

# TURTLE NEWS



Great job to all the swimmers that swam in the Rec Meet on Saturday Nov 8<sup>th</sup>. We had some Great Swims. Swimmers are getting more confident and our turns are looking a lot better. Keep working at them at practice. Parents we had quite a few parents on deck during the meet that were not timing. Please remember Parents are not allowed on the pool deck unless they are working,

As you were informed Last Week, the High School Pool will be closed on Wednesday, November 12, for necessary repairs to the bulkhead. The duration of these repairs is anticipated to extend until November 23.

A schedule for the upcoming two weeks has been developed, and the calendar on Commit has been updated to reflect these changes.

**Please note**

Silver Swimming on November 17th will have two times; please check the list to see what time your swimmer is scheduled.

[CLICK HERE](#)

## Upcoming Meets

**COHO Arena Winter Classic**  
**Deerfield High School**  
**Dec 6<sup>th</sup> - 7<sup>th</sup>, 2025**

## Open Meet Registration

**MMSC Winter Open**  
**RecPlex Aqua Arena , WI**  
**Jan 16<sup>th</sup> - 18<sup>th</sup>, 2025**  
**Registration closes 12/4/2025**

**Bensenville Vs Vernon Hills**  
**Vernon Hills High School**  
**Dec 20<sup>th</sup>, 2025**  
**Registration Closes 12/12/2025**

Here are a few important reminders and updates:

**Pizza Party:**

***November 13th:***

- Bronze at Vernon Hills High School, 6:30 - 7:00 PM
- Silver at Vernon Hills High School, 7:30 - 8:00 PM

***November 14th:***

- Gold and Green at Vernon Hills High School, 7:30 - 8:00 PM

The drawing for each group in Team Social will be announced at the Pizza Party.

**Turtles Team, Social Ice Hockey Game, NOV 14th :**

Parents and Swimmers,

We invite you to join us for an exciting afternoon at a Chicago Wolves game on December 14th at 3:00 PM, taking place at the Allstate Arena. All attendees will be seated together, and each swimmer will receive a silicone swim cap featuring the Wolves logo. Additionally, the Turtles will be showcased on the big screen throughout the game. This event is a great opportunity for our swim family to bond outside of the pool and enjoy a lively outing together. We hope to see you there!

Please purchase your tickets [HERE](#). Tickets will be on sale until December 12, 2025, at 12:00 PM CST.

# The Power of a Positive Mindset: How your thoughts can change your swimming

By: Summer Finke



You can train harder than anyone else in the pool, but if you don't believe in yourself, it's tough to reach your full potential. The truth is, your mindset matters just as much as your physical strength. What you tell yourself before, during, and after a race shapes how you swim, how you recover, and how much you improve.

Having a positive mindset doesn't mean pretending everything is perfect. It means choosing to believe in yourself, even when things feel uncertain. It means knowing that your thoughts can either lift you up or hold you back. The best swimmers in the world don't just have great strokes; they have great attitudes. Your mind can be your best friend or your worst enemy, and I don't know about you, but I'd much rather have a friend on my shoulder.

When you train with confidence, you give yourself room to grow. You start to see every practice as a chance to get better instead of something to get through. Each lap becomes a step toward your goals. Instead of thinking, "I can't make that interval," try saying, "I'm going to give it everything I've got." That small change can completely shift how your body reacts. When you focus on what you can do instead of worrying about what might go wrong, you swim with more energy, focus, and trust in yourself.

Positivity also helps you bounce back faster. Every swimmer has rough days. The kind where the set feels endless, the race doesn't go your way, or the time on the board isn't what you hoped for. It happens to everyone. What makes great swimmers different is how they handle those moments. Instead of getting stuck on what went wrong, they look for what they can learn. They remind themselves that one swim doesn't define them. Every race, every practice, and every challenge is another chance to grow stronger.

Confidence isn't something you're just born with; it's something you build. It grows when you show up on the days you'd rather sleep in. It grows when you push through a tough set, when you support a teammate, and when you decide to reset after a mistake. The more you practice positive thinking in those little moments, the easier it becomes to bring that same mindset to big races.

Try this at your next practice: when a negative thought pops up, swap it for something better. Instead of "I'm tired," say "I'm getting stronger." Instead of "This is too hard," try "This is making me better." It might sound simple, but those small shifts matter. Your brain believes what it hears most often, so make sure it's hearing things that help you.

And here's the best part: positivity spreads. When you show up with a good attitude, your teammates feel it. The energy in the pool changes. Everyone starts working a little harder and smiling a little more. Being that swimmer who lifts others up doesn't just make you a better teammate; it reminds you why you love this sport.

At the end of the day, swimming is just as mental as it is physical. The pool will always test you, but your mindset determines how you respond. You can't control everything, not the lane you're in, not the weather, and not even the clock. But you can always control your effort, your attitude, and your thoughts. So the next time you dive in, remember that your mind is one of your strongest tools. Believe in your training, trust your preparation, and stay positive no matter what. You'll be amazed at how far that mindset can take you.