

CMSC

OCTOBER NEWSLETTER

We're gearing up for the winter push. For most of us we missed out on summer, but with the leaves changing color and the first signs of fall/winter approaching we find ourselves again and the start of another odyssey. The new swim season is well underway and as we gradually work our way back in intensity and distance it's important you work with a plan in mind.

Not all of us swam on a regular basis throughout the summer, so it's important you integrate your training level back appropriately. Take time to stretch, to prepare and cool down. Avoid the mistake of pushing too hard too early. It's a long road ahead and it's important you view the season as a whole.

The training outline from the coaching staff is also updated on our website. As we continue to increase distance and stroke work the intensity will increase. Get ready for a surge on aerobic work!

We will do our best to promote all competitions well in advance, it would be a true feather in the cap to see new members compete and represent our club.

With that said we are embarking on our first competitions. All registration information is available on our website.





First Alberta Masters Meets of the Season!

Different Strokes Trick or Treat

Saturday 30 October 2010

Red Deer Silver Sharks Invitational Meet

**Saturday 06 November 2010
Michener Centre, Red Deer, AB**

**Saturday 06 November 2010
Penguin Masters Cup**

**Saturday 20 November 2010
Kinsmen Centre, Edmonton**



IMPORTANT MEMBERSHIP INFORMATION

Note from Membership;

Registration Packages have been processed, and Swim Alberta registrations have been completed.

In order for you to "complete" your Swim Alberta registration you would of received an email from Swimming Canada to login and update your account. You will need to LOGIN to your account to complete your registration. If you deleted this email, let me know and I will re-activate the request.

Also, the coaches have new Talisman passes for this session. Your current passes indicate that they will expire January 2011, but they will be expiring in the the next week or so. Please see your coach to pick up your 2010-2011 pass.

We are processing names on our waiting lists. You'll be seeing some new faces at the pool and in your lanes. Please introduce yourself to our newest members!

Susan

Social Events

We've enjoyed two great pub nights thus far at Brewsters! Great attendance to both events but there is always room for more. Stay tuned for the next night out!

Mark your calendars for "The Holiday Hangover" party on Saturday, January 23, 2011. It will be hosted at a CMSC member's house and provide a great opportunity to meet people outside of your lane. Any thoughts on whether it should be a potluck or a catered event? More details to follow.



Saturday workouts at month end are becoming more than just great baking! Next up are lanes 3 and 4 for November. Kelly has been incorporating relays to kick off our practice and the responses have been overwhelming.

If swimming a relay with a pumpkin isn't incentive enough than I don't know what is, wonder what's ahead? We'll start putting photos up on the website but please check your emails and our website for notice of events.

Our careers and work schedules can sometime interfere with workout. Selfishly I am victim to this trap, but the good news is I am not alone. Being on the road and away from regular workouts does create imbalance and while it's obvious to assume most of us can still work out, rarely do we factor exercise into our travel schedules. The problem with falling out of routine is that it's much more challenging to get back into the water and pick up where you left off.



For many of us who travel with work, or have to miss workouts with other conflicting agendas, it's important to find a way to integrate exercise. The key is to plan ahead and ensure you maintain a regiment. Sure it seems obvious but simple checklists go a long way.

Travel workout: Fitness tips for business travelers

When you're traveling for business, you can stick to your fitness routine — seriously! Use these simple travel-workout tips to maintain your fitness program when you're away from home.

By Mayo Clinic staff

If your job keeps you on the road, you know how challenging it can be to maintain your fitness program. Hours of travel and back-to-back meetings may leave little room in your schedule for a travel workout — but exercise isn't a lost cause. A little dedication and planning can help you stay in shape when you're traveling. Consider these simple travel-workout tips.

Pack for fitness

Before your trip, contact the hotel and ask about on-site or nearby fitness facilities — then pack accordingly. Your travel-workout essentials may include:

Athletic shoes

Resistance tubing

Weight Gloves

Music and headphones

Swimsuit

Yoga/Exercise Mat



Check out the facilities

When you arrive at your destination, check out the fitness facilities at your hotel or a nearby health club — then schedule time for a travel workout. If the options seem limited, get creative:

- Check out local parks and trails. Ask the hotel staff about safe routes for walking or running.
- Get wet. Swim laps in the hotel pool or nearby facility
- Skip rope. Use a jump-rope in the hotel's fitness room
- Do jumping jacks. Try a few sets right in your room.
- Try aerobics. Follow an aerobics program on TV or online, or play an exercise video or DVD from home.
- Use resistance tubing. You can use resistance tubing in your travel workout to build strength in nearly any muscle group.
- Take advantage of your own body weight. Try push-ups, abdominal crunches and leg squats.

Stick to your routine

If you're used to early morning, noon or evening workouts, try to exercise at the same time when you travel. Maintaining your normal routine may help you adjust to time changes and the stress of business travel.

If jet lag or extreme schedule changes leave you exhausted, make your travel workout shorter or lighter than usual. It's OK to take it easy once in a while, but remember the energizing effect of regular exercise — which may be just what you need to get down to business.

It seems obvious that nutrition and exercise with traveling coincide with one another. When you pack your bags for a trip walk through a checklist and plan ahead. You'll be amazed at what a few minor changes can assist to your time away.

Diet Tips for Business Travelers



Stick to Your Diet on the Road

From [Greig Waddell](#), former About.com Guide

From fast food to room service, business travelers face a lot of unhealthy temptations on the road. That doesn't mean, however, that you have to abandon your diet when you're traveling for work. Learn how to make healthier choices with these easy tips.

1. Pack Your Own In-Flight Snacks

Unless you are in first class, you aren't getting anything to eat or drink without shelling out some moola. Not only that, but the snack boxes aren't exactly healthy (though we love pretzels and peanuts as much as the next person). Instead, stash a few healthy granola or protein bars in your carry-on, or pack some unsalted, heavy-on-the-fruit trail mix (hint: the ones with M&M's aren't the best pick here, sadly).

2. Eat Breakfast

Whether at home or in the hotel, try to make time for breakfast every day. You'll be less inclined to hit the office muffin cart or overeat at that lunch if you've started your day out with a healthy meal. If you are dining at the hotel, try to eat fruit and non-sugared cereal with a boiled egg. Carb-laden breakfast treats, while tasty, aren't your friend.

3. Do Your Own Cooking

If you are in an extended stay hotel, you'll most likely have a small cooktop and microwave. Avoid eating out and hit the local grocery store for some fresh fruit, oatmeal packets and healthy, microwaveable dinners (pay attention to the sodium levels!)

4. Drive-Through with Caution

It's hard to avoid the drive-thru on the road, but you can find healthy options amid the burgers and fried nuggets. Look for words like "grilled" and order all sandwiches without mayo, cheese or special sauces. Eliminating a bun can shave off extra calories, as well. Order salads with vinaigrette dressings on the side, and avoid fatty toppings like cheese, croutons and those tasty fried noodles. FitnessMagazine.com has compiled a handy cheat-sheet of the healthiest eats at [fast food eateries](#) and [popular chain restaurants](#) to make sticking to your diet even easier on the go.

5. Order Wisely

If you can choose where to eat, steer your dinner party toward Japanese over Chinese, Pizza instead of Mexican. Salads might seem like an obvious choice, but fat-laden dressings and toppings can pack on the calories, so be sure to choose light dressings (on the side!), grilled chicken or fish protein and filling ingredients like beans and avocado. Opt for the plainest chicken or fish dish on the menu, avoid buttery sauces, and ask for extra broccoli or veggie medley instead of fries or a potato.



RACE TIME

With the competition schedule ramping up many of us can take a tip or two when it comes to goal setting and performance review. I've found several articles by Craig Townsend and they all seem to rekindle a sense of confidence when I read them. Although many of us haven't put that CMSC cap on in a meet, we have all experienced goal setting and competition in our lives.

When you are objective and realistic about how you evaluate your performances it serves as a tremendous building block. This doesn't just apply to our competitive nature, but all aspects of life. I hope you find these articles helpful in preparation for your meets.

Mind Training Tips for Swimmers

[by Craig Townsend](#)

#83 - Reasons Behind The PB Drought

The main reason why a swimmer experiences a dry spell of PB's (assuming their strokes are technically correct) is simply due to the huge influence of subconscious belief.

Negative beliefs cause the same negative result to recur, over and over again (eg. being stuck on the same time for ages / regularly losing to the same competitor / training great but slow times in the big meets etc), and this has caused many people to give up their sport altogether in frustration (but don't worry, there is no reason to do this!).

A negative belief starts out as a simple negative thought, which is dwelled upon for some time. This repeated thought creates a new belief or 'program' within the subconscious for the body to follow. The subconscious then gathers more and more 'evidence' that this belief is true, which strengthens the belief even further.

For instance, a swimmer might lose to a particular competitor twice during a meet, but instead of shrugging it off and getting on with it (which they would normally do), they may dwell upon it for a period of time. This causes the beginning of a negative belief, which may then cause further losses to this particular competitor - which unfortunately then reinforces this belief, and so on.....a vicious circle which can become difficult to get out of.

When a swimmer is in this situation, trying harder simply does not help at all, and sometimes things seem to even appear to get worse. The reason why trying harder does not help in this situation is because the cause of the problem is not in the conscious mind (where we have some level of control), it is sub-conscious.

This means that the best way to overcome a negative belief in swimming is to stop it occurring in the first place! This means to never, ever dwell upon negative results. Sure, scan the bad

swims for whatever information you may need to learn from them, but then, let them go, and move on - and this means, do not think about those swims again. As soon as you extract what you need to learn from that result, it becomes ancient swimming history. Finished, erased, gone forever - that result is now worthless and should never be given a thought again. Extract the positive - then move on!

It's not a bad swim that decides your success or failure, it's your reaction to that swim. So how do YOU react? Do you examine it, learn from it, change your strategy and move forward (to ultimately succeed) - or do you wallow in misery and dwell on all the things you did wrong? This is the question you will face after every bad race, and your answer to it is very important to your future swims, meets and performances.

Another great way is to think how your favorite international swimmer would react in this situation - and the question is not difficult. They learn and move on, only to ultimately succeed later on.

For those who are in the grip of a negative belief right now (ie. a recurring problem), the best thing I can recommend to you is a daily visualization exercise - for at least a couple of months in order to overcome it. The good news is that once you have positively 'reprogrammed' your subconscious computer - the problem will disappear forever (unless you allow yourself to create the situation again - and I am certain you would not allow this to happen!).

So keep feeding your mental computer with positive data, and you cannot go wrong. Learn from mistakes, and then move on. Your reaction to the swim, not the swim itself, determines your future results. Though this line also applies the other way around - "a positive mind creates a positive body, and a positive body attains positive results". Positively, every time!

**The Mind controls the body, and the mind is unlimited.
The best of success, Craig Townsend**

[Motivation and Sport Psychology for Swimmers](#)

If we do nothing else, embrace the spirit of competition for what it is. Training and working towards a goal is rewarding when the results yield what your expectation is. We all know that sometimes we just don't perform as well as we want to.

Keep your goals realistic and in check. Take the time to evaluate what you may or may not have done to impact the result, and when it's time for you to re-evaluate your goals take the lessons learned and use them for motivation.

All of us have hectic lives and swimming is a great outlet.

