racing.

Important Dates and Reminders

Please mark your calendars for the following important dates:

- Thursday, November 22, 2007 Thanksgiving Day. Senior/ Sectional/ National Group practice ONLY 9:00-11:30 a.m. NO OTHER PRACTICES on Thanksgiving.
- Sunday, November 25, 2007 Team Day at Saint Michael's College from 2:00-5:00 p.m. Swimmers will work together on stroke technique, starts and turns and we will have a PASTA PARTY!
- Saturday, December 1, 2007 NO SATURDAY PRACTICE for the Age Group/ Senior/ Sectional/ National Groups.
- Monday, December 3, 2007 Winter Knights Meet Planning Committee Meeting at 7:00 p.m. at Saint Michael's College.
- Saturday, December 22, 2007 Team Bowling Day at Yankee Lanes from 12:00-2:00 p.m. \$11.00 per person.
- Sunday, January 27, 2007 GMA Swim-A-Thon!!!



QUOTE: "Goal-setting is the strongest human force for self-motivation."