

# October 2009

## The Manatee Monthly

### Speedo Tip of the Month

This month's Speedo Tip comes from DR. LENNY WIERSMA Correspondent.

"The beginning of a swimming season is a great time to start a training journal, which is a written record of your performance and a consistent, positive and concrete reminder to keep you focused. Use the journal to make observations about how you feel physically or mentally, and describe your level of motivation, mood and confidence. By recognizing these things, you have taken the first step in gaining control over them and using them to your advantage. Personalize it however you want, but I recommend the following:

1. Buy a writer's journal or spiral-bound notebook. On the first page, write out the following in big, bold print: What are your specific goals for this year? What are the major improvements you want to make during the season?
2. After each practice, date your entry, then list your practice goal, how you felt during practice (physically and mentally), and how you dealt with distractions or fatigue. End each entry with one positive note about practice, then with a powerful statement, such as, "I am strong," or "Nothing can stop me."
3. After each meet, write down your goals for the meet and the times you swam. Briefly describe how you felt physically and mentally, then what you learned from your performance. List any stressors you faced as well as how you attempted to deal with them. End each entry with a very positive, powerful statement, such as "I love the battle" or "London, here I come."

Keep the journal simple so it doesn't feel like homework, and make it as positive and motivating as possible. If nothing else, it will be quite a gift to yourself to look back over your swimming career and keep cherished memories of your experience."

### MPSCPA Meeting:

When: October

12th, 7:30pm

Where: PW Program

Bldg

Who: All MPSC

Members



### USA Swimming Issues Clarification to New Swimsuit Rule

USA Swimming has issued a clarification of the new swimsuit rules. This is an interim rule that is in place until FINA releases a list of approved suits. Until this listing is issued, coaches, swimmers and parents should use the following criteria in determining if a suit is legal for competition:

1. Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee;
2. No zippers or other fastening devices are allowed except for a waist tie on a brief or jammer; and
3. Suits must be of textile material and must not be made of any rubberized type of material such as polyurethane or neoprene.

If the suit meets the above three criteria, it should be assumed to be an approved suit during this interim period."



# October 2009

## The Manatee Monthly Pg 2...

### October Birthdays

Jasmine Adams - 11	Lucas Langston - 13
Joshua Adams - 8	William Lewis - 12
Charles Beall - 9	Zachary Lierley - 15
Kelly Brannigan - 13	Brennan McDavid - 17
James Ducker - 12	Travis Morin - 14
Nicole Edlmann - 15	Marjorie Poulnot - 15
Joseph Garvey - 11	Kathleen Radenbaugh - 13
Rebecca Groves - 12	Kira Tabor - 11
Elizabeth Johnson - 12	Ansley Ulmer - 14
James Koval - 14	Andrew Wong - 12

### Important Dates...

10/03/09 - Grand Prix #1 - MPSC

10/07/09 - Chick-fil-A Spirit Night - 5-8 PM

10/09/09 - Spooky Invite T-shirt Order Forms due

10/14/09 - Last day to sign up for Spooky Invite

10/16/09 - Team Picture at 4:30 PM - Wear team suit 2009/2010 Team shirt and nice shorts

10/23/09-10/25/09 - Spooky Invite

### Manatee of the Month:

A manatee of the month is someone

- ❖ who is a leader
- ❖ has good work ethic
- ❖ is committed to personal goals
- ❖ is a responsible teammate

The Manatee's for October are:

Blue - Gabi Reed

Orange - Jasmine Adams

PreSenior - Chase Heffron

Senior - Matthew Adams

Senior Elite - Chase Muller

### News from Liz

Hello MPSC Manatees!

Welcome to the 2009-2010 short course season! All of the MPSC coaches look forward to a great year in the pool working on our goals, our health, and our fitness. One of our team goals this year is to finish top 2 at the South Carolina Short Course State Championships, which means we have a lot of hard work ahead of us. It will take hard work and dedication from every single manatee. We are starting the year off with a record high 171 swimmers in the pool, so manatees get ready for a great season! Go Manatees!

~ Coach Liz

### MPSC Facilities and Contact Information

R.L. Jones Center  
391 Egypt Road  
Mount Pleasant, SC 29464  
Phone: 843-884-2528

Park West Pool  
1251 Park West Blvd  
Mount Pleasant, SC 29466  
Phone: 843-856-2536