

NBSC

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UPCOMING EVENTS:

February 3-4, NBSC Valentine Open – Please check the volunteer sheet for assignments. Everyone is invited to head on over to Organ Piper Pizza on Hwy 100 after the meet on Sunday for food and fun.

February 16-18, Wisconsin Regional Meet at Waukesha South HS – entries due Monday Feb 5th

February 23-25, 12 & Under Wisconsin Short Course State Championships – Waukesha South HS

February 23-25, 13 & Over Wisconsin Short Course State Championships – Shroeder

Practice Changes:

www.nbswim.org

Questions:

Info Line: 414-507-5520

Elements of Speed: How do I get better?

BY ROWDY GAINES - Olympic gold medalist and former world record holder.

There are two sides in the quest to becoming a better swimmer. The first, and in my opinion the most important, is the mental part. The second is the physical aspect.

Surround yourself with positive thinkers. The more negativity surrounding your space, the more likely it will affect you.

Keep a positive attitude.

Communicate with your parents, coaches and teammates about what your thoughts are and how your training process is going.

Be consistent in your emotions. Don't get too high after a great race, and don't beat yourself up after losing one either. The champions I know from swimming are the ones who can live through the peaks and valleys. Life is like a roller coaster, and so is swimming. There are good days and bad days, and if you accept that part of the sport, you will not only become a better person but a better swimmer as well

On the physical side of swimming, consistency is the key word. Our sport demands consistency. Whether you are 8 years old and going to three practices a week, or 17 years old pushing eight to 10 practices a week, you need to be constant in going to those workouts.

The best people to determine the proper distance are your coaches.

The last thing to stress on the physical side is technique. The best swimmers in the world are constantly improving their stroke technique.

In closing, I believe we swim for two major reasons – 1) TO SWIM FAST!!! and 2) TO HAVE FUN!!! There is no way you will ever be able to swim fast unless you enjoy the sport.



Birthdays

January:

4th – Morgan Fields

7th – Chris Malnory

20th – Jasen Johnson

28th – Coach Pete Zenobi

30th – Heather Garland

31st – Brad Mueller

February:

11th – Niko Gavran

12th – Kaitlin Hartmann

12th – Laura Smethurst

14th – Lauren Locante

DID YOU KNOW.....

- Coach Rannon is a new teacher in Hales Corners and just graduated from UW-Oshkosh in May
- Coach Pete just had a birthday
- That butterfly is the only stroke that was actually "invented"

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 Congratulations to Gina Lupo for submitting the winning entry for our Valentine Open Heat Sheet contest!

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 Congratulations to Sara Biro for submitting the winning entry for our NBSC directory!
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Introducing Coach Rannon Bronecki

Rannon has been swimming since she was 4 years old. Her mother was a swim teacher and got Rannon and her brother started at an early age. Coach Rannon swam for South Milwaukee High School and SMAC for a few years. She was the captain of her high school swim team and won many medals during her four years on the team. Her favorite stroke is the butterfly.

Coach Rannon enjoys reading, scrapbooking, hanging out with friends, watching movies and kicking the soccer ball around. This is Rannon's first coaching position. Please introduce yourself to Coach Rannon and welcome her to NBSC. We're excited you're with us Rannon!

Swim Basics

The basics of time standards used in swimming - Adapted from Mat Luebbers at About.com

For those of you familiar with USA Swimming Top-16 Based Time Standards (B, BB, A, AA, etc.) this is nothing new. For those of you not familiar with them...

USA Swimming publishes sets of time standards for various reasons. One of the reasons behind standards is their usefulness for setting goals. They are also used to control the size of swim meets, as each higher or faster level in the standards has fewer swimmers - as the standards get faster, less swimmers achieve them. Almost every swimming federation in the world uses some form of stepped standards within their system.

Standards can also be used to offer swimmers a general idea how they match up with other swimmers in their age group and between age-groups, but raw times works better within age-groups. In a general sense they can be used to compare swimmers in different age-groups with each other, but just because a swimmer has "AAA" times as a 9-10 year old does not mean that same

swimmer will get "AAA" times as a 13-14 year old.

There are several reasons for this, including differing maturation rates, changing interests, and even injuries.

Bottom line - Time standards are great for goal setting and somewhat useful for comparing swimmers in different age-groups, but not necessarily over the "life" of that athlete.

CHEVRONS

Each time a swimmer achieves a B time or better in an event, the Club will now award them a chevron. In order for your swimmer to receive a Chevron fill out the Chevron form located in the Chevron folder in the mailboxes at each pool.

Note: Swimmers can only receive one chevron per category per event regardless of whether it was yards or meters – so if the swimmer receives a B time in the 50-yard freestyle, they will not receive another chevron for a B time in the 50-meter freestyle.

If you are unsure if your swimmer should receive a Chevron best times are reported in the Fast Lane.