

Lane Lines



Announcements:

- Joinville Annual Maintenance Closure, workouts begin at King Pool on December 5.
- Marlins Pizza Night: December 6, 2007, 7pm at Windy City Pizza
- Annual Soup Dinner: Jan. 12, 2008, at the San Mateo Senior Center

The San Mateo Marlins Annual Soup Dinner

By Phil Banda

Hello! This is an invitation to all the Marlins and Friends to attend the Soup Dinner January 12, 2008. As usual, there will be a competition for the soup judged best in both the "carnivore" and vegetarian categories. There will also be a judging for the best dessert. Prizes will be awarded for the top three winners in each of the three divisions. The prizes have yet to be finalized except for the vegetarian soups, where a bottle of wine will be given to each of the three awardees.

The soup and dessert tasting – and guessing which will be the winners – has always provided an enjoyable evening. We invite everyone to participate – enter either a soup or dessert, or simply taste and enjoy.

We have a reminder that a vegetarian soup must not contain chicken or beef or seafood broth but, for example, a creamy potato leek soup remains in the vegetarian (not vegan) category. Award winners in all categories will be asked for a recipe to publish in Lane Lines.

We look forward to seeing everyone at the Soup Dinner!

Swimmers, Control, the Un-controllable – Mind Training Tips for Swimmers

By Craig Townsend

I received an email from a coach in the States recently asking how to stop her swimmers from worrying and reacting to un-controllable in races, which are the things we simply have no control over in a race whatsoever. She gave examples of when her swimmers would worry about things such as the temperature of the water, thinking there were too many people in the warm-up pool, or not liking the lane they were assigned. She said their minds would get stuck on these small problems and they would put in a bad performance. This is where the mind can focus upon minor details, looking for an excuse to use in case they didn't swim well in the meet. The best way to overcome 'un-controllables' in a race is by knowing that "What You Focus Upon, Expands".

This means that if you constantly worry about something going wrong, it will actually programme your mind for it to happen! For instance, if you worry too much about not hitting the touchpad properly at the end of the race, sure enough, that is exactly what WILL happen - unless you can take your focus OFF that negative thought, and focus on something more positive (such as hitting that touchpad perfectly). What we focus

upon, expands. It's that simple.

So what you must do in this situation is say to yourself "I'm not going to worry about that, because I refuse to let it affect me. I am only going to focus on what I want, not on what I don't want. This will keep my mind focused on the goal, not the obstacles". It is important to know that there will always be obstacles in the path of your goal. That's what makes goals worth achieving - otherwise they would be boring and not worth achieving. There will always be other competitors to compete against, but there may also be other variables - such as slow pools, tiredness, bad weeks in training, ill health and many other uncontrollables, which there is no point worrying about.

You see, it is not the obstacles which are important; it is how you treat those obstacles which makes all the difference. So your choice becomes: do I choose to give these obstacles power by focusing upon them, or do I choose to blow them away by focusing on my goal? As soon as you take your focus off the 'negative', it won't bother you again. It's only when you give these negative thoughts lots of attention that you have to really worry!

This brings us to the subject of tunnel vision. Tunnel vision means being able to focus upon your goal so completely that you cannot see any obstacles getting in your way. Try this exercise for a moment: Imagine that you are looking through a narrow tunnel, directly at your goal (try making a 'tunnel' with your hand and look through it at something on the other side of the room) and you'll notice that this 'goal' is all you can see, because the tunnel stops you from seeing anything else - right? So this

means that the goal is all you can focus upon, because there's absolutely no distractions or un-controllables for you to see. This is tunnel vision, which is the best way to achieve a goal, and this is what most champions use.

Now, imagine that this tunnel is becoming wider and wider (open your hand out more and more until the whole room is in view), and suddenly you'll see there are lots more distractions going on to stop you focusing on your goal, and these are the obstacles that get in your way before races. I'm sure you can see that it's definitely better to see 'just the goal', than to try and focus on everything at once.

So the choice is obvious - if you use tunnel vision, you simply won't 'see' the distractions or un-controllables anymore, they'll disappear and you will not have to worry about them. Try this at your next meet and see what a difference it makes.

*Article taken from About.com
<http://swimming.about.com/od/swimmingmindtrainingtips/qt/controltheuncon.htm>*



January 2008

Sun, Jan. 27, Fog City Quadrathon SCY;
San Francisco, CA

February 2008

Sun, Feb. 3, SMMM Relay Meet;
Pacifica, CA

Lanes Lines is edited by Henry Chan. For questions, concerns, or to submit content for future issues, send to hymc219@hotmail.com. Always remember, keep swimming!

