

TURTLE NEWS



Here are a few important reminders and updates:

Swim Calendar:

All practices are listed on our team calendar. We highly recommend checking the swim times for your swimmer's group to ensure they are up to date with practice schedules and any potential schedule changes.

Safe Sport USA Swimming:

Parents and swimmers, we kindly remind you to complete your Safe Sport course. If you are having trouble logging in, please click [HERE](#) to access a helpful PDF guide. Thank you for taking the time to do this!

Turtles Team, Social Ice Hockey Game, December 14th:

Parents and Swimmers,

We invite you to join us for an exciting afternoon at a Chicago Wolves game on December 14 at 3:00 PM, which will be held 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 wonderful opportunity for our swim family to bond outside of the pool and enjoy a lively outing together. We hope to see you there!

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

Commit Swimming Support Page:

Parents, should you have any inquiries or require assistance regarding Commit Swimming, kindly visit the parent support page, which provides videos on all relevant topics. [LINK](#)

No Parents on Pool Deck:

This is a reminder that during swim practices and competitions, it is important for parents to remain off the pool deck. This rule is in place to ensure a safe and focused environment for both the athletes and coaches. It enables swimmers to focus entirely on their training and competitive efforts without distractions. Coaches are responsible for supervising the swimmers and addressing their needs during these events. By following this guideline, parents help maintain order and safety while also fostering independence and confidence in their children. If you would like to communicate with a coach, please do so either before or after practice.

Upcoming Meets

COHO Arena Winter Classic
Deerfield High School
Dec 6th - 7th, 2025

Open Meet Registration

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

Bensenville Vs Vernon Hills
Vernon Hills High School
Dec 20th, 2025
Registration Closes
12/12/2025

Blue Devil Swim Your Heart Out
RecPlex Aqua Arena, WI
Feb 13th - 15th, 2026
Registration Closes 1/12/2026

How to Mentally Prepare for a Swim Meet

By: WRITTEN BY PHILIP MOLDOVANU

Preparing for a swim meet is not just about physical readiness; mental preparation is equally crucial. This article will guide you in mentally preparing for a swim meet, ensuring you are as ready mentally as you are physically. We will also discuss strategies to help you get mentally ready for your swim meet.

Understanding the Importance of Mental Preparation

Mental preparation plays a pivotal role in a swimmer's performance. It involves cultivating a positive mindset, managing stress, and visualizing success. The right mental approach can significantly impact your confidence and focus during the meet.

Setting Realistic Goals

Before the meet, set clear, achievable goals. These should be specific to your abilities and training progress. Goals provide direction and purpose, making it easier to stay motivated and focused.

Developing a Pre-Meet Routine

Establish a consistent pre-meet routine. This might include visualization techniques, in which you imagine yourself performing well at the meet. A solid routine can calm nerves and boost confidence.

Embracing Positive Self-Talk

Positive self-talk is a powerful tool for mental preparation. Replace negative thoughts with affirmations and constructive statements. Remind yourself of your training, strengths, and past successes.

Managing Stress and Anxiety

Learn to manage pre-meet stress and anxiety. Techniques such as deep breathing, meditation, or listening to calming music can be effective. Remember, some level of anxiety is normal and can be channeled positively.

The Role of Nutrition and Rest

Do not underestimate the role of good nutrition and rest in mental preparation. A well-rested and well-nourished body supports a healthy mind, enhancing overall performance.

Visualization and Mental Rehearsal

Practice visualization and mental rehearsal. Imagine the entire swim meet experience, from warming up to touching the wall at the finish. This practice can improve focus and performance.

Seeking Support

Support from coaches, family, and friends can be invaluable. Discuss your goals and concerns with them. A strong support system can provide encouragement and advice.

Staying Flexible and Adaptable

Be prepared to adapt to unexpected situations. Flexibility is key to handling last-minute changes or challenges while maintaining a positive mindset.

Conclusion

Mental preparation is as vital as physical training for a successful swim meet. By setting realistic goals, developing a pre-meet routine, engaging in positive self-talk, managing stress, focusing on nutrition and rest, practicing visualization, seeking support, and staying adaptable, you can get mentally ready for your swim meet. Remember, the right mindset can make a significant difference in your performance.