

NISCA Journal

Official Publication of the
National Interscholastic Swimming Coaches Association of America, Inc.



Beverley Bourne, "Cate", 2022

In this Issue:

Season Planning
Diving: Back to School
Guide to Energy Systems
Personal Health

Personal Growth
Simple Wisdom
for Complex Lives
My Influencers

2022-2023 AA Times
Passages
the *GoSwim* Pullout...
...and much more!

July-August 2022



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July-August 2022



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Front Cover Art: Artist, swimming teacher, Masters swimmer and NISCA Journal Contributor **Beverley Bourne** graces the cover of the July-August Journal with "Cate", a splendid example of streamlining after diving in. ("Cate" is Cate Jackson, current holder of 9 Great Britain Masters records and former European champion in several events.) Beverley lives in Hertfordshire, England, and comes from a family of competitive swimmers. She made National QT standards before entering college ("uni"), specializing in distance events. After "uni" and a long layoff from swimming, her daughters encouraged her to return to the pool and chase the black line, starting off with a 10k river swim for charity (that's a LONG black line!). After a 33-year gap in training, she now trains at the local 25m pool with her Masters group, Barnet Copthall in North London, routinely hitting 4000-6000m in workouts. Beverley also enjoys an Endless Pool at her home, where when she is not teaching swimming, or creating acrylic masterpieces, she plays with her pack of adorable Malamutes. We will be featuring more of her art and let you know how you can purchase prints and notecards in next issue of the Journal.



And your stories!

Hasty Awards, previous b/w ad from Nov-Dec 2021 issue



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Dear NISCA Coaches,

Summer is winding down and for those of us who coach in the fall, our season is right around the corner. I've tried to fill a part of my summer with readings that tap into the mental side of sports. While reading "The Champion's Mind" by Jim Afremow, the author began Chapter 1 with quotes from Peyton Manning: "The attitude with which we approach the situation can determine our success or failure", and Kareem Abdul-Jabbar: "Your mind is what makes everything else work". While these quotes give us insight into the importance of attitude for our athletes, we know that our attitude as coaches is equally important in leading our programs to excellence.

I'm wrapping up another stint teaching summer school at our sister school, Deerfield High School. I always enjoy walking the hallways of different high schools, trying to learn what their leaders value. At Deerfield, there is a hallway that has huge posters with pictures of teachers and coaches doing what they love, along with a quote telling what they love about their job. The common theme is an **attitude of gratitude** for having a job that allows them to positively impact the students they work with.

Just this month, Annie Grevers wrote an excellent article for *Swimming World* that was entitled: "8 Traits That Define an Excellent Swim Coach and Caring Professional." The article caused me to reflect on the characteristics that are shared by the coaches I admire the most. **A grateful attitude towards coaching is right at the top of my list.** The best coaches I know are grateful to be coaching, grateful for the team environments they have built and grateful for the relationships coaching affords them.

On July 4th, my town of Highland Park was rocked by an unimaginable shooting. Two weeks prior, I spent time at the All America Dive Selection with Coach John Pearson from Oxford High School who dealt with a horrific shooting just last November. It is clear that our athletes need great coaches now more than ever. One challenge we face as coaches is to **be there every day for our athletes.** We know the upcoming school year and season will be filled with unknowns. Now is the time to **reflect on why you coach and what motivates you** to put in the hard work it takes to be successful. Let the result of that reflection direct how you handle those unknowns.

Vince Lombardi once said "People who work together will win, whether it be against complex football defenses, or the problems of modern society". Let's all get our teams to work together, in the pool and out.

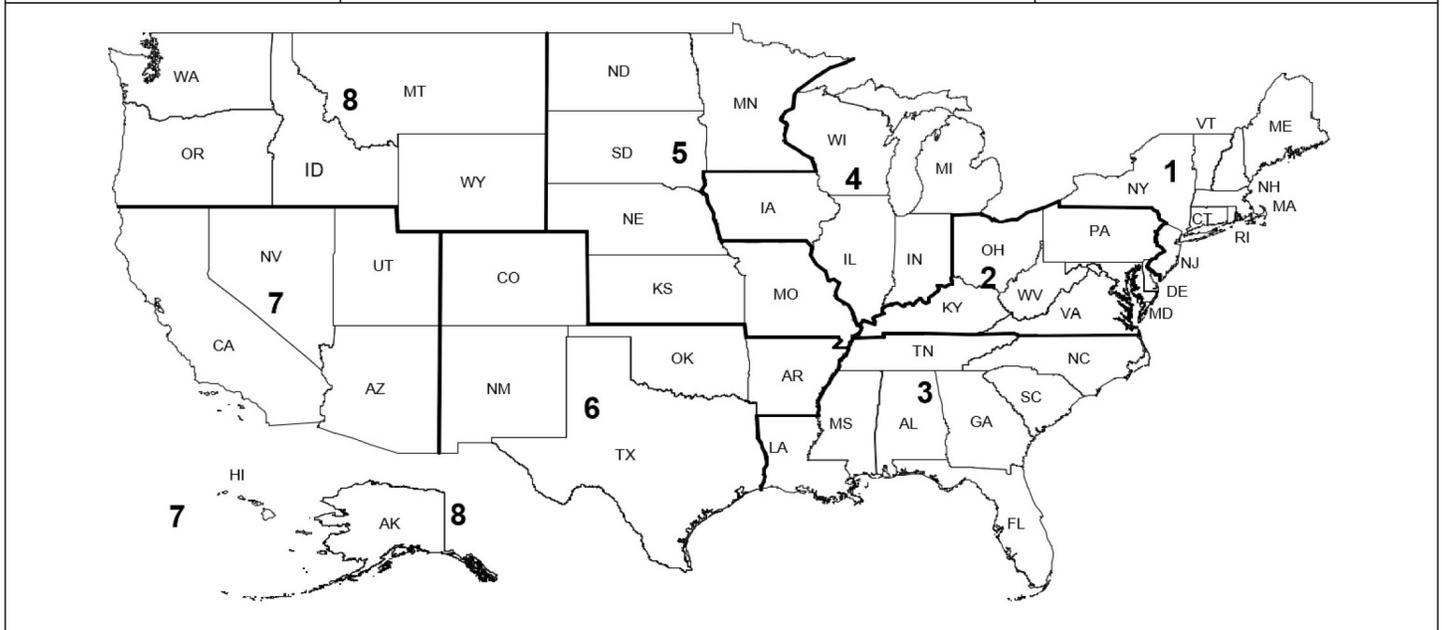
As always, NISCA is here to support you and your athletes.

Best wishes for a great season and **thank you** for your commitment to your team.

Tim

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"I asked an elderly man once what it was like to be old and to know the majority of his life was behind him. He told me that he has been the same age his entire life. He said the voice inside of his head had never aged. He has always just been the same boy. His mother's son. He had always wondered when he would grow up and be an old man. He said he watched his body age and his faculties dull but the person he is inside never got tired. Never aged. Never changed." - Author Unknown

Shortly after I reached the half-century mark I was visiting my mom during the Christmas holidays, and as we were drinking coffee one early morning, she commented that I seemed a bit "off." Mothers have an amazing sense about their children. I replied that while I had not had many concerns about turning 30, and then 40, the 50th got me thinking. "I know what my driver's license says, but inside I still feel like my mid-twenties. I don't get it." "That's normal," she said. "How so?" "I'm not sure, but even though I know I'm 81, I still feel and think like I did when I was a teenager." And she was -acting- like it, too. Still ballroom dancing, still playing competitive tennis and beating the 60-somethings, still swimming, still putting in a few hours every week working in the yard under the unforgiving South Florida sun. "I think it's to make up for getting wrinkles and slowing down a bit. Don't worry about it. It's Life." Wise mom.

When we're younger, we don't think, much less worry about aging. We travel mostly carefree down Life's path, sometimes a bit precariously, but we're too busy living and growing and mostly tending to our jobs and families to realize how many calendar pages are flipping by. Yes, *tempis* does *fugit*, doesn't it?

I share this because as more and more sand slips through the hourglass, we start to lose friends and family, and even though that's part of Life, too, it still saddens us and reminds us of our own finite time on this rock. ***"No one is promised tomorrow."***

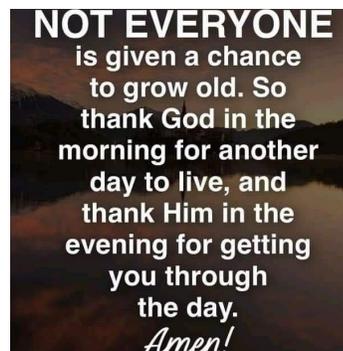
In our section on "Passages" this issue, we look at four Texas folks we lost in the last several months. It hit me particularly hard because all of them were personal friends and colleagues.

The writer behind those opening lines above finished this way:

"Our spirits are eternal. Our souls are forever. The next time you encounter an elderly person, look at them and know they are still a child, just as you are still a child and children will always need love, attention and purpose."

IN THIS ISSUE:

- Some comments and photos of our departed colleagues;
- Two interrelated articles, the first by Dr. Karl Hamouche on planning the season using schedules for stroke and energy systems, and the second by the prolific Mike Stott on energy system schemes developed by John Urbanchek and utilized in both a college and an age group program, giving some good resource links and also some ideas on how you might want to adjust for your HS programs;
- Aimee Schmitt has some ideas and advice on getting the kids back in the swing (or swim?) of things with the new school year and seasons approaching, and similar advice for the divers out there, with a new column on diving from Sam Dorman of *Duraflex*. Welcome aboard, Sam!
- Our collection of nuggets to get us thinking from Brain Food and The Daily Coach has some more good ones this issue, we take a trip into the archives of *Swimming World* with a thoughtful look and shared perspectives by Coach Jim Lutz on his storied career, some ideas on developing habits that may help you become a more positive person by Emelie Pelletier, and a goldie-oldie from legendary Dick Hannula;
- We share a new resource with you, "Tiny Buddha", and offer you a 30-day challenge to boost your physical and mental health;
- A great GoSwim pullout from Glenn Mills on pushoffs, breaststroke arms, and a commentary looking at the age-old balancing act of weighing aerobic development against skill acquisition.
- **AND...** The 2022-2023 NISCA All America SCY and SCM standards are included!
- Drop me a line and share your thoughts, ideas, articles, photos!



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PASSAGES: We say goodbye...



Jef Kerrigan passed away May 18, 2022 in San Antonio, Texas.

In college, he walked on at The University of Texas before realizing he wasn't talented enough. "In high school, I was good, but at UT, I was just average," said Kerrigan, and became team manager for the Longhorns' men's program. It wasn't long before Kerrigan went into the high school coaching ranks and became one of the finest coaches in the Houston area.

He started at Ball HS in Galveston, then Clear Creek for 3 years, won his first State Water Polo title and was named Coach of the Year. Then to Humble HS for 5 years, winning the Girls' State Water Polo Championship in 1993. In 1992 and 1993, he won back-to-back Boys' Water Polo State Titles while one of his girl swimmers won State gold in the 50 freestyle.

With Tom Landgraf at Clear Lake and Mac McDonald at Baytown Sterling, the trio took Texas High School water polo to steadily higher levels. They formed Texas' first Water Polo Summer League and named it the "**Jalapeno League**", which grew into a 16-school program that sent Texas to the Junior Olympics and contributed to water polo ultimately being added to the state's schedule of recognized varsity sports.

At Lamar, Kerrigan developed the Houston Independent School District's premier swimming and diving program. During his decade with Lamar, his girls won 10 straight district championships, while the boys claimed a half-dozen league titles. Kerrigan's finest moment was a 4th-place State finish by Lamar's girls in 2001.

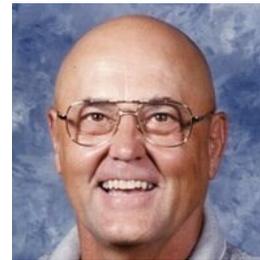
One constant during his coaching career made it very enjoyable. *"The fantastic thing about swimmers is they're self-motivated and willing to put in the work, both in the pool and in the classroom. I very seldom had problems with my student-athletes. They competed at a high level and stayed (academically) eligible. They were a pleasure to coach."*

After a 22-year coaching career at just 48 years old, he stepped down as the Lamar coach in 2006 to go into private business. He said, *"I enjoyed coaching, but I guess my entrepreneurial spirit kicked in. Starting your own business is hard work. It's a long process, but I'm having fun with it."*

Kerrigan said his proudest moment with Lamar wasn't winning district championships or coaching state qualifiers.

"The biggest thing I did was starting our water polo program my third year," Kerrigan said. *"We didn't win any state championships, but it was a huge endeavor getting water polo off the ground. It's a great team sport and the kids at Lamar loved playing it."*

(Thanks to Mac McDonald for sharing this!)



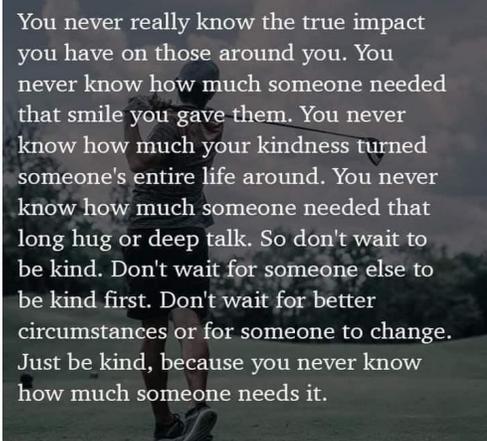
Past-President of TISCA (TX) **Ed Lusk** passed away peacefully at home on June 7, 2022. Ed never met a stranger, and will be missed by all who knew him.

Ed attended the University of Oklahoma, and Northeastern State College, where he earned his teaching degree. He and his wife Jeri celebrated their 60th anniversary in January. They raised two children and had four grandchildren.

Ed enjoyed a successful career as a high school swimming coach, coaching for over 35 years. He coached teams at Tulsa Memorial High School and Houston Memorial High School. As a coach, he built amazing relationships with his athletes, and recently enjoyed a reunion with several of his swimmers from his first coaching job in Tulsa from 1963-1968.

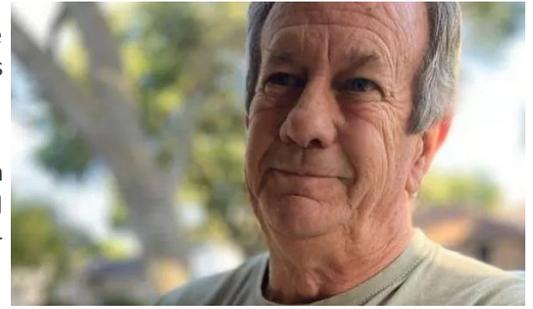
Coach Lusk's swimmers could always feel and hear his presence during their races due to his deep baritone voice shouting "MOVE" and "**WHOOOP**" as he paced up and down the pool deck. Everyone attending the swim meets knew when Coach Lusk had a swimmer in the water. His high school team would often gather in the Lusks' living room and discuss the meet line-up and strategy. He motivated swimmers to perform at their highest potential, and he treated them as his own kids.

Ed won numerous awards for his coaching, including District and State Coach of the Year, District and State team titles, and in 2004 was named a **Legend of Texas Swimming**. He often shared stories with friends of families of his coaching days, as those were days he loved to recall. Following his retirement from coaching in 2004, Ed and Jeri retired to Paris, Texas to live near their children and grandchildren. In retirement they enjoyed motor home travels, cruises to Alaska and Hawaii, and time with family.



You never really know the true impact you have on those around you. You never know how much someone needed that smile you gave them. You never know how much your kindness turned someone's entire life around. You never know how much someone needed that long hug or deep talk. So don't wait to be kind. Don't wait for someone else to be kind first. Don't wait for better circumstances or for someone to change. Just be kind, because you never know how much someone needs it.

Mark Malone passed on July 25, 2022. He coached for over 23 years in Houston at the summer team, club, and high school levels. He was a quiet man, well-respected by his coaching peers, and loved the swimmers he coached.



Mark was born in Houston and pretty much stayed there. His philosophy was to teach young people how to swim correctly, focusing on technique, a solid work ethic and good habits, and let them build it from there. The approach worked because some of his swimmers made it to Olympic trials.

He coached at Houston Christian High School and while under his leadership, the boys won State and the girls finished third. This was the first State championship for any sport under the school's new name.

He was a beloved husband, father, brother, and grandfather. Mark was devoted to his family and to being a mentor to the countless kids that he coached.



You may not have known his face, but if you have ever been to the NISCA Conference and the NAAs in the last 20 years, you should have known his exuberant and enthusiastic announcer's voice. Former Texas Swimming assistant coach and the voice of swimming in the United States over the last two decades, **Sam Kendricks** passed away July 6. He became the most recognizable voice in swimming in the United States, starting his career behind the mic unexpectedly as an undergraduate in 1983. While working as a student manager, legendary head coach Eddie Reese called upon him to announce the biggest double dual meet of the year between 1981 NCAA National Champion Texas, 1982 title-winner UCLA and a Florida squad that would go on to capture the crown in 1983. The Longhorns dominated the meet and Kendricks went on to occasionally call meets before his public address announcing career took off a decade later.

A native of Irving, Texas, Kendricks would serve on Reese's staff for five years from 1980-85 before coaching under Richard Quick from 1985-87. He then coached at the club level in Arkansas for eight years. After retiring from coaching, he was asked by club swimming colleagues in Arkansas to announce their summer invite, and from there his announcing career blossomed.

Known for his catchphrase "boomshakalaka" that thundered over the speakers after a big swim, Kendricks created a signature style that stirred an excitement in the crowd that was unmatched.

"Sam could make exciting swimming for the record-breakers and the ones 100 meters behind in the mile," Reese said. "He always took care of all of us."

Kendricks was the primary announcer at every Big 12 Championships from 1997-2021, and over the last decade served as the announcer for the NCAA Division I Swimming Championships. In 1997, he became one of the primary voices for USA Swimming competitions, calling nearly every major meet since, including Nationals, Junior Nationals and five Olympic Trials (2000, 2004, 2008, 2012 and 2016).

In May 2022, the College Swimming and Diving Coaches Association of America (CSCAA) awarded Kendricks the **Richard E. Steadman Award**, conferred annually to a swimming or diving coach of a high school, club, or university team who has "done the most to spread happiness in Coach Steadman's beloved sport of swimming and diving." Sam Kendricks was an amazing man. Two delightful and entertaining visits on the podcast **SwimTalk A2B** can be heard here: anchor.fm/swimtalk, look for episodes #6 and #23

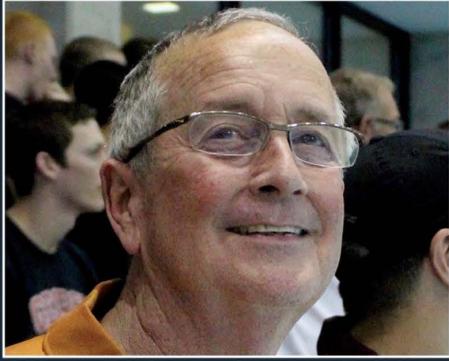
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Sam Kendricks 1962-2022

Photo Courtesy of Shay Kendricks





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WITH DANA ABBOTT**

[Adapted excerpt from book, on *Competitiveness*]

“Personally, I try to get better at everything I do every year.”

Science says that the entire cellular makeup of a human being is replaced every seven years. As our time on earth passes, we have the choice to strive for personal growth mentally and physically, or not. Like all of us, Eddie Reese isn't physically the same person he was years ago, yet he makes sure that his mind continues to grow. And as he will gladly admit, with that passing of time perhaps a little of his internal fire has been traded for a more philosophical view of competition. In an interview in 2018, he had this to say:

Now when we compete, we're still as competitive as can be when that gun goes off, but afterward you shake hands and are happy for the winner. I heard something years ago, “At the end of the contest you should not be able to tell the winners from the losers.” I realize that might be impossible. But it sure sounds good.

***No printed word, nor spoken plea can teach young minds what they should be.
Not all the books on all the shelves - but what the teachers are themselves.***

-Rudyard Kipling

Season Planning

By Karl Hamouche, MD, NISCA Medical Consultant

Some coaches are good enough to walk on a pool deck every day without a plan and write an amazing workout that leads all their swimmers to improve by the end of the season. Unfortunately, most of us are not one of those coaches. This is why having a season plan in place can help organize our thoughts and help us write effective workouts that fit into the big picture. Some of us are also cursed with needing to write out our plan, and this article is for you.

The end goal is to easily write workouts that do three things:

1. Train a stroke (freestyle, underwaters, IM...)
2. Train a race (50, 100, 200...)
3. Train a weakness

Many coaches make the mistake of writing workouts for the sake of writing workouts. We want our workouts to DO something. They should fix a problem, while also leading up to a point of maximum awesomeness which means fast swimming!

This article is going to go through the thought process of setting up a season plan, so it's more of a guideline rather than a hard rule to follow. We like to build as much focus into every set and week of training as we can to help guide what our workouts should look like. At the same time, each week of training fits into a bigger picture the cycles over and over leading up to big championship swim meets. Let's pretend we are planning for a 16-week season with a big invitational meet in the middle:

Season Example

Weeks	Training Focus	Energy System Focus	Stroke Focus	Dryland Focus		
1	Endurance	AE/AP	DPS	Circuit	Microcycle	Macrocycle
2	Endurance	AE/AP	DPS	Circuit		
3	Endurance	AE/AP	Tempo	Circuit	Microcycle	
4	Endurance	AE/AP	Tempo	Strength/Power		
5	Race Training	AP/Lactate	Race Strategy	Strength/Power	Microcycle	
6	Race Training	AP/Lactate	Race Strategy	Power/Speed		
7	Race Training	AP/Lactate	Race Strategy	Power/Speed	Microcycle	
8- Mid-Season Invite	Mini- Taper	Speed/Lactate	Details	OFF		
9	Endurance	AE/AP	DPS	Circuit	Microcycle	Macrocycle
10	Endurance	AE/AP	DPS	Circuit		
11	Race Training	AP/Lactate	Tempo	Strength/Power	Microcycle	
12	Race Training	AP/Lactate	Tempo	Strength/Power		
13	Pre-Semi Taper	AP/Lactate/Speed	Race Strategy	Power/Speed	Microcycle	
14	Pre-Semi Taper	AP/Lactate/Speed	Race Strategy	Power/Speed		
15	Taper	Speed/Lactate	Details	Speed	Microcycle	
16- Big Champs Meet	Taper	Speed/Lactate	Details	OFF		

This table probably looks very complicated, and that's because it kind of is. But hopefully by the end of this article all the little pieces will make sense. Let's go over the individual columns first.

1. The far left column simply plans out all the weeks of the Season including the big Championship meets we want to taper for.
2. The second and third columns are the training zones. If you notice, these progress from a more endurance heavy focus to a race training focus to finally a taper focus throughout each macrocycle leading up to the championship meets.
3. The stroke focus column is purely an arbitrary selection based on the biggest weakness of the group. This helps give each set or each week something for the group to work on.

4. The Dryland column helps us schedule different types of dryland training that complement the in-water work we are doing that week. We will talk more about this in the next article and ignore it for now.

5. A Microcycle is a two week repeating schedule of different workouts following a structured template.

Now that we have the big picture laid out, let's unpack it a bit more. Let's start with the training focus and energy system focus. Every set you write should target a certain biological adaptation. Different types of training target different parts of the Swimming Machine. We use four types of training to make that happen:

(see following page)

The Four Interval Recommendations

	Aerobic Endurance (AE)	Aerobic Power (AP)	Lactate Tolerance (LT)	Sprint (S)
Other names	Endurance	Pace	Lactate	Sprint
Rep time	1-20min	1-5min	30s-2min	<30s
Rest Interval	10s-1min	Rep x 0.5	Rep x 2-3	Rep x 6-10
Heart rate goal	HR 70-80% (140-160)	HR 80-90% (160-180)	HR >85% (over 170)	Max HR
Stress Index	2	6	8	4
Training Zone	EN1 and EN2	EN 3 and SP1	SP1-2	SP3
Sample set	10x200 @2:30	20x50 @ 1:00 Best average	6x100 @4:00 All out	12x25 @ 1:30 All out

We won't go through the biology details today. The big takeaway is that we want to focus more heavily on certain energy zones during certain times of the season. For example, early in the season, we want to be heavy on aerobic endurance and power. As we get closer to the big meet, we want to do more lactate and sprint training. Having said that, we always do all four zones all season! All we are changing are the volumes and how heavy we lean on each zone.

Now that we know about training zones and what we are focusing on throughout the season, we need a template to give us a scaffold on which to build our training week by week. Here is one we use with our swimmers:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Warmup	Warmup	Warmup	Warmup	Warmup	Warmup
Primary Stroke (AP)	Secondary Stroke (S)	IM	Primary Stroke (L)	Secondary Stroke (AP)	Kick
Secondary Stroke (AE)	Primary Stroke (AE)	Kick	Secondary Stroke (AE)	Primary Stroke (AE)	IM
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Warmup	Warmup	Warmup	Warmup	Warmup	Warmup
Secondary Stroke (AP)	Primary Stroke (S)	IM	Secondary Stroke (L)	Primary Stroke (AP)	Kick
Primary Stroke (AE)	Secondary Stroke (AE)	Kick	Primary Stroke (AE)	Secondary Stroke (AE)	IM

This is a two-week cycle that repeats itself throughout the season and is equivalent to the microcycle in the chart above. Each day is composed of a warmup and two main sets. Each main set focuses on a primary stroke (usually freestyle) and a secondary stroke. Each set also has listed a training zone (AP, AE, L, S). Every third day is an IM/kick day which kind of acts like a recovery day. With every cycle, the primary and secondary stroke get the full range of training zones. For each week, we choose a weakness the group needs to work on and that becomes the "stroke focus" column listed above. This could be underwaters, turns, distance per stroke, tempo... you name it. Each set you write now must fit a stroke, a training zone and solve a weakness.

Now that we have our plan with the template, we need to fill out the weeks and the season. If you write one day's worth of workouts at a time, you can end up with a fragmented or repetitive training season. We want the whole season to flow and build on itself.

Usually, we write one to two weeks of workouts at a time. This allows us to see the whole cycle in one go and plan for workouts to fit into each other over the course of a cycle (it's also more efficient since you don't have to do it every day). For instance, if you do a paddle heavy distance freestyle set one day targeting distance per stroke, you might want to do a fin heavy distance freestyle set the next week in order to work on driving with the legs. If you just write one workout at a time, you may miss the pattern.

A good way to write so many workouts at one time is to build it piece by piece. Start with an empty template and for every set write a one-liner sentence of what that set is going to focus on: race strategy, technique weakness, legs, arms, hips... etc.

(see following page)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Warmup	Warmup	Warmup	Warmup	Warmup	Warmup
Primary Stroke (AP)	Secondary Stroke (S)	IM	Primary Stroke (L)	Secondary Stroke (AP)	Kick
Secondary Stroke (AE)	Primary Stroke (AE)	Kick	Secondary Stroke (AE)	Primary Stroke (AE)	IM
200 strategy	Maintain top tempo	IM underwaters	100 simulator	PAP set	stroke specific kick
DPS+unders to fast	Building 500	Underwaters	Stroke underwaters	Finish with DPS	400 IM simulator
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Warmup	Warmup	Warmup	Warmup	Warmup	Warmup
Secondary Stroke (AP)	Primary Stroke (S)	IM	Secondary Stroke (L)	Primary Stroke (AP)	Kick
Primary Stroke (AE)	Secondary Stroke (AE)	Kick	Primary Stroke (AE)	Secondary Stroke (AE)	IM
Finishing fast	Breakdown the 50	Work each stroke in IM	Practice 100 strategy	PAP set	Underwaters
Using DPS	Building the 200	kick focus of bk/free	maintain DPS	Unders for bk/free Timing for fly/Br	Building to 200 IM Speed

Next, fill in the workouts. Preferably, fill in all the primary stroke sets first, then the secondary stroke sets and lastly the IM/kick sets. We are basically working from a 30,000-foot view to a 10,000-foot view and then to a close-up view of each workout.



Always make sure that the sets you are working on for the current cycle build from the prior cycle. Try to have the previous cycle open alongside what you are currently working on and try to match what you are doing this cycle with what you did previously (stroke AP to stroke AP, freestyle AE to freestyle AE...).

In fact, you could develop an entire season based on sets that progressively become more and more difficult all before a single kid hits the water! Instead of coming up with brand-new and creative sets every single week, you could come up with a single set that you just modify week to week and make it progressively harder. This may sound boring and repetitive, however it helps keep track of progress and shows the kids that they are gaining mastery. Here is an example using aerobic and endurance free-style:

Cycle 1- 12x200 @ 3:00/3:30/4:00 JMI or negative split

Cycle 2- 8x300 @ 4:00/4:30/5:00 JMI or negative split

Cycle 3- 6x400 @ 5:00/5:30/6:00 JMI or negative split

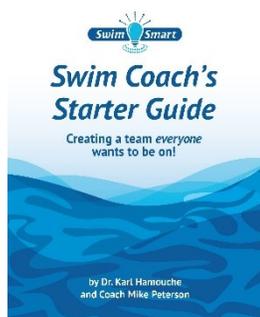
When the real taper finally comes around, we don't actually want to change a lot of what we are doing, we just want to decrease the total yards and time that we spend doing it. We continue to perform aerobic power, lactate training and all the other training zones that we did before, but just a lot less. If your workout used to take two hours, now it should take one and a half hours and then one hour. In addition, taper is a good time to focus on hypoxic training in order to desensitize the nerves and get kids to hold their breath a little longer. It should not be done with long, easy swims and kids should not be encouraged to hyperventilate before doing a set like this. Instead do short swims with long rests just trying to hold your breath a little bit. Avoid shallow water blackouts at all costs! Lastly, different kids feel they need different things throughout taper in order to help them reach their full potential. Whether this is true or not, giving them some choice yards and free time to work on whatever they feel is best helps them feel comfortable with the taper and confident going into the final meet.

Day 1	Day 2	Day 3	Day 4	Day 5
Warmup	Warmup	Warmup	Warmup	Warmup
Mini- Free AP set	Mini- Free Lactate set	Mini- Free AP set	Mini- Free Lactate set	Mini- Free AP set
Mini- Free AE set	Mini- Distance set	Mini- Free AE set	Mini- Distance set	Mini- Free AE set
Mini- Stroke AP set	Mini- Stroke Lactate set	Mini- Stroke AP set	Mini- Stroke Lactate set	Mini- Stroke AP set
Mini- Kick set	Starts/Turns	Mini- Kick set	Starts/Turns	Mini- Kick set
Feeling the Water Drills	Mini- Speed set. Mix free/stroke	Feeling the Water Drills	Mini- Speed set. Mix free/stroke	Feeling the Water Drills
Underwaters	Choice	Underwaters	Choice	Underwaters

Week 16: Taper, Details

Day 6	Day 7	Day 8	Day 9	Day 10	Day 11
Warmup	Warmup	Warmup	Warmup	Warmup	RACE DAY!
Starts/Turns	Starts/Turns	Starts/Turns	Starts/Turns	DONE!	
Mini- AP, mix free/stroke					
Mini- kick set	Mini- kick set	Mini- kick set	Mini- kick set		
Mini- AE, mix free/stroke					
Mini- Speed set	Mini- Speed set	Mini- Speed set	Mini- Speed set		
Hypoxic Set	Hypoxic Set	Hypoxic Set	Hypoxic Set		

This is a very abbreviated version of our full discussion on workouts, templates, season planning and dryland training which is available in our book: The Swim Coach's Starter Guide available at www.swimsmarttoday.com



- You can also find free downloadable tools to help you during your season including:
- More detailed season planning template
 - Workout templates
 - Workout Progressions with 300+ sets
 - Training Tracker
 - Meet Lineup Tracker (perfect for high school coaches)
 - Dryland planner and workouts
 - And more!

<https://www.swimsmarttoday.com/products/download-ables>

Step Up Your Game With These Products From SwimSmart

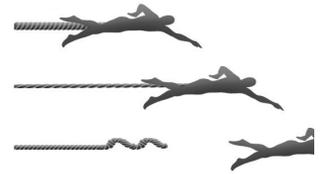


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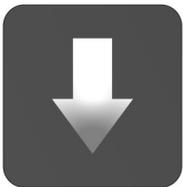
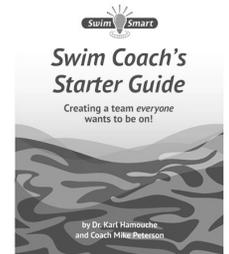
E(xchange)- Paddles

Fix dropped elbows and train EVF
Exchange all paddles for variety
Incentivize the body to grip with the forearm
A-la-carte combinations available by email



Swim Coach's Starter Guide

Written by Swim Smart founders
Perfect for new coaches
A resource for head coaches
Directly applicable guidelines



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**National Interscholastic Swimming Coaches Association
2022 - 23 NISCA Swimming All-America**

Yard Time Standards

Top 100 Athletes as determined by submitted and accepted times will be recognized as All-America in individual and relay events.

<i>Boys</i>		<i>High School</i>	<i>Girls</i>	
<u>All-America</u>	<u>Consideration</u>	<u>Event in Yards</u>	<u>Consideration</u>	<u>All-America</u>
1:32.90	1:34.48	200 Medley Relay	1:46.16	1:44.25
1:38.42	1:40.06	200 Freestyle	1:50.56	1:48.76
1:49.41	1:51.52	200 Individual Medley	2:03.55	2:01.46
:20.49	:20.87	50 Freestyle	:23.53	:23.17
:48.72	:49.77	100 Butterfly	:55.48	:54.39
:44.86	:45.67	100 Freestyle	:51.00	:50.17
4:28.76	4:33.05	500 Freestyle	4:57.06	4:52.54
1:24.50	1:25.77	200 Freestyle Relay	1:36.73	1:35.33
:49.09	:50.24	100 Backstroke	:55.83	:54.75
:55.65	:56.83	100 Breaststroke	1:03.75	1:02.58
3:05.78	3:08.49	400 Freestyle Relay	3:30.90	3:27.49



**National Interscholastic Swimming Coaches Association
2022- 2023 NISCA Swimming All-America**

Meter Time Standards

***Meters are converted to Yards by the online entry database
Coaches enter Meter Times and check "Meters"***

***Top 100 Athletes as determined by submitted and accepted
times will be recognized as All-America in individual and relay
events.***

<i>Boys</i>		<i>High School</i>	<i>Girls</i>	
<u>All-America</u>	<u>Consideration</u>	<u>Event in Meters</u>	<u>Consideration</u>	<u>All-America</u>
1:43.58	1:45.35	200 Medley Relay	1:58.47	1:56.34
1:49.05	1:50.87	200 Freestyle	2:02.50	2:00.17
2:01.55	2:03.90	200 Individual Medley	2:17.14	2:14.82
:22.93	:23.35	50 Freestyle	:26.24	:25.83
:54.27	:55.44	100 Butterfly	1:01.64	1:00.43
:49.84	:50.74	100 Freestyle	:56.71	:55.79
3:55.97	3:59.74	400 Freestyle	4:20.58	4:16.62
1:34.30	1:35.72	200 Freestyle Relay	1:48.05	1:46.48
:54.54	:55.82	100 Backstroke	1:02.03	1:00.83
1:01.77	1:03.08	100 Breaststroke	1:10.89	1:09.59
3:26.96	3:29.98	400 Freestyle Relay	3:54.94	3:51.14

FEATURE: The People Who Influenced Me To Be A Coach

Dori Keyser

By Penny DiPomazio

*Past-President,
TISCA (TX)
NISCA Outstanding Service Award*

The person who influenced me to be a coach was not a diving coach. It was actually my high school track coach. However, any coach can influence or deter an athlete. Fortunately for me she knew me better than I knew myself at that time and I am forever grateful. I decided to write this to honor her.

Doris (Dori) Keyser was my junior high PE teacher and my high school track coach. We were allowed to compete in high school as freshman if we could make the varsity team, I was fortunate to make that team. My relationship with her only developed after I began competing for her. She was tough on us, but tempered that with compassion. And Coach Keyser coached practically every sport to give us all opportunities and I never heard her complain.

The truth is that basketball was where she really shined. Coach Keyser is in the Elkhart (IN) County Sports Hall of Fame for basketball, not track.

I spent a lot of time with her as she would come work with me after practice had finished and most of my teammates had left. There was one coach for the entire team and there just was not enough time for personal attention during practice. She never tried to hurry me off the track so that she could go home. She stayed as long as I wanted.

As the years went by, I wanted to return her kindness and began helping teammates before and after practices too. My senior year she asked me what I would study in college. I told her I would be an accountant like my father. She laughed and said, *"No, you won't. You will be a teacher and a coach. I have watched you, that is your calling, and you will be good at it."* I told her she was crazy. I knew what teachers were paid!

Well, she was right. I changed my major, became a teacher and coach. She constantly reminded me that she was right for the many years that our friendship endured. I always wanted to make her proud and to be half as successful as she had been in teaching/athletics and life. She remained an important part of my life until she passed away in November of 2018. She will never be forgotten.



Dori was a 1964 graduate of Bremen High School, received her bachelor's degree in 1968 from Bethel College, Mishawaka, and her master's degree from University of St. Francis, Fort Wayne in 1973. She will be fondly remembered in the Goshen community as a teacher of 38 years, coach, mentor, driver's education teacher and counselor. She continued working with people following retirement, by going back to school to receive her CNA certification.

Kurt Slenn

By Kevin Pierce

*Head Swimming Coach,
Ridley High School
Folsom, PA*

The coach who had the biggest impact on me growing up and who was my biggest influence to start coaching was my swim coach at Ridley High School, Kurt Slenn. Growing up as an age group swimmer Kurt was my older brother's swim coach at Ridley. Sitting in the stands and watching my brother swim and be a part of such a family-oriented team made me more excited to swim in high school.

By the time I reached high school I was lucky enough that Kurt saw some leadership abilities in me. He helped me cultivate those skills and challenged me to be the best I could both in and out of the pool. There were times when I wished he wouldn't push me as much and just leave me alone. Looking back now I realize how lucky I am that he saw promise and potential in me and continued to push me even if I resisted.

Once I graduated, I began coaching and again, he took me under his wing as an assistant coach. Working with and learning from Kurt were some of the best times I have ever had on the pool deck. But he was also a mentor off the pool deck. He helped me with decisions that affected my personal life. He lent an ear to listen to me when I was frustrated with where life had taken me. I am a better coach, but more importantly, a better man, father, and husband for having Kurt by my side all these years. I hope to do the same for others as he so graciously did for me.

When the time came for Kurt to retire, I was coaching as an assistant at Cabrini University. He called me and asked me if I would have any interest in replacing him. I didn't have to think twice. I knew I had big shoes to fill but I also knew I learned from the absolute best.

When something arises during the season where I find myself questioning how to handle the situation, I often think to myself WWKD (What Would Kurt Do?). If I feel as though I still need more, I pick up the phone and call him. I am into my eighth year after taking over for him and he is always just a phone call away.

This past season I was lucky enough to pass Kurt for the most wins in our girls' program history. There is one person to thank for that, and it is Kurt. His compassion, his willingness to listen, his ability to see the big picture are all things that I try to emulate every single day both at the pool and in the classroom.

Thank you Kurt, for having such an impact on me. You have and still inspire me to be the very best I can be every single day. I would not be the coach I am today if it wasn't for you!

What to Tell Your Divers When They Return

Sam Dorman, *Duraflex*

TOP 3 Tips as you head back to school and prepare for dive season

Recovery

Eat – At the beginning of the season your muscles are going to be sore, fatigued, and honestly not feeling that great. What you consume can either help or hinder your recovery for that next practice. Make sure you're refueling your body with quality food to optimize your recovery.

Rest and Sleep - Sleep is something many athletes tend to neglect and will drastically halt your gains as well as increase your risk of injury. The better sleep you can get that night, the more you can push yourself in the workouts tomorrow. Yes, video games are fun, but try to get some rest if you really want to take your game to the next level.

Hydrate – Staying hydrated, especially during those hot days in the summer, are critical to recovery, injury prevention and performance in athletes. Yes, the pool is refreshing and you don't think you're sweating, *but you are!* Keep a bottle with you at all times and sip all day!

Focus on the basics

Let's not dive right into optionals... (*Pun intended.*) Focus on basics at the beginning of your season. You can't build a house without the foundation, and the same thing goes for diving! Yes, sometimes basics can be boring, but the little details are what make a great diver.

Meet with your coaches

At the beginning of the season it's always beneficial to meet with your coach or coaches to discuss your goals! No great accomplishment is achieved without having goals and plans to back it up. Having these important meetings with your coaches will create a line of communication and accountability. Make those goals and crush them!

Take care of business and have a great season!



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Essential Criteria For A Successful Season

By Dick Hannula

What is necessary to attain the greatest success from a new high school swim season?

I believe it is essential to raise the bar of expectations in the first team meeting. Print a chart of possible levels of attainment and distribute copies to each team member. Ask each team member to position themselves on the chart according to their own concept of their potential. Mentally place themselves at the highest level of achievement that they could expect to attain that season.

When this is done everyone on the team should be prepared to now start to work to make this a reality. The swimmers should share their aspirations with the coach but they now have a goal that will lead to team success. The coach then should be prepared to do everything possible in organizing and conducting training sessions, and teaching better stroke and turn technique everyday of the season.

The chart should consist of the following:

The District Championship Meet of the previous year

List for each event –

- ⇒ The meet qualifying time.
- ⇒ The placement times for Consolation Finals (9 – 16).
- ⇒ The placement times for Finals (1 – 8)

The State Championship Meet of the previous year:

List for each event –

- ⇒ The meet qualifying time.
- ⇒ The placement times for Consolation Finals (9 – 16).
- ⇒ The placement times for Finals (1 – 8).

The State Meet Records for each event.

The NISCA All American time standard for each event, automatic and consideration.

The Jr. National Qualifying Times for each event.

The Senior National Qualifying Times for each event.

The American Record for each event.

This can be displayed prominently in your team booklet or distributed independently of the booklet.

My high school team booklet had a statement of our philosophy on the front cover:

“Wilson is a team with a great tradition. The Wilson Swim Team is made up of mature swimmers. The mature swimmer is able to set high goals in the classroom and in the pool. Success is measured only in terms of progressing towards these goals. Swimmers, succeeding in these terms, have often resulted in championship teams for Wilson High School. Our swimmers are expected to establish goals and then to assume the responsibility of meeting the training standards necessary to attain these goals. We look to ourselves, and we depend on each other to strengthen our commitment. We expect to succeed, and to perform at our maximum potential.”

This is from the team booklet that started our season and our quest for our 24th consecutive State Championship. We did attain that goal.

The swim meet schedule would be included in our team booklet. I would go over each meet and discuss our season plan. We would swim through most meets with a morning practice that day and a limited practice after each meet in an extended warm down.

We would discuss the most difficult meets to win but we would be at our best for the State Championship only.

Included in our team booklet was a list of every high school state championship team by each year. This got to be an impressive reminder to our new teams as our high school built a 24 year win streak. I also included a page of every Wilson High School state champion by year and by event. One page was devoted to our high school team records by event with the time, year, and name of the record holder. One page was a listing of the top 10 times ever recorded by a Wilson High School swimmer with the name and year of the swimmer.

All of this helped to develop a sense of pride and responsibility on every swimmer in the program.

Our team booklet also listed the training schedule expected through every holiday period of the season. Thanksgiving and Christmas fell within our season. Swimmers and parents were alerted from the first day of the season what our training schedule would be and to plan accordingly.

Sections were devoted to warm up/warm down; rest and sleep; descriptions of what are the punker and the turkey team concepts, goal setting; and the Season Point Total awards to determine the

culinary rewards (FOOD!) at Coach's house at the end of the season. Points are awarded based on grades, competitive achievements, training achievements, and Coach's bonus. Detailed explanation of most of these would be too lengthy for this article. These were included to provide ideas for inclusion in your own team booklet.

The high school swim coach must be a great **TEACHER** to be successful. Developing an environment of the best team and individual attitudes is a necessity for success. One of the first pages in my team booklet was designed for that purpose. It was a page devoted to **HABITS**.

HABITS:

1. We first form habits, then habits form us.
2. If we do not consciously form good habits, we will unconsciously form bad habits.
3. It is just as easy to form the habit of succeeding as it is to give in to the habit of failure.
4. Good work habits help to develop TOUGHNESS.
5. Habits are acquired, you aren't born with them.
6. Accentuate the Positive: (picture of a smiling face) I can! I will!
7. Eliminate the Negative: (picture of a frowning face) I can't! It's not possible! Bull!
8. Consistently persistent can be a habit.

HABITS to develop:

1. Complete all repeats.
2. Lead the lane.
3. Stick to the send off time.
4. Wall to wall swimming.
5. Attack turns and walls in practice.
6. Be your best.
7. Work the weights.
8. Think and act. Do it! We want to see it, not hear about it.
9. Break away and go for it!

The above listing of criteria for success which I used in various ways in my coaching was reinforced throughout the season. On deck coaching continually reminded team members of those criteria. The bulletin board, team, and individual swimmer meetings all carried forward the same theme

Bill Sweetenham, the Australian coaching legend, provided me with a short version of his Winning Profiles. The winning coach, staff, team, and athletes all must have the same attributes.

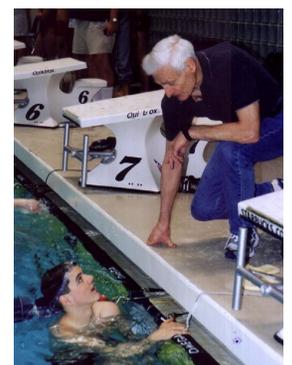
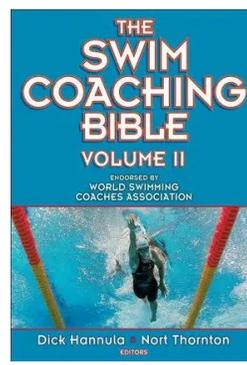
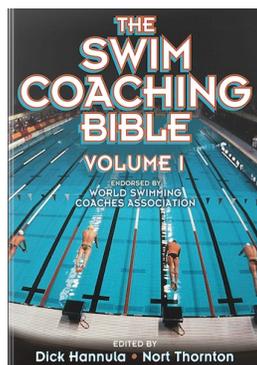
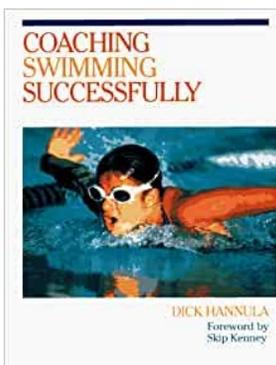
1. They win.
2. They repeat winning.
3. They are single-minded about winning. They do not listen to those who have not done it.
4. They harness strengths, attitudes, commitment and talent.
5. They build teams and attitudes with winning, and surround themselves with the best people.
6. They know how and when to win, they prepare to win.
7. They defeat and exploit weakness in the opposition.
8. They remove "weakness" from their team.
9. They honor attitude, talent, commitment and enthusiasm without conditions or compromise. *No soft approach or preparation to perform in the toughest arena and environment.*

Be a hero and win. Be a leader. Create winning for others.

These words from Bill are from his advice to coaches in Australia, Great Britain, and throughout the world of swimming. He is now consulting coaches in national programs world wide.

Some additional notes from my own coaching files:

1. Happiness is in the process of achieving, the journey, and not just the actual achievement. The satisfaction is in your commitment to the work necessary during the journey whether you attain or not. This is one of the most beneficial lessons of our sport.
2. What we expect and focus on, we can attain. Stay focused.
3. Our beliefs determine our chances for success.
4. Rehearse succeeding in your mind to get better results.
5. Patience is a coaching virtue. Be patient and provide the environment where it can happen and then let it happen.
6. Practice fundamentals every day.
7. Success is built on attaining pleasure, having fun at what you are doing.
8. Doc Counsilman's essay "**The X Factor**" is the ability of the coach to motivate and inspire confidence. Take the path best for each individual coach.



View From The Summit Is Wonderful, But It Is The Valley Where Things Grow

by Jim Lutz

Courtesy Swimming World Magazine (October 10, 2013)

My aquatic odyssey began in 1966 as a five-year-old summer league swimmer. During the next 47 years, I saw every level of our beloved sport which also included every angle.

During the first 13 years as a competitor, I was blessed with participating in one of the most-organized and competitive summer leagues in the United States. The Northern Kentucky Swim League (N.K.S.L.) gave birth to summer league only, year-round, state champions, NCAA All-Americans, National Champions, American Record Holders and Olympic Medalists. USA Swimming National Team Director Frank Busch cut his coaching teeth in this league along with Swimming World CEO Brent Rutemiller. I too began my career following the lead of these two swimming assets.

As my "swimming days" came to a close on the competitive side, I was being introduced to the deck side with a clipboard, stopwatch, visor, built-in whistle and Zinc Oxide stuffed into a coaching bag. For seven weeks beginning in Mid-June and continuing through the beginning of August, a weekly Thursday night dual meet took place with a champion being crowned the first Thursday in August. Rivalries were intense, pep rallies were common and team cheers would have been the ring tone on many phones if we had cell phones.

After four summer seasons, I found that I had been bitten by the coaching bug and needed to follow the advice of a team parent. Simply put, "Jim, you have coached Beechwood Swim Club four years, won four championships and swam in this league 13 years. You will continue to have success if you stay. However, if you want to find out if you truly know how to coach, go somewhere that no one knows you and build a reputation on skills and ability, not your name."

Good advice, however, he wanted me to leave a comfort zone that was an absolute blast, non-stop fun and get into the business of coaching.

For 21 years, I would make multiple moves from age group coach to college assistant and ultimately college head coach. Each of these of locations, some big and some small, were in areas I had little contacts, connections or friends. But I had a dream of moving up the coaching ranks with a desire to ultimately get selected by USA Swimming to coach on the National Team. A price would be paid by athletes, me and, ultimately, my family.

Walking a pool deck with the icons of swimming was a rush that I could have only dreamed yet it was becoming a reality. Swimmers who began qualifying to swim beyond the morning heats were also increasing the adrenaline. The higher levels the athletes achieved, the more the rush was needed. Yes, this had become an addiction. My immaturity and lack of experience didn't allow me

to see the big picture. No matter how high the achievement went, there was always a void that was not being filled. I would learn later the journey is the prize not the end result.

For a period of time, I was under the self-imposed illusion if my swimmers were fast, I was a good coach, a good friend, a good husband and a good father. If they swam poorly I told myself, I sucked as a coach, no one liked me or wanted to be around me, I was a terrible husband and father. What an idiot. What actually happened were my friends were still my friends and usually the first one who offered to lend an ear and discuss what was going on with the team or my situation. My swimmers were frustrated and I needed to focus on their needs and not my bruised ego. My wife supported me even more in difficult situations and my kids couldn't care less what title I had other than "Dad". It was during these times that I realized people were placed in our life when they were needed most regardless of the duration.

The club level was serious yet still fun. The college level was exciting yet a business. When I recruited any swimmer I told them right up front, "At the college level, if you don't love it, you WILL hate it because it is a business." We may not fill stadiums for college meets but the expectations and stress for success is no less in the mind of a swim coach than those who strap on the helmet or lace up the high tops. I never prayed that a swimmer would come to the school where I was coaching. I prayed they would have the insight and wisdom to make the choice that was the right decision for them. It always worked out the way it was supposed to be.

We all want success and the playing field is seldom level. We all deal with adversity, it just wears a different uniform, has a different face and a different name. The business side, administration and 24/7 recruiting took a toll and the fun side that I sought in my earlier days was all-too-often a fleeting memory.

At the conclusion of my 25th year and 15th at the collegiate level, I became very sick. I was not functioning very well and I was a shell of the person and coach I once was. I needed a change but I was fighting the mindset that I was training to never quit. That decision was made for me that a life change was happening. I had limited if any control in this decision. I was no longer a coach.

After a nine-month recovery, I was able to function in three to four-hour blocks of time without getting exhausted. My humor and excessive use of puns was returning to my personality. A new chapter in my life was beginning.

A career move to a field where I had no background or experience proved to be enlightening and challenging. It afforded me a chance to prove my skills and ability in a new venture. I was again helping people with their life but on a different playing field.

As one year became two and ultimately five I subconsciously began to smell the chlorine again with a desire to get back on deck. This was not something I mentioned to Diane and it was probably a passing phase.

One month shy of five years away from the pool I was approached by a local coach if I would be interested in coaching again with a relatively new program that had gone through some changes recently and was looking for a new direction. I told her I would need a few days to think about it but more importantly, pray on it to really see if the timing was right to jump back in feet first.

After four days I decided it was time to return to a love in my life with a caveat, no senior coaching. I have nothing against senior level swimmers and the fact is I love that level too much for it not to become all-consuming again. I, or better yet, my family could not go down that road again. We decided on 11-14 year olds three days a week. I was back coaching the age group I started my career and teaching, training and developing quality people who happened to swim, not just a swimmer with limited substance. It was now a hobby and not an all-encompassing lifestyle.

This age group is often overlooked as most coaches get the bug for the higher levels and jump past the "junior" group to grab onto the senior swimmers. I am fortunate to mold this group and educate them how to truly become a student of the sport to maximize each training opportunity. I coach my swimmers with the same expectation for discipline and commitment as I had done at the highest level. They don't shy away but rather welcome this consistency. Win or lose, fast or slow, my first question to them after a race, "How did that feel?" or "What did you think?" "Good", "fast", "bad" or "slow" are not acceptable answers. They need to become their own coach and diagnose their swim.

What I quickly realized is the makeup of most clubs is a microcosm of my own coaching path. The newest coaches worked with the novice swimmers in what often has become glorified swim lessons. Then working up through the age groups the coaches become more experienced and have a desire to reach the highest level in the sport. There is nothing wrong with those dreams and desires and every coach needs to figure out what their desires, goals and objectives may be at the center of their focus.

Getting a swimmer to a national level meet is a big deal in a coach's career and the first time is like nothing you will ever feel. Imagine a rookie playing in his first PGA event and walking down to the first tee with Tiger Woods. They have worked their whole professional career for a goal and they have climbed to the summit.

There is a saying that you need to be nice to people on the way up because they are the same people you will see on the way down. I took a sudden, unintended leap in my coaching career but I realize I am not heading downward and picking up speed. I am coaching a top group of swimmers again, just at a different level. What a blessing.

The coaches at this level are so vital to the present and future of USA Swimming. They continue to be needed, but they should also be challenged for once something is stretched beyond its original shape, it never returns to that shape again. A diamond is formed

from pressure on a piece of coal and over the course of time becomes a beautiful gem that is envied and desired.

My demeanor has changed, by choice. I never yell other than to speak above the noise from the swimmers in the pool. When I am upset, I simply stare at them until they are quiet. If I were to yell at a swimmer, it is no longer about them. It is about me and my ego. I don't need to belittle them to get their attention. I respect them and vice versa. They know and understand what is expected and sometimes it may be as simple as laughing at a silly joke. Discipline should not be viewed as a negative nor should structure or a system. Our structure within our programs may be the only structure and discipline that some of them receive during the day and they will gravitate towards this as a security rather than avoidance.

I have an incredible group of young swimmers at Viper Aquatics who epitomize character, desire, gratitude who say, "Thanks Coach Jim" before they even leave the pool after a two-hour practice. I have been blessed with an opportunity to grow wonderful people and this is not a responsibility that I take lightly.

Those swimmers who will ultimately join the USA National Team are developed from a young age. It seldom happens overnight. The amazing age group coaches who walk the pool deck, spending a week's worth of hours over a 2 ? day weekend are not just a pretty face. (Yes, that was humor)

These are people who may never pursue coaching as a full-time life long career but don't sell them short. Their focus and commitment is to be valued and appreciated as they are planting the seeds for the future of swimming. These seeds will grow and be nurtured over the years and will ultimately reach their respective peaks in their chosen field or profession. Thankfully, swimming is never short on water to enable them to grow.

See you on the podium.



Jim Lutz was the Head Age Group Coach for Viper Aquatics in Westfield, Ind. He coached at the club and college levels for more than 30 years, with stints as head coach at Illinois and Michigan State as well as serving as an assistant at Arizona. He's also served as a head coach for several club teams. His passion for coaching people kept him involved with the sport of swimming for over 45 years. He taught and coached swimmers from novice "bubble blowers" to those competing on the international stage. He has contributed back to swimming through motivational and inspirational speeches, articles, and seminars. His swimmers have won over 130 age group individual state titles, numerous individual high school state championships, NCAA All-Americans, Olympic Trials qualifiers and Academic All-Americans.

A special thanks to Swimming World Magazine for allowing us to share the thoughts of Coach Lutz!

A Coach's Guide to Energy Systems

By Michael J. Stott

Courtesy Swimming World Magazine

A 3-part article exploring the concept of energy systems and how coaches can use them to maximize athlete development and performance

PART I: In the world of athletic training or any other field of endeavor, there are varying degrees of sophistication and understanding. In aquatics, that may range from beginning summer league coaches to the likes of Ph.D./Olympic mentors, sport scientists and beyond.

A successful swim coach doesn't have to have an advanced degree in kinesiology. However, a basic understanding of energy systems and how they affect athletic training can certainly help.

THE SCIENCE

Let's begin with metabolism, the process of storing and releasing the energy. There are three main metabolic pathways to recycle energy in muscle cells during exercise, notes Genadijus Sokolovas, High Performance Director at USA Pentathlon and senior physiologist at Global Sport Technology. They are non-aerobic (creatine phosphate), anaerobic (anaerobic glycolysis) and aerobic. Energy for body usage is stored in different forms and pathways, and is used to convert the three forms into accessible energy for the athlete (or anybody) to perform work.

"There are no borders to energy pathways in a body," says Sokolovas. "At any given time, several pathways may be engaged in energy production. However, dominance of an energy source depends on the duration and intensity of the exercise," he says. "Typically, workload is broken into several energy zones based on that duration and training intensity. Energy zones allow athletes and coaches to develop a specific pathway of energy recycling to quantify, track and plan the physiological adaptations desired for their specific event."

At one time, USA Swimming identified seven energy zones. These were categorized as Recovery (Rec), Endurance 1 (EN1), Endurance 2 (EN2), Endurance 3 (EN3), Sprint 1 (SP1), Sprint 2 (SP2) and Sprint 3 (SP3). The organization has since reduced the number to five, a number that correlates with those utilized by European coaches. In practicality, the number may be reduced to three: aerobic, anaerobic threshold and high performance endurance with subsets (anaerobic race pace and high velocity overload) found under the high performance category.

Over the years, various coaches and organizations have altered the categories and subsets to suit their training modes and preferences. Grandfather to the codification of the zone system is Jon Urbanchek who, at the University of Michigan, introduced energy category color-coding for ease of understanding and communication with his athletes. Urbanchek's original chart consisted of seven categories, which he has since modified to five for ease in training.

ENTERING THE ZONE

So how does one effectively measure the utilization of each energy system to perform well? The simple answer is heart rate and time measurement. While heart rate monitors may be the most accurate means, not everyone has a watch with that measuring capability or desire to strap a monitor across the chest. A more convenient and universally accepted method is to place two fingers on the carotid artery, count the number of heart beats (noting the first beat as zero and moving the thumb away from the artery) for 10 seconds and multiply by six.

For that measurement to have meaning, an athlete needs to determine his/her maximum heart rate for each training zone. Training zones are calculated by using BBM (beats below maximum). For example, a swimmer with a maximum heart rate of 210 beats per minute working in the A1 (low-intensity aerobic zone. 60-50 beats below maximum) would need to be functioning at 150 beats per minute.

Another way to calculate each training zone is to use swim and rest times or personal best times +5 seconds or 10 seconds. That method requires a coach to have precise knowledge of swimmer workout and race histories in order to have them training in the proper energy zones.

Urbanchek has gained worldwide approbation for educating swimmers and coaches through his codification. The training system explanation he uses today is illustrated here: (All times are based on one-half of personal best 200 time. All heart rates are based upon personal maximum heart rate)

Zone 1-Aerobic

Swimming intensity below anaerobic threshold

A1 - Low Intensity | 70-50 BBM | White to Pink** (+:20)

A2 - Aerobic Maintenance | 50-40 BBM | White to Pink (+: 15-:20)

A3 - Aerobic Development | 40-30 BBM | White to Pink (+:10-:15)

** *Colors mentioned correlate to Urbanchek's color charts*

Zone 2-Anaerobic Threshold

The point at which the lactate accumulation begins to rise sharply

30-20 BBM | Red (+:07-:10)

Zone 3-High Performance Endurance

Critical speed or heart rate training where athletes reach maximum oxygen uptake, i.e., lactate removal set

20-10 BBM | Red to Blue (+:04-:07)

Zone 4-Anaerobic (Race Pace)

Any set done at 100-meter pace or faster

Blue to Purple

Zone 5-High Velocity Overload

*Training repeats 10 to 25 meters with rest
Short maximum speed training*

APPLICATION

With maximum heart rate in hand, a coach and swimmer can embark upon a personal improvement plan. For the gifted and motivated, perhaps national and international long course success awaits. Others may find successful age group and/or college careers. In any case, the best results can come from careful and precise applications of energy zones during swim training.

In a recent conference call, a select group of coaches discussed ways to refine and update Urbanchek's color chart energy system and associated terminology. On the call were: Urbanchek (former coach, University of Michigan, ISHOF inductee), Jack Roach (director of coach and athlete development, former USA Swimming national junior team director), Chris Plumb (head coach/CEO, Carmel Swim Club), Chris Webb (high performance coach, Fort Collins Area Swim Team) and George Heidinger (owner/coach, Pike's Peak Athletics, former USA Swimming national junior team program director).

While still a work in progress, the coaches offer these reminders and guidelines for optimizing training outcomes:

- Fall training sets up the rest of calendar year. Be conservative, be gradual.
- Energy system program success is yielded over the long-term. Be patient and know that the process will unfold and come to fruition over a period of years, not necessarily over the course of a season or a calendar year. Be consistent and conservative in the application of the energy systems.
- Only two or three workouts per week should be BLUE or higher. Everything else is maintenance.
- Start implementing elements of the BLUE energy system in the third or fourth cycle.
- When starting to train BLUE, consider blending it with PINK and RED through classic Urbanchek rainbow sets.
- Be careful not to overdo the BLUE, it can harm as much as it helps.
- If swimmers get overtrained on BLUE, stop and give them rest. Make sure they are recovered before going back to BLUE.
- Give RED its due! Urbanchek recommends RED emphasis as much or more than BLUE. Keep it moving!
- To be really fast, you have to know what is required to get there. Pace charts enable you to do that.

Energy systems were created for college-age men. Use creativity to adapt to younger swimmers.

"Typically, workload is broken into several energy zones based on duration and training intensity. Energy zones allow athletes and coaches to develop a specific pathway of energy recycling to quantify, track and plan the physiological adaptations desired for their *specific* event."

-Genadijus Sokolovas

LOOKING FOR MORE?

There is an exhaustive supply of popular and academic literature pertaining to energy systems and swim training. To access two easily digestible sources, search:

Onewiththewater.org, *Energy Zones in Swimming*, Genadijus Sokolovas. PhD.

Link to free download of PDF: <https://tinyurl.com/bdd5dmjn>

Staines Swimming Club: *Head Coach Guide Energy Systems and Growth*; URL: <https://tinyurl.com/5nta97fj>

For a deep dive, consult *Swimming Energy, Training in the 21st Century: The Justification for Radical Changes (Third Edition)*, Brent S. Rushall, PhD., *Swimming Science Bulletin*. Number 39, Revised June 12, 2018

Link to free PDF download of Rushall article: <https://coachsci.sdsu.edu/swim/bullets/energy39.pdf>

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PART II: HOW URBANCHEK'S ENERGY ZONE SYSTEMS ARE INCORPORATED INTO A SEASONAL TRAINING PLAN AT THE UNIVERSITY OF MICHIGAN

Over the years, various coaches and organizations have altered the categories and subsets to suit their training modes and preferences. Grandfather to the codification of the zone system is the University of Michigan's Jon Urbanchek, who introduced energy category color-coding for ease of understanding and communication with his athletes.

His original chart consisted of seven categories that he has since modified to five for ease in training. In practicality, the number may be reduced to three: aerobic, anaerobic threshold and high-performance endurance with two subsets (anaerobic race pace and high-velocity overload) found under the high-performance category.

Josh White, associate head swim coach at the University of Michigan and an Urbanchek disciple, has a PhD. in kinesiology. Chart I - top (see p. 30) is a more intricate version he uses with Wolverine swimmers.

"We use energy system training for several reasons," he says. "First, it is a great tool for our coaches to systematize our training. We quantify training loads so that we can get the desired physiological adaptations. We keep track of our volume in the most important energy systems and manipulate those over our macro, meso and micro cycles. Having some quantitative record of it also allows us to accurately adjust our training after seeing the results throughout and at the conclusion of each season.

"Secondly, we use energy systems as our primary form of communication between both coaches and athletes. With six staff coaches and a lot of different training groups, our energy systems form a basis of communication so that we all stay on the same page. We also use our color-coded energy system to communicate with our athletes on workouts. Almost everything on a written workout has a color associated with it. The color goes beyond communicating effort level. Our energy system color chart allows our athletes to

(continued on p. 25)

A Perspective on “Back to School”

by Aimee Schmitt

It's a brand new academic year. New team and new outlook. The start of the school year always has an excitement about it. Day one represents potential. It represents a purpose. Today is the day to begin the process to be better. Are you ready as a coach? How do you bring perspective to your athletes about the swim season? For most student-athletes, the championships seem light years away. In their mind they don't need to worry about it--they have plenty of other things on their plate to focus on. But while the excitement is high, and their minds are open, now is the time to bring the end of the year perspective to the beginning so they can start off in the right direction.

Here are three simple ways to provide perspective to your team:

1. Draw a road map to their future--Everyone knows if you want to get somewhere you've never been before--you need directions. Google maps always provides the fastest route to the destination. You can ask your team--what is their destination? Where are they going? What is the fastest route? A simple goal sheet can help them put these thoughts on paper. What specific times do they see themselves achieving, and what do they need to do in practice to achieve those times. Finally, how long will it take to get there? Outline how many weeks and days there are to the championship meets. Emphasize making each day count.

2. Bridge the Gap from the start to finish--the concept of time is hard for young people to understand. They are not old enough to have a perspective. Here is where you as their coach, can bridge the gap with visual concepts on how you plan to guide them from point A to Z. What will happen from day 1 through the championships? What is the daily, weekly and monthly routines and traditions your team will have? Do you have 12 weeks to prepare or 20? How will your training progress from week to week? What are the midpoint events the team needs to be aware of? How will you measure their progress over the season? What other events make up the season? Providing a plan from the starting point to the finish line will help your team get focused and keep their enthusiasm going strong throughout the season. Logging their swimming can help them see their personal progression through the season, and help you as a coach communicate encouragement to them each week.

3. Review the rules of the road--Part of providing a perspective is letting your team know the rules of the road. With limited time to get in shape and progress, the swimming season does not have room for absences or lazy effort levels. Encourage your team to take their training seriously; that each day will build on the next. Encourage them to care of themselves, stay healthy, and understand the importance of training through holidays, with their club program. Keep your swimmers accountable by encourage them to take ownership of their training results. Have them keep a log of practices over breaks and be ready to turn them in. Helping them recognize the effort they put into their training is directly related to the results they will have at the end of the championship season.

As the newness of the new school year begins to transition and wear off, you will stay the course of your season and the season will continue to be focused, fun and engaging. Before you know it the anticipation of "are we there yet?" will turn into planning for taper and warming up for the big races! Have a great season!



Aimee Schmitt is the author of The Ultimate Swim Log and Goal Planner, and a former USA Swimming National Team Member, Stanford NCAA Championship team member, and avid believer in goal planning.

The advertisement features a background image of a swimming pool with the text "HOW DO YOU PLAN YOUR SEASON?" in large, bold, blue and white letters. To the right is a spiral-bound notebook with a blue cover that reads "THE ULTIMATE SWIM LOG AND GOAL PLANNER" and "AIMEE SCHMITT". A white text box on the left contains the following text:

This is essential swim equipment written by a former USA National team member. Use the five sections to log practices, track dry land training, set and evaluate goals, record meet times and stay motivated. Goal planning made textbook easy.
www.ultimateswimlog.com
Just \$29.99--use code **NISCA** and save 25%.

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A coach is...

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- ◆ an objective perspective + a steady resource
- ◆ one's biggest advocate and unwavering champion

“A good coach can change a game. A great coach can change a life.”

We're Exactly Where We Need to Be

- ◆ No single struggle defines everything we are. No single chapter tells the whole story. Keep turning the pages that need to be turned.
- ◆ We cannot control exactly what happens around us, but we can control how we respond. In your response is your freedom.
- ◆ It's rarely as personal as it seems. What other people say and do is mostly because of them, not you. So let their opinions inform you, but don't let them limit you.
- ◆ If the grass looks greener on the other side, stop staring, stop comparing, and start watering the grass you're standing on.

Source: *Marc and Angel Hack Life* (www.marcandangel.com)

Question

Think of the **best** coach, teacher, or leader you ever had. What can you learn from them? Think of the **worst** coach, teacher, or leader you ever had. *What can you learn from them?*

Last Words...

“The past only knows where you've been; it doesn't know where you're going. Your past failures don't predict future failures. Past heartbreak isn't an indicator of future heartbreak. Past mistakes don't ensure future mistakes. Don't create your future from your past; create it from your now. Your power is in the present moment. Your power is in your vibration. Your power is in the way you show up for yourself. Your power is in the breath that flows through your lungs. Your power is in the soft yet persistent beating of your stubborn, resilient heart. It's in the quiet pauses you take throughout your day. It's in the effortless flow of energy moving through you. It's in the choices you make today. It's in how you choose to view the world. The past is only a small part of your story, but you're a story in the making. Your path is still unfolding. You get to create your future from your now.”

Zanna Keithley, Writer



(continued from p. 24)

understand the PURPOSE of their set or workout and gives them information to approach the set in a way that they will get the most out of it," says White.

"Our middle distance and distance groups follow a traditional periodized training plan focusing on aerobic development initially and moving into speed and anaerobic development as the season goes on. Our sprinters are in a sense reversed periodized, starting with a focus on speed and then working to extend the duration of the speed. We have a weekly cycle of practices that rotates an emphasis on different energy systems.

"While energy system training is typically associated with independent development of aerobic and anaerobic systems, we find that perhaps the most crucial part is understanding how these systems can work together. We have all seen the miler who crashes and burns on the last 50 of a 200. Anaerobic activation can inhibit aerobic activation and vice versa. So we spend time training in ways that encourage both systems to activate and work at their peak simultaneously."

URBANCHEK'S UPDATED ORIGINAL CHART

Urbanchek's energy system color codes are based on heart rates (see Chart 2, p. 30). He has recently revisited the original and updated it with explanations shown as follows:

WHITE (G1*). Lowest intensity, continuous or 10-15 sec rest; HR 120-130. Basic training, recovery AND technique work.

**G stands for Gear, a nomenclature being considered by USA Swimming*

PINK (G2). 5% below threshold, low intensity, short 10-20 sec rest; HR 130-140. Basic aerobic training.

RED (G3). Optimal intensity for aerobic capacity, 10-20 sec rest, 20-30 min durations, HR rate 150-170. Use 100s, 150s, 200s, 300s---optimal aerobic training.

BLUE (G4). Anaerobic threshold. 15-30 sec rest, 15-20 min duration. Uncomfortable race pace for 800 to 1500. HR 170-180.

PURPLE (G5). Ideal race-pace training for 200 to 1500 races. 7% faster than (G3, Red). Threshold pace, 30-60 sec rest-high intensity, duration 800 to 1500 total. HR 180-190. Use 50s, 75s, 100s, 125s and 150s-race pace (Max + VO2) training.

GREEN (G6). Use % chart.
Training for 100: 6 x 50 at 6:00, 92% best time
Training for 200: 6 x 100 at 6:00, 92% best time
Training for 400: 4-6 x 200 at 6:00, 94-96% best time.
Maximum lactate production/ buffering, maximum heart rates above 190.

ALACTIC/SPEED TRAINING. Short, fast, explosive sprints. 15-25 meters, 6-12 sec duration, 6-10 repetitions, 30-40 sec rest. Lactate buildup is moderate. Ideal for 50-100-200 swimmers at any time of the season.

Given a typical 30-week college season (10 workouts per week).

Urbanchek mentored his Michigan swimmers through macro cycles of 12, 15 and three weeks (taper), consisting of:

September-November

- 6 weeks capacity training/skill - development/heart rate <150 White & Pink, Red
- 6 weeks capacity - VO2 max - lactate White Pink Red Blue Purple (Rainbow)
- Major competition (one-week taper)

December-February

- 3 weeks aerobic capacity training
- 10 weeks all training zones and more emphasis VO2 max and race pace Green
- .Includes 2-3 short course dual meets per month

March (taper period)

- Dryland reduced to maintenance and dropped 7 days out
- Training distance gradually reduced from 70,000-60,000 per week to 30,000-20,000 meters per week
- Mid and distance swimmers do three-week taper

TRAINING TODAY

With the vast resources available, it is instructive to remember that coaching remains an art and a science. Notes White, "As with any paradigm, energy system training has its flaws and is not the entire picture. I believe that it is always important to bear that in mind. Energy systems are our way of understanding what is happening in the body. If we start to think of any training paradigm as the 'truth' or the 'right way,' then I think we lose the opportunity to grow and get better as coaches."

And no coach wants that.

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In Part III of our series on energy systems, two age group coaches-one from Clovis, Calif. and one from Richmond, Va.- share how they inform and guide their younger athletes through energy system training.

It is instructive to recall that the whole color-code energy system was created for college-age men. That has forced coaches intrigued by the benefits of the charts to adapt them to fit training for younger swimmers. One coach who has done that successfully is Mark Bennett, head age group coach with the Clovis Swim Club, Calif., and author of a book. "A Coaches' Playbook For Age Group Swimming," to be published in mid-to-late 2022. Another is Jonathan Kaplan, head coach of the SwimRVA Rapids in Richmond. Va.

CLOVIS SWIM CLUB: BREAKING DOWN ENERGY SYSTEMS

For his age group swimmers, Bennett breaks down energy systems as follows:

Aerobic

- Heart rate ~ 130-160
- About 70-80% of max heart rate
- No lactate accumulation at all
- Can hold speed comfortably for as long as stroke technique will allow

Aerobic threshold

- Heart rate ~160-190
- About 85% of max heart rate
- Little to no lactate accumulation
- Difficult to hold technique, but should still be a key focus

Anaerobic

- Heart rate ~180+
- Likely lactate accumulation as a byproduct of glycolysis
- Categorized as "swimming without control"; however, technical focus a must if and when swimming at high-quality efforts

The previous energy system categories are a simplification of traditionally used labels:

EN1 (Endurance 1):

(Categorized as base aerobic work)

- Also called **Pink** training in the Urbanek color charts. Would also be classified as **White**, the lowest level of aerobic training: recreational and recovery.
- Also called **T-** or **T minus** by some others, meaning threshold minus, or sub-threshold.

EN2 (Endurance 2):

(Equates to aerobic threshold)

- Classified as **Red** in the Urbanek model. Distinguished by gaining very little rest (:05-:15) between reps.
- Also known as **T** by some other models, simply meaning threshold.

EN3 (Endurance 3):

(Still aerobic threshold, but gauged as MVO2 training-Maximum Volume of Oxygen consumption-or high-level endurance training)

- Categorized as **Blue**, which would be differentiated as more rest (:20-:30) between reps. but more speed; still low to no lactate accumulation.
- In the **T scale**, it would be called **T+**.

SP1 (Sprint 1):

(Anaerobic effort or best average)

- By the color scale, considered Purple. The rest is not gratuitous. so the speed levels may be prohibited by the lack of recovery.

SP2 (Sprint 2):

(Also an anaerobic effort, but considered lactate production training)

- Urbanek's Green. More rest involved here. Equates to swimming at race-quality efforts.

SP3 (Sprint 3):

(Also an anaerobic effort; however is alactate training, in which CP (creatine phosphate) is the only fuel being used-very little lactic build-up because the repeats are much shorter in length)

- This training considered **Gold** on Urbanek's scale. Almost no lactate build-up because there is high effort over very short distance and nearly full recovery between repeats.

"I only use the ideas of aerobic, threshold and anaerobic/sprint to keep things simple for my swimmers." says Bennett. "Doing so allows swimmers to maintain a focus on technical objectives while also being able to fall within the recommended training zones."

The reason Bennett uses training zones is because they help swimmers:

- Gauge their effort and intensity relative to the training demand
- Control their effort so that they can repeat it with increased prowess
- Understand as to how the body is using energy to advance the work being done

Bennett adds, "Training zones also help the coach and the swimmer track and measure the specific work being done to allow identification of progress goals. And they can be used as a motivational tool: If swimmers are feeling good and exceeding time goals without major lactic acid accumulation, they know they are doing very well!"

SwimRVA: RAPID PROGRESS

In just three years, the SwimRVA Rapids, housed in the 2008 U.S. Olympic Trials pool, have morphed from a learn-to-swim operation to a full-blown competitive force of more than 500 members. In doing so, Coach Jonathan Kaplan shares with swimmers his understanding of the body's response to training demands.

"As a team, we build everything around the creation of mitochondria, its utilization and the body's ability to create energy to ATP in different energy systems. Usually once a year, I'll sit my athletes down and discuss energy systems in a 'sciency' kind of way. I am always careful to simplify things in an understandable way so swimmers can connect the 'why' with the 'what' with regard to workouts, training cycles, etc.," says Kaplan. "Each of my workouts generally falls into one of four categories based on the three energy systems for converting energy into accessible fuel", i.e.:

- Creatine phosphate (ATP/adenosine triphosphate phase focusing on the first 10-15 seconds of a race)
- Anaerobic glycolysis (the painful lactate-building phase felt most between 30 and 120 seconds)
- Aerobic glycolysis (oxidative phase that is generally beyond two minutes and up to two hours)

SwimRVA workouts fall into one of four types:

- **High-end speed workouts** that often include a lot of racing with in-workout recovery and easy intervals
- **Lactate tolerance workouts** that include high to VERY HIGH intensity with minimal in-workout recovery until the workout has completed
- **Aerobic workouts** that vary from long distance/low-to-moderate intensity to short distance/moderate to high intensity on short intervals
- **Recovery workouts** that fall into either an "active" recovery or "full" recovery depending on where athletes are in the training cycle/season and how much a coach feels swimmers need in the way of a mental and physical refresher (game day, etc.)

"Most of the workouts are designed to teach the body how to operate as efficiently as possible within each energy system and how to transition smoothly from one system to the next. We use each of these systems in every single training cycle right from the start of the season." says Kaplan.

"The portion that changes throughout the season is: A) how much we train in each energy system, and B) how much we focus on operating within the energy system alone vs. teaching the body to transition from one to the next.

"Generally, you'll see a heavier dose of aerobic workouts in an early cycle, followed by more lactate-tolerance workouts in the next couple of cycles. Later in the season, we will specialize more for each athlete depending on the event/distance for which they are preparing. Sprinters will see more speed/racing workouts on days when distance swimmers may go the other direction and see heavier aerobic sets during the final training cycle," he says.

Following is an example of what it might look like for a 14-16-week macro cycle, assuming training six workouts a week. The example does not include meets, which need to be factored in and affect week-to-week mini-cycles.

"We will never do the same type of energy system two days in a row, with the exception of late season when more workouts deal with blended systems. Even then, how much time we spend in a certain energy system will always be drastically different from the preceding or following day," says Kaplan.

- **Cycle #1 (3-4 weeks):** Mon (aerobic), Tue (lactate), Wed (recovery), Thu (aerobic), Fri (race/speed), Sat (aerobic)
- **Cycle #2 (3-4 weeks):** Mon (aerobic), Tue (lactate), Wed (recovery), Thu (lactate), Fri (aerobic), Sat (race/speed)
- **Cycle #3 (3-4 weeks):** Mon (aerobic), Tue (lactate), Wed (recovery), Thu (blend lactate, aerobic), Fri (race/speed), Sat (lactate)
- **Cycle #4 (3-4 weeks):** Mon (aerobic), Tue (blend lactate/speed), Wed (recovery), Thu (lactate), Fri (blend lactate/aerobic), Sat (sprinters shift down to more racing/speed, distance swimmers shift up to purer aerobic)
- **Cycle #5 (1-1.5 weeks):** Resting cycle. "We typically do not drop down a lot in yardage until three days before the meet itself. What you'll see is a shift in the percentage of high intensity vs. recovery while maintaining a similar yardage total as other cycles. We go hard a little less often and have more low-intensity recovery built into the workouts for about seven or so days before you see the yardage drop down low.

"An expansion of the 'why' is that I explain how mitochondrial biogenesis directly impacts workout type. With each workout, we are trying to accomplish one of two things: either create mitochondria or help improve the capacity and utilization of each mitochondria.

"Our swimmers know the mitochondria as 'the powerhouse of the cell,' but most have no idea what it does beyond that. So to simplify it, I explain that each mitochondria is like a factory for energy. If we were selling shoes out of our one factory, and we were

used to having to make 500 shoes a day to meet our demand, what would happen if we got an order of 100,000 shoes? To meet demand we would maximize the number of shoes we make at one factory and then build more factories," explains Kaplan.

"In a swimming sense, that cannot be done overnight. Once you build a factory, it is there for a long time. However, if you shut a factory down for as little as 72 hours, it takes a while for it to get back up to full proficiency. This is why we encourage the athletes, if possible, to never be out of the water longer than 72 hours during the season. For the same reason, we do not drop the yardage down heavily until three days out of the championship meet during the rest cycle.

"At the end of the season, we will ask swimmers' bodies to meet a HUGE energy demand in order to achieve goals. That means we need to have workouts that either help us create factories (aerobic) or help each factory get better at producing energy (race and lactate days). Sometimes we do both (blended days), particularly at the end of the season when we need to be our most efficient.

"And since the body only gets stronger when we rest, it is the reason we have active and full recovery days. Plus...they are fun...and we are coaching children who like to have fun. Happy swimmers are fast swimmers.

"Using this training pattern, I have not had swimmers miss a taper at the end of the season. As long as athletes are healthy and have a positive mindset, they always swim very fast! The ones who attend practice most often and put in the most work clearly get the best bang for their buck. On average, even the swimmers who do not come as often as I'd like still swim better than they should because they do quality work when they are here.

"Sometimes it's yardage, sometimes it's super intensity. It varies based on where we are in the season, what type of swimmers they are, and the events for which they are preparing," says Kaplan.

Michael J. Stott is an ASCA Level 5 coach, and a popular and respected golf and swimming writer. His critically acclaimed coming-of-age golf novel, "Too Much Loft," was published in June 2021, and is available from Bookbaby.com, Amazon, B&N and book distributors worldwide.



Energy Systems and Effort Levels

Color	HR (bpm)	Description	Concepts
Platinum	NA	All out, very short duration, speed 6 Sec	ATP/CP neurological speed
Gold	NA	All out, very short duration, power 6 Sec	ATP/CP muscular power (often resisted)
Green	NA	All out, short duration, 10-35 Sec	Lactate production
Purple	>200/Max	All out, unpaced, short to moderate duration	Lactate tolerance for 100 Work
Brown	>200/Max	All out, paced, moderate duration	200 Pace
Blue	180-200/Max	Paced but very hard, longer duration	VO2 Max or 400/500 Pace
Red	160-180	Hard paced effort, any duration	Threshold work
Pink	150-160	Moderate/Hard	Moderate aerobic (3000 for time pace)
White	135-150	Moderate	Low-moderate aerobic
Orange	120-135	Easy/Moderate	Low aerobic with proper technique
Yellow	<120	Easy	Warm up/Warm down

ZONE	TITLE	Set Distance (m)	Set Duration (min)	HR (% of max)	Work : Rest	Sample Set (Advanced Swimmer)
RECOVERY	EASY	Variable	Variable	< 70	N/A	600 Easy Free
EN1	MODERATE	1,000 - 4,000	≥ 15	70 - 80	20 - 30 Seconds Rest	6 x 400s Free @ 10 Seconds Rest
EN2	ENDURANCE	600 - 2,000	10 - 40	80 - 90	15 - 30 Seconds Rest	4 x 300s Free @ 15 Seconds Rest
EN3	THRESHOLD	400 - 1,600	6 - 30	90 - 100	10 - 30 Seconds Rest	4 x 150s Free @ 30 Seconds Rest
SP1	BEST AVERAGE	200 - 600	2 - 15	95 - 100	2:1 - 1:1	6 x 50s Free Race Tempo @ 45 Seconds Rest
SP2	RACE PACE	200 - 600	4 - 12	100	1:2 - 1:4	4 x 50s Free Race Pace @ 90 Seconds Rest
SP3	SPRINT	25 - 100	1 - 2	100	1:3 - 1:4	4 x 25s Free Max Speed @ 60 Seconds Rest

These two charts illustrate how different coaches use the energy system concept in a way that fits their thinking and their systems. Jon Urbanchek's [Chart 2 - bottom] is more focused on communicating with coaches, while Josh White's [Chart 1 - top] is more focused on communicating with athletes.

INTRODUCING: Resources

Tiny Buddha: *Simple Wisdom for Complex Lives*

Lori Deschene

Founder

“If you light a lamp for someone else it will also brighten your path.” ~Buddha

In our fast paced, always-on world, it's not difficult to access information. It comes at you at breakneck speed. Articles, blog posts, status updates, tweets—there's never a shortage of ideas to consider.

Gaining knowledge isn't a problem. Applying it, on the other hand, is a lot more challenging, especially when you consider how little time we have throughout our busy days to stop, breathe, and just be.

Tiny Buddha is about reflecting on simple wisdom and learning new ways to apply it to our complex lives—complete with responsibilities, struggles, dreams, and relationships. Founded in 2009, Tiny Buddha has emerged as a leading resource for peace and happiness, with more than six million readers and followers and a vibrant community forum.

The site features stories, tips, and insights from readers of all ages, from all over the globe.

You'll find posts about happiness, love, relationships, change, meaning, mindfulness, spirituality, simplicity, minimalism, letting go, and more. Much of it has its roots in Buddhism, but this is not a site about religion. It's about ideas that make sense and make a big difference when applied.

When you subscribe to Tiny Buddha, you will receive one email each weekday, including one or two blog posts. Alternatively, you can choose to receive one weekly digest every Friday.

I invite you to get involved in the site by commenting, sharing a post, or introducing yourself on the Tiny Buddha Facebook page. We're a really welcoming community! It's a lot easier to be who you want to be in this world when you remember you are never alone. We are all in this together, and we all have something to teach and something to learn.

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To learn more about Tiny Buddha, read the FAQs: <https://tinybuddha.com/tiny-buddha-frequently-asked-questions/>

To learn about Tiny Buddha's books, products, and courses, visit the Books & Things page:
<https://tinybuddha.com/books-and-things/>

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Thank you for sharing your light. You make a difference, and you're appreciated!

Lori Deschene
Tiny Buddha Founder

Tiny Buddha's 30-Day *Healthier You* Challenge

Take the Healthier You Challenge to boost your physical and mental health.

You can complete the challenges in order, pick and choose each morning, or build the challenges on top of each other so that you finish the month with 30 new habits to continue throughout the year!

Day 1: Drink an extra glass of water.

Day 2: Jot down five things you're grateful for after waking up to start the morning on a positive note.

Day 3: Replace an unhealthy snack with fruit or vegetables.

Day 4: Spend five minutes meditating or taking deep breaths to calm your mind.

Day 5: Go the whole day without drinking anything with added sugar or sweetener in it.

Day 6: Listen to a guided meditation before bed to help you get better sleep. You'll find tons of free options on YouTube!

Day 7: Break a sweat, whether you do cardio, dance, or simply jog in place.

Day 8: Spend five to ten minutes enjoying nature to create inner calm. Walk outside, make a snowman, watch the sunrise or sunset, stargaze, stare up at the clouds—the possibilities are endless!

Day 9: Every time you use the bathroom today, do five squats before you leave the room.

Day 10: Start the day with a positive intention and check in with yourself throughout the day to assess how you're honoring it.

Day 11: Get up and walk for two minutes (or more!) for every hour you spend sitting.

Day 12: Write down all your worries before bed and one possible solution for each to help you let them go so you can get a good night's sleep.

Day 13: Ask yourself before snacking, "Am I hungry for food or feeling something that I need to address instead of eating?" Then do something constructive to address the real issue.

Day 14: Write a forgiveness letter to someone who hurt you (that you don't have to send), trying to empathize with why they did what they did.

Day 15: Make every meal mindful—no TV, no phone, no other distractions. Solely focus on the textures and tastes, and savor the experience.

Day 16: Spend at least fifteen minutes doing something that will make you laugh or smile—watch comedy clips, play with your dog, call your funniest friend.

Day 17: Skip caffeine today, or drink one fewer caffeinated beverage than usual.

Day 18: Write empowering messages on five sticky notes and leave them around your house.

Day 19: Chew your food ten times before swallowing to improve your digestion.

Day 20: Spend an hour before bed disconnected from a technology to help you wind down and get a good night's sleep.

Day 21: Measure all your meals to ensure your portion sizes are healthy.

Day 22: Make your shower meditative. Tune into the sensations of the water and soap of your body, and visualize your worries going down the drain.

Day 23: Do a brain exercise to keep your mind sharp (search for “free brain game” and you’ll find a ton!)

Day 24: Commit one random act of kindness (or more!) to boost your mood and someone else’s.

Day 25: Take a short walk on your lunch break, inside or out.

Day 26: Practice being a non-judgmental observer of your thoughts so you can let them go instead of getting caught up in mental drama.

Day 27: Replace unhealthy fats with healthy fats (for example, put avocado on your sandwich instead of mayonnaise).

Day 28: Do five minutes (or more!) of yoga on your own or using a YouTube video for guidance. (Search for “five-minute yoga videos” and you’ll find a ton!)

Day 29: Go to sleep a half-hour earlier than usual so you’re more rested tomorrow.

Day 30: Write down five things you did well at night to celebrate your small wins and boost your self-esteem.

Congrats! Congrats! You made it through the month and are now well on your way to a healthier, happier you. I hope you enjoyed the challenges. If you've found Tiny Buddha helpful, please invite your friends to receive tips and insight in their inbox by joining at tinybuddha.com/list.

~Lori Deschene, Tiny Buddha founder



***“Healthy” isn’t a GOAL,
It’s a way of LIVING!***

How to Wake Up Smiling

5 Daily Habits That Made Me a More Positive Person

By Emilie Pelletier (*Adapted*)

The post “How to Wake Up Smiling: 5 Daily Habits That Made Me a More Positive Person” appeared first on [Tiny Buddha](#).

Editor’s Note: Even when the sun comes up in the morning, that’s no guarantee our disposition is going to be sunny as well. There are times that things and events and responsibilities weigh us down, and our mood and attitude can suffer and affect us and those around us if we aren’t able to recognize and address the problem. This breezy and helpful article may offer some insight and advice you may find useful.

“You create your future based on your energy in the present.”

Unknown

I’m usually a pretty happy person, but about a year ago I experienced a few dark months. During those months, I spent most of my waking hours consumed with negative thoughts.

I woke up feeling angry in the morning, continued having negative thoughts most of the day, and went to bed in that same state of mind.

My negativity was eating me alive, but, strangely, it was so addictive.

Since it had been escalating for some time (a few months by then) and had acquired a good bit of momentum, I really didn’t know if I’d be able to shift all that negativity into a more positive state of being. I knew that the longer I waited, though, the harder it would be.

I grabbed my laptop and Googled “how to be a more positive person,” and I scribbled down a few ideas that resonated with me.

Later that day, after mixing and matching advice from different articles, I created what I called my “emotional hygiene routine.”

It’s a series of simple habits that I committed to doing most days of the week for an entire month and over that month, took me out of my depressive state and made me wake up smiling in the morning again.

I’d like to share them with you.

1. Fall asleep in the “vortex.”

One idea I came across in my research on being more positive came from Abraham Hicks:

“If you go to sleep in the vortex, you wake up in the vortex. If you go to sleep not in the vortex, you wake up not in the vortex.”

Being in the “vortex” refers to a state of pure positive energy. The idea in that quote is pretty straightforward: go to bed thinking positive thoughts and feeling happy feelings, and you’re more likely to wake up thinking and feeling positive in the morning.

As I closed my eyes to sleep at night, I scanned the day from the moment I woke up until the present moment when I was lying in bed, and I tried to recall all the positive things (even tiny things) that had happened that day.

I spent a few seconds remembering a happy moment before moving on to the next one. After scanning the entire day, I would do it again, trying to find even more subtle positive things, and I did this until I fell asleep.

This exercise is probably the number one thing that helped me (and still continues to help me) wake up happier in the morning.

2. Have something to look forward to on the following day.

Something else that has helped me wake up happier is having something to look forward to every day, even if I have a busy day ahead and have minimal free time available.

I schedule at least one activity that brings me joy for the following day. It can be going for a walk with a friend, baking cookies, or watching the sunset. It can also be as simple as wearing my favorite outfit.

Scheduling one activity that brings me joy for the following day gives my mind something fun to anticipate and puts me in a good mood in the evening.

How the day ends is a good indicator of how the following day begins.

3. Absorb uplifting ideas in the evening.

What we feed our minds affects our mood. I don’t have a TV and don’t follow the news, but my Facebook feed is often enough to get me irritated. So, I decided to stop scrolling mindlessly on Facebook (or at least do so less often) and consume positive-only content instead.

For the past few months, first thing in the morning and before going to bed, I’ve been reading a few pages of an inspiring book—usually something spiritual. I just finished reading the entire Earth Life book series by Sanaya Roman, and right now, I’m reading *Wishes Fulfilled* by Wayne Dyer.

Reading those kinds of books brings me peace. I can notice a significant difference in my mood and stress level if I just take even fifteen minutes to consume uplifting content in the morning and evening.

4. Make a gratitude list—with a twist.

After reading in the morning, I write down three to five things I’m grateful for—and why I appreciate each thing.

I used to write gratitude lists of fifteen-plus items and do it very quickly—almost mindlessly—just to “get it done.” It made the practice sort of mechanical and not very effective.

I’ve found that writing fewer items on my list and taking the time to dive into the reasons each thing makes me happy intensifies the feelings of gratitude and makes the exercise more profound. I try to do this daily, although I do forget sometimes. When I forget several days in a row, I can feel the difference in my general mood.

Gratitude is perhaps the lowest-hanging fruit for cultivating a more positive attitude.

5. Choose your state of being as you open your eyes.

The last thing that has helped me is a piece of advice from Dr. Daniel Amen, one of the leading brain health experts. In an interview on The School of Greatness Podcast, he talked about the importance of setting a positive intention from the very start of the day to cultivate what he calls “a positivity bias.”

An affirmation he uses himself and recommends using is: “Today is going to be a great day.”

When we tell ourselves this in the morning, our unconscious mind then looks for things that are going right to prove that this is true. This isn’t toxic positivity—ignoring or denying the negative. It’s training our brains to see what’s positive instead of focusing on the negative by default.

I’ve taken the habit of saying this affirmation (or a similar one) just after waking up and before opening my eyes in the morning. It’s a bit like choosing and declaring from the very start of the day what attitude you’ll adopt that day. It’s easy to do, and it sets the tone for the day. In the beginning, I didn’t always remember to declare my intention until later in the morning, but it didn’t take long before it became automatic. Now, just remembering to think about my intention (and then mentally saying it) makes me smile as I wake up.

...

Our lives don’t need to be perfect to wake up smiling in the morning; they just require a conscious effort to develop a positive attitude, which is what the five habits in this article have helped me accomplish.

I hope they serve you well, too, if you choose to implement them.

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DON'T WORRY.
Be Happy



Emilie Pelletier is a certified purpose and life coach, meditation instructor, and spiritual entrepreneur. She helps free-spirited minds to clarify their soul's purpose, find their calling, and transform their work into play. You can get her free guide, “The Life Purpose Formula: The Easiest Way to Uncover Your Purpose and Calling,” or connect with her through her website [ConsciousOriginals.com](https://www.consciousoriginals.com).

A Bonus From Emilie

Here is a journaling exercise containing **three questions** (prompts).

Asking and answering these questions will help you feel a greater sense of purpose and generally more satisfied with your life. It'll also ensure that you make the most of the time you have on this planet and avoid having regrets in the future.

I'm excited to share this simple practice with you because I believe it has the potential to change your life. It has certainly changed mine.

- 1. If your time on this planet, in this life, came to an end right now, what would you regret not having done, experienced, accomplished, and become?**
- 2. If you knew you had only six months to live (now you're giving yourself a little more time!), how would you use the time you have left?**
- 3. How can you make the most of the time you have today?**

By spending our precious time focusing on the things that really matter, we can reduce the chances that we'll have regrets in the future.

I hope this was helpful to you. Emilie

BRAIN FOOD: Ideas, Thoughts, Insights, and Links To Get You Thinking (<http://fs.blog>)

Work works

"Do the work. That's all the productivity advice you need, and the only useful productivity advice you're ever going to get. You can direct your attention to a million optimizations— email, meetings, notes, calendar, time tracking, goals, to-do lists, time estimates, prioritization frameworks, quantified self sensors, analytics, apps, documents, journaling. But don't. Ignore all this, and **do the work**. When you do the work, everything else optimizes itself." Slava Akhmechet in "*Zero Credibility*", a weekly essay on engineering the future.

More Better

"[When] we care enough to say, 'could be better,' we're putting ourselves on the hook to create. You need to care enough to describe an improvement. Because once you've announced how something can be better, you get the chance to show that it can be done." Seth Godin, in "*Seth's Blog*" (<https://seths.blog/2022/06/could-be-better/>)

Positioning and Your Options

The position you find yourself in determines the options available.

Almost all the options available are positive when you put yourself in a good position. When your position is bad, however, almost all the options available are negative. That's not to say good outcomes can't come from a bad position, but there are no points for playing on hard mode.

There is always something you can do to improve your position. While this seems deceptively simple, there is a lifetime of wisdom behind it.

You can't predict what will happen tomorrow, but you can improve your position by sleeping, eating healthy, and working out. You can't predict what the stock market will do tomorrow, but you can improve your position by ensuring you are never a forced seller. You can't predict what will happen in your job or life, but you can improve your position by always having a little bit of money on the side. You can't predict if you will get a promotion, but you can put yourself in a position to get it by acquiring the skills you need before it becomes available.

Good positioning lets you control your circumstances. Poor positioning lets your circumstances control you.

When you are forced to act by circumstance, a chain reaction of increasingly poor choices follows.

On Planning and Procrastination

The person who carefully designs their daily routine goes further than the person that negotiates with themselves every day. The most successful people follow a routine to ensure the most important projects get the time they need. One of the most valuable skills you can adopt in life is doing things when you don't feel like doing them.

A lot of people get stuck negotiating with themselves. A little voice in their head says, "I don't feel like doing this right now, let's do it later." The minute you entertain that thought, it's over.

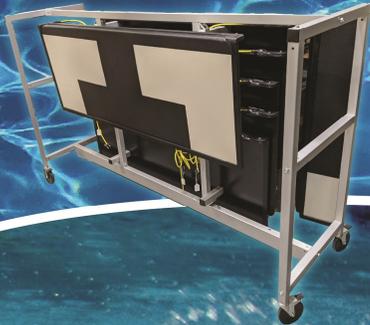


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YOUR LOGO GOES HERE

IST	BK GR, #4	50	BK, #5	50	BRST GR, #6	IST
1	CIRCLE SWIM*****NO DIVING					1
2	FEET FIRST ENTRY* * *CIRCLE SWIM					2
3	CIRCLE SWIM*****NO DIVING					3
4	TREVANS					4
5	CIRCLE SWIM*****NO DIVING					5
6	FEET FIRST ENTRY* * *CIRCLE SWIM					6
7	CIRCLE SWIM*****NO DIVING					7
8	FEET FIRST ENTRY* * *CIRCLE SWIM					8



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