

TURTLE NEWS



Great job to everyone who competed at the Lake Forest Monster Mash this weekend! It was a fantastic chance to assess our progress in training, technique, and racing. These mid-season meets are all about learning, improving, and building momentum for what's ahead.

Here are a few important reminders and updates:

- **Swim-A-Thon:** Let's rally together! We only have 4 days left to reach our fundraising goal. Please make your pledges—whether per length or flat donations—to help us hit our target. Our goal for the pizza party is \$7,000, and we need just \$1,582 more to ensure the entire team gets pizza. Every contribution counts—let's make it happen! Important information will be sent out on Tuesday morning.
- **Commit Calendar:** All practices are listed on our team calendar. We encourage you to check the calendar regularly and watch your email for any updates to practice times. Any changes will be communicated via email to the addresses you provided on Commit.
- **USA Safe Sport:** We still need swimmers and parents to complete the online Safe Sport Training. If you haven't done so yet, please do it as soon as possible.
 - Swimmers 5 to 12 - **"Safesport for Kids"**
 - Swimmers 13 - 17 **"Safesport for Youth athletes (13-17)"**
 - Parents - **"Parents' Guide to Misconduct in Sport"**



How to take your training to the next level

By: Dr. Alan Goldberg//contributor

Concentration is the key to athletic excellence. When you get it right, it will keep you loose and confident and help you take your performance to the next level. However, when you get it wrong, it will undermine your confidence, get you nervous and physically tight, and sabotage your competitive performance.

To develop this key mental toughness skill, start today to regularly practice concentrating like a champion during training.

PRE-PRACTICE:

If you stretch or in other ways warm up before practice officially starts, then work on your concentration during this warm-up period. That is, keep your focus on what you are doing while you are doing it. If you stretch, do so “with awareness.” That is, concentrate on the feeling of the stretch while you do it. If you’re loosening up by taking a few laps, practice swings, shots, or strokes, don’t just mindlessly go through the motions. Focus on the feeling of what you’re doing, WHILE you’re doing it! If your focus drifts while you’re doing this warm-up, which it frequently will, then quickly return your focus to what you are doing in the warm-up!

DURING PRACTICE:

Use this same “recognize and return” skill during your practices. Work on keeping your concentration in the NOW, on what YOU are doing during practice, and every time that you find yourself drifting from these two key focal points, quickly return your focus to them. If you’re doing a drill and make a mistake, leave the mistake in the past and quickly return to the drill in the NOW. If your mind starts focusing on what the coach or others might be thinking about you, then quickly bring your focus back to YOU and what you are doing!

By regularly practicing this kind of concentration in practice, when the heat of competition is turned up high, you will be able to quickly recognize when you lose your focus and immediately bring it back. And this is what **CHAMPIONS DO!**

Upcoming Meets

Patriot Fall Classic

Date: Nov 1st - Nov 2nd

Location: Stevenson High School, Stevenson Drive, Lincolnshire, IL, USA

Meet Type: USA Swimming

Registration: Closed

Schaumburg & Elk Grove Vs Vernon Hills

Date: Nov 8th

Location: Vernon Hills High School

Meet Type: REC Meet

Registration : Open till 10/31

Coho Winter Classic

Date: Dec 6th - 7th

Location: Deerfield High School, 1959 N. Waukegan Rd, Deerfield, IL 60015.

Meet Type: USA Swimming

Registration: Closed