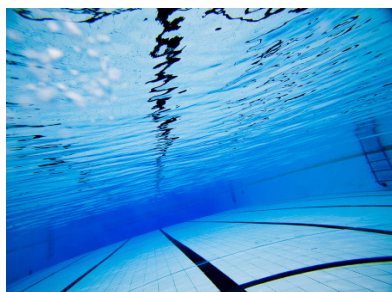




# MACR

# SHARK BITES



## MEET UPDATES

Wow, another two meets under our belt for the season! At both meets we looked very good on the starts—getting out quick, tight streamlines and great underwater kick! Let's have an extra focus on our flip turns and open turns though at practice—there were times where we lost a lot of ground at the wall on those 50's and 100's! Remember, the turns can make a huge difference in the shorter events, and the only way to get better at them is to practice them... correctly! At each practice you have approx. 120 opportunities to practice a correct and legal turn. Use this practice time wisely!

Overall though the team is where we expect them to be at this time in the season. Keep up the hard work at practice!



### Dubuque Meet Winners:

Outstanding Male Swimming Performance  
JARED THORNSTON

Outstanding Female Swimming Performance  
MYAH McCOY

Outstanding Relay Performance  
GIRLS 8+U MEDLEY RELAY

Swimmer of the Meet  
STEFAN KITSOS

### MACR v Waukee Meet Winners:

Outstanding Male Swimming Performance  
JONATHAN TRIPP

Outstanding Female Swimming Performance  
SAMANTHA FITZGERALD

Swimmer of the Meet  
HANNAH WILLIAMS

## GOT A GREAT MEET PICTURE TO SHARE?

Email it to [dpirrie@tanagerplace.org](mailto:dpirrie@tanagerplace.org)

for our monthly "Swim Snaps" feature!



## THIS MONTH'S BIRTHDAYS!

Andrew Bloom	Dec 2
Amelia Seutter	Dec 2
Erica Fagerbakke	Dec 3
Anna Mlodzik	Dec 4
Madalyn Andersen	Dec 6
Olivia Kline	Dec 8
Brennan Urbi	Dec 8
Carter Starr	Dec 8
Eleanor Andersen	Dec 10
Eleanor Bryant	Dec 11
Lauren Havertape	Dec 12
Laura Vestle	Dec 14
Margaret Wright	Dec 14
Kaitlin Ungs	Dec 15
Kirsten Loynachan	Dec 15
Katie Storey	Dec 18
Jake Kramer	Dec 23
Alyssa Tripp	Dec 23
Marisa MacVey	Dec 24
Amyah Arrington	Dec 25
Elizabeth Heald	Dec 27

Wish our birthday swimmers a happy birthday if you see them at practice!



# Yes You Can!



## The Importance of "Self Confidence" in Achieving Your Swimming Goals.

"Belief is the knowledge that we can do something. It's the inner feeling that what we undertake, we can accomplish. For the most part, all of us have the ability to look at something and know whether or not we can do it. So, in belief there is power: our eyes are opened; our opportunities become plain; our visions become realities."

Have you said (or thought) any of the following in the past few months??? "I can't do it," "They are much faster than me. I'll come last," "I'm hopeless," "I've never been able to do that, so I know I can't do it now," "It's just too hard. It's impossible."

You are not alone. Many swimmers have these thoughts and say these words from time to time. Most swimmers (and people generally) have times when they get a little negative and lack faith in their abilities.

When swimmers say "I can't" or "it's too hard," what are they really saying?

Swimmer says: "I can't do it." Swimmer means: "I am not prepared to try because if people might think less of me."

Swimmer says: "They are faster than me. I'll come last." Swimmer means: "If I can't win there's no point trying."

Swimmer says: "I'm hopeless." Swimmer means: "I have no faith in myself or my ability to succeed. I have no confidence."

Swimmer says: "I've never been able to do that, so I know I can't do it now ." Swimmer means: "I've never really prepared for this or learned how to do it correctly so the chances of me doing it now are not very good" or "I tried once and failed, so I am not going to try again."

Swimmer says: "It's just too hard. It's impossible." Swimmer means: "I'm not prepared to try ."

Confidence is believing in yourself to do what has to be done. To do what needs to be done, with faith in your ability to achieve it. To meet new challenges with an expectation that anything is possible. To accept failure as an opportunity to learn from the experience and try again. And try again. And try again if necessary .

Confidence is trying to achieve and if you fail knowing that it was the nature of the task or the circumstances or just plain bad luck, not your lack of character that is to blame. Confidence is learning from that failure and trying again with more energy, more commitment and greater determination than before.

What do some of swimming's most successful people say about CONFIDENCE??

"Confidence comes from accepting a challenge and achieving it using the best of your ability. Confidence builds through training to meet your challenge".

"Confidence is about believing in yourself and your ability to do something -- not necessarily believing in your ability to do it perfectly or better than other people, but believing that you have as good a chance as anyone to achieve something. Confidence is having the courage to get up and try and face whatever the outcome is -- good, bad or something in between."

In my experience, confidence is best achieved through controlled independence. If a young athlete is constantly challenged to be independent (within reasonable bounds), they will learn to rely on themselves and know how to thrive without the assistance of others in moments of greatest need. The ability to follow good decision making processes is a crucial part of this. For young athletes, teach them to take personal responsibility (control the controllable and develop a chameleon-like ability to deal with the rest). Confidence is the ability to believe you can do something and the courage to do it - if others have made the hard decisions for you and you have never had to live with the results of your own actions, you can never be expected to know full confidence and the power of the self".

CONTINUED OVER >>>>



## Yes You Can! (Continued from Pg2)



"Attitudes such as belief, optimism, high aspirations, and anticipation of the best possible result—all these positive states of mind add up to confidence, the keystone for success. But of course it pays for all of these to be built on the firm rock of a sound preparation".

Confidence it seems, is a skill -- a skill that can be learned. You learned to swim. You learned to flip turn. You learned how to do butterfly. You can learn to be confident.

Leading Sports Psychologist, Dr. Mark Andersen agrees: "Many people believe that confidence is something that comes from the inside, but we probably develop confidence from the models we have around us, that confidence really comes from the outside. If we have coaches, parents, teachers and instructors that model confidence in our abilities and let us know that they think we can do good things, slowly their confidence in us becomes internalized".

A few tips to develop confidence:

Accept who you are and learn to like and respect yourself.

Nothing helps build confidence like learning the 3 P's:

- Practice to the best of your ability.
- Develop a Positive Attitude to trying new tasks.
- Persevere, Persevere, Persevere.

The table on the left is called the Ladder of Achievement. It shows how your attitude towards a goal or task can impact your ability to achieve it.

The ladder of achievement suggests that an attitude of "I can't" has almost no chance of success whilst "I won't" is no chance at all.

Change "I can't" and "I won't" to  
I CAN - I WILL - I DID !

100%	I Did
90%	I Will
80%	I Can
70%	I Think I Can
60%	I Might
50%	I Think I Might
40%	What is It?
30%	I Wish I Could
20%	I Don't Know How
10%	I Can't
0%	I Won't

Understand what motivates you to do well then you can harness your energy in the right directions.

Failure is a race or a meet or a task -it is not a person. Failure is not the person: it's not you- it's the performance. Learn to separate who you are from what you do.

Learn to talk to yourself positively. When the negative thoughts come, learn to replace them with positive ones. I can't = I can, I won't = I will, I will try = I did. Remember the old saying, "If you think you can or think you can't, you're probably right".

"The greatest achievement is not in never failing but in getting up every time you fall". Keep trying and it will happen.

What you believe, you can, with effort and persistence, achieve. Dream a dream, believe in that dream, work towards achieving it and live the dream.

Anything worth having is worth working to achieve. Talent is important, but there are many talented swimmers who don't make it to the top. TOUGH, TENACIOUS TRAINING makes up for most talent limitations.

Successful people are not afraid to fail. They have the ability to accept their failures and continue on, knowing that failure is a natural consequence of trying. The law of failure is one of the most powerful of all the success laws because you only really fail when you quit trying.

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### SOMETHING TO ADD?

*If you have an article, photo, swimmer recipe, or anything else you'd like to see in Shark Bites, email it to:*



# Know the Scoop on Cereals

For swimmers, cereal is great just about any time of the day. Competitive athletes are encouraged to choose nutrient dense cereals, which contain more of the right kinds of nutrients (carbohydrate, protein, vitamins, minerals) per serving than their “candy cereal” counterparts. More bang for the buck, so to speak.

Generally speaking, the best cereals are high-carbohydrate (>25 grams/serving), moderate-protein (5-10 grams/serving), low-fat (<5 grams/serving), and moderate-fiber (2-4 grams/serving). Most cereals on the market today, including “candy cereal, ” are fortified with vitamins and minerals, such that one serving usually provides 20-100% of a given vitamin or mineral. However, these values are based on a 2, 000 calorie diet, which is well below the energy requirements for most competitive swimmers in their teens and twenties.



Consider cereals in three categories: High Nutrient Density, Moderate Nutrient Density, and Low Density (aka “candy cereal”). Athletes looking for a good cereal but not a whole lot of calories, a Moderate Nutrient Density product is best. For those looking for density (i.e. lots more nutrients/calories in a smaller serving), then a High Nutrient Density cereal is the way to go. Swimmers looking for “candy cereal” should be encouraged to save this type of product for weekends and/or limited occasions. The following table offers a non-exhaustive list of cereals in each of the categories mentioned above:

High Nutrient Density Cereals	Moderate Nutrient Density Cereals	Low Nutrient Density (“candy”) Cereals
>30 grams carb	20-30 grams carbohydrate	>40% of carbohydrate is sugar
>4 grams protein	2-4 grams protein	
<40% of carbohydrate is sugar	<40% of carbohydrate is sugar	
Quaker Toasted Oatmeal	Cheerios	Fruit Loops
Raisin Bran	Team Cheerios	Cinnamon Toast Crunch
Smart Start	Rice Crispies	Captain Crunch
Blueberry Morning	Corn Flakes	Cocoa Puffs
Basic Four	Special K	Fruity Pebbles
Wheaties Energy Crunch	Total	Frosted Flakes
Raisin Nut Bran		
Honey Nut Shredded Wheat		

And of course, hot oatmeal and granola are always excellent choices. And all dry cereals make a great snack to take on the road. Just toss 1 cup into a plastic storage bag or air-tight container, and off you go. The point is to find a cereal that tastes good and also meets your nutritional needs. With all the products on the market, no swimmer should have any problem doing just that.

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[www.macrsharks.org](http://www.macrsharks.org)