

Lane Lines



Announcements:

- Next Committee Meeting: December 1 @ 10:15am
- Marlins Soup Dinner: January 12 @ the San Mateo Senior Center

Tips and Hints on Training Your Mind to Help You be a Better Swimmer

From Coach Shev Gul, California Swimming Clinics - London

Success in any area of performance involves using your mind as well as your body. Preparing your physical skills takes care of the Outer Game. Preparing your mental skills is the essence of the Inner Game (T. Gallwey).

The Inner Game has to do with your mental approach. This includes your belief, attitude, confidence in yourself and your team, your concentration, and coping with pressure.

When your Outer Game and Inner Game are working together, actions flow with a kind of effortless excellence called performing or playing in The Zone. When in The Zone, you experience the following:

- Performance comes without effort and without having to think about it.
- A feeling of confidence and an absence of anxiety and self-doubt.
- No fear of failure or self-consciousness about achieving your goals.

Physical practice is what builds the skills of your Outer Game and puts them into `muscle memory` so you do not have to think about them during the game.

Similarly, certain mental exercises can help you to improve your Inner Game. The following are some principles and practices that one can use to develop their Inner Game (Mental Skills). Give them a go!

- Action on the Outside, Relaxed on the Inside
- Visualising Success and Mental Rehearsal
- Anchoring your Inner Resources
- Focusing on Feedback instead of Setback
- Always occupy your mind with positive thoughts

Article taken in exert. For the complete article, go to:

<http://swimming.about.com/od/sportpsychology/a/swiminthzone.htm>

Did you know Joinville Recycles?

There are recycle containers for plastic and aluminum cans and bottles in two locations on the deck.

One is located against the fence by the small pool and the other is located by the vending machines and green picnic tables.

So the next time you finish rehydrating after a great workout, please deposit your empty disposable bottle in one of these locations.

Thanks for thinking Green!

Coach's Corner

Coach Ray

Hi guys, hope all is well. Below you will find the schedule for next year. Hope to see you guys there. I know we all have a life to see if you can plan ahead. I also wanted to give a reminder about the upcoming Marlin events; we will be hosting the relay meet in February as well as the Parkside Mile in May. I will be expecting a lot of participation in these meets. We also have the Soup Dinner coming up in January. If I can enter so can you.

Just an FYI we will be ordering new shirts soon, make sure to show your Marlin pride.

On the workout side of things I wanted to encourage more feedback. I write practices so you will improve and meet your goals for improvement. If I do not know your goals I am aiming at my goals instead. Give me your goals and I will strive to help you reach them. Of course if your goal is to never swim IM again, I may not be able to help you.

Date	Meet
Jan. 27	Fog City Pentathlon
Feb. 3	Pacific Relay
Apr. 11-13	PMS Champ.
May 10	Parkside Mile
Jun. 7	Lake Berryessa
Jun. 28	PMS OW Champ.
July 5-6	PMS Champ.
July 29	Trans-Tahoe Relay
Oct. 10-11	PMS Champ.



December 2007

Sat, Dec. 1, SNM Winners Meet

January 2008

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

February 2008

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

Sat, Feb. 9, USF Valentines Affaire; USF, San Francisco, CA

March 2008

Sat, Mar. 15, Rinconada Spring Meet SCY; Palo Alto, CA

Sun, Mar. 30, Strawberry Canyon Masters Invitational SCY, Berkeley, CA

April 2008

Fri-Sun, Apr. 11-13, Pacific Masters SCY Championships; Pleasanton, CA

Tues-Fri, Apr. 15-25, XI FINA World Masters Championships; Perth Australia

May 2008

Thurs-Sun, May 1-4, USMS Short Course Championships; Austin, TX

Sat, May 10, SMMM Parkside Aquatic Mile; San Mateo, CA

Sat, RCM Spring Lake Mile; Santa Rosa, CA

Sat, May 31, Menlo Long Course Meet; Menlo, 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!