



LAC SETS TWO NATIONAL AGE GROUP RECORDS

The 11-12 Mixed Relay of Lily Andruss, Charlie Wang, Evan Pan-Wang and Kennedy Southern set two National Age Group Records at the LAC Ice Breaker Invitational.

They combined to win the 200 mixed medley relay with a time of 1:45.59 and the 400 mixed medley relay with a time of 3:52.23.

LAC now has the fastest times ever for 11-12 year olds in the mixed medley relays. Congratulations Swimmers!



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Try This Pre-Race Ritual to Stay Calm and Confident for Big Swims

by Dr. Alan Goldberg

THE PROBLEM: One key mental understanding you need to grasp if you'd consistently like to swim your best when it counts the most is the fact that ***“races are always won or lost before the start!”*** That is, what you focus on the time leading up to your swims, including your warm-up and time behind the blocks will either make or break your race.

For example, if you allow your pre-race focus to go to the wrong things (anything related to outcome, cuts you need, who you're swimming against or what people may think of you if you perform poorly), then you'll get nervous, physically tighten up, lose your confidence and end up disappointed!

Learning to control your pre-race concentration is absolutely KEY to your swimming loose and fast under pressure!

The heart of staying calm and composed pre-event, in the state that I call “good nervous,” (you're excited about the swim and have a few butterflies floating around in your belly), comes from learning to use a set pre-race ritual in order to distract yourself from all of the distractions that could potentially get you too nerv-



ous to swim your best. ***In fact, out of control, pre-race nerves are one of the biggest causes of choking in this sport and are almost always driven by your concentration mistakes behind the blocks.***

As I've discussed in other posts, your pre-performance ritual helps provide you with very specific things that you can focus on that will help take your mind off all the things that could potentially sabotage your race. For example, if I am completely focused on my stretching ritual behind the blocks and the feel of each stretch, then that will help me take my focus away from all of the last minute negative thoughts and doubts which are so common to racing under big meet pressure.

What I'd like to suggest you add to your pre-race ritual is a little physical technique you can use behind the blocks when you notice your nervous system starting to rev up into the "red zone." The following technique will help you battle those last-minute nerves, so that you're able to stay confident and in control right before you get up on the blocks.

Here's how it works:

If you notice you're starting to get too anxious when you get behind the blocks, first take a mental note about how nervous you are on a scale of zero to ten. (Zero being that you're totally chill and 10 being that you're freaking out). Shift your concentration to making a fist with either hand. Bring the tension in that hand and up and down your arm to about 90% of your strength and ***be sure that you place all your attention on the feeling of tension up and down your arm.*** Hold the tension for about 5 seconds and then deliberately and slowly allow that tension to diminish as you loosen your hand and arm. As you do this, ***be sure you keep your focus entirely on the feelings of your wrist and arm loosening up.*** Focus on this loosening up for about 5 seconds.

Next, repeat this same process, tightening your wrist and arm for 5 seconds, and then loosening for that same amount of time, focusing closely on the ***FEEL*** of first the tension and then the looseness in your hand and arm. Then check in with yourself to see if your nervousness "score," (0 – 10) has changed in any way. Whether it's come down a bit or stayed the same, if you have time, repeat this same process for one or two more cycles of tightening and loosening, being sure that all of your concentration is on the feel of what you're doing and NOT on any thoughts that may be bopping around between your ears.

Don't worry if you notice these kinds of thoughts. They're perfectly normal. Just be sure that when they do pop up and try to get your attention, you immediately direct all your focus back to the feel of what you're doing.

By deliberately tightening and loosening your fist whenever you're anxious pre-race, you'll find that with enough practice, you'll get quite skilled at calming your nervous system down right before you get up on the blocks! However, keep in mind that to enable this technique to really work for you, you must practice it regularly on your own, long before you get to that meet. Sufficient practice will enable this skill to get into your "muscle memory" and thus be much more effective when it's race time and you're feeling nervous!

END OF SEASON MEET SCHEDULE

LAKESIDE AQUATIC CLUB

February 18 to 20 – LAC Heart Racer Invite at the WAC – NO time standard meet

Open to all ages and levels

Entry Deadline is SUNDAY, February 6th

LAST MEET OF SEASON for Newer Swimmers

February 18 to 20 – North Texas Champs in Rockwall – “A” times or better

Open to 14 & unders but can only enter events with the “A” time in that event.

Entry Deadline is SUNDAY, February 6th

February 25 to 27 – NT Senior Champs at Garland ISD

Open to 15 and overs with no time standards. Meet is prelim/finals

Entry Deadline is Sunday, February 13th

March 3 to 6 – Texas Age Group Champs at the NWISD – must qualify for to attend meet

Open to 14 & unders but can only enter events with the qualifying time in that event

Entry Deadline is SUNDAY, February 20th

March 3 to 6 – Sectional Champs – must qualify for to attend meet

Open to 15 and Over but can only enter events with the qualifying time in that event

Entry Deadline is SUNDAY, February 20th



LAC AGE SUMMER TRAVEL TRIPS

The Long Course Meet schedule is posted on Page 5. It includes all meets for all groups. The schedule is subject to change but this will help with your planning for this summer. The coaching staff would like to point out the two travel meets for Age Group swimmers this summer. A description of them are below. More information will be sent out later as we get closer.

June 16 to 19—Sarasota Shark Open

- ◆ This meet is a team travel trip to Sarasota Florida.
- ◆ The top 60 LAC swimmers, from ages 11 to 14 will be invited.
- ◆ Age of the swimmer on the 1st day of the meet will determine the age of the swimmer.
- ◆ A swimmer's best times from LAC attended meets and observed High School meets will be considered in the selection process. Times from September 21st, 2021 and March 6th, 2022 will be considered. Selection Process will be posted soon (it is the same as the last 2 travel meets).
- ◆ Team will fly out on June 14th. Team will stay at a Hotel TBD. Practices and team activities will be scheduled for June 14th and 15th. June 16 to 19 is the Prelim/Final meet. June 20th is a short beach day and flight home.
- ◆ Details of Trip are still being finalized. Please stay alert to emails regarding this trip.

2nd or 3rd Weekend in June—City of Midland Invitational

- ◆ This meet is parent travel trip to Midland , Texas
- ◆ LAC will hold a block of rooms but lodging and food are family decisions.
- ◆ **The meet is open to all LAC swimmers with “B” times or better.**
- ◆ The meet is a prelim/final meet.
- ◆ LAC will do relays.
- ◆ The host team does a great job of making this a fun environment for all.
- ◆ Meet Information will be out soon.



2022 LAC LONG COURSE MEET SCHEDULE

Date	Location	Meet Name	Time Standard	Meet Notes
March 30 - April 3	San Antonio	TYR Pro Swim Series - San Antonio	TBD	Parent Travel
April 2	Keller ISD	Short Course B/C Season Opener	B/C Time Standards	Short Course
April 22-24	Northwest ISD	Spring Intrasquad Meet	BB and Faster	Long Course
April 26-30	Greensboro, NC	Phillips 66 International Team Trials	National Time Standards	Team Travel
May 6-7	Southlake	Mother's Day Meet	B/C Time Standards	No Sunday Sessions
May 13-15	Mansfield ISD	MAC Senior Meet	15-16 AA	Long Course Meet
May 13-15	Lewisville WAC	Hiroto Kobukai Memorial Meet	No time Standard	Long Course
June 3-5	Mansfield ISD	MAC A/BB	BB and faster	Long Course
June 10-12	Southlake	NTN June BB/B/C Meet	BB/B/C Meet	Short Course Meet
June 16-18	Lewisville WAC	Bill Nixon Meet	A Time standard	Prelim/ Finals - Long Meet
June 16-19	Sarasota, FL	Sarasota Shark Open	LAC Team Selection Process	Selection of top 40-60 11-14 year olds
June 23-26	Texas A&M	TX Senior Circuit #3	Sectional Time Standards	Long Course Meet
June 25-26	Keller	LAC Fun in the Sun	No Time Standard	Long Course Meet
July 8-10	Northwest ISD	Summer Meet	No time Standard	Long Course - 15 and over
July 7-10	Mansfield	14 and Under North Texas Championships	A Times and faster	Prelim/Final - Long Course
July 15	Southlake	Long Course Time Trial	Coach Invitation	Long Course
July 16-17	Southlake	BB and Under Champs	BB and slower	Short Course Meet
July 20-24	Arlington	Summer TAGS	TAGS Times	Prelim/Final - Long Course
July 26-30	Irvine, CA	Phillips 66 National Championships	National Time Standards	Team Travel
July 26-30	Arlington	Southern Zone Age Group Championships	NT Swim Selection Meet	North Texas Team Travel and Selection Process
July 26-30	Morgantown, WV	Southern Zone Senior Group Championships	15-16 Time Standards	Parent Travel
July 27-30	TBD	USA Swimming Futures Championships	Futures Time Standards	Team Travel
August 1-5	Irvine, CA	Speedo Junior National Championships	Speedo Junior National Time Standards	Team Travel
July 30 - 31	Mansfield ISD	MAC Short Course Unclassified Meet	Open	Short Course