

It is now mid-January. Wow. Where has the time gone? We are six weeks out from Champs. Everyone should be feeling a little tired at this point of the season; swimmers and parents alike. It has been a fast few weeks since we were training during Christmas break. It is time to start thinking about swimming fast every time we get in the water. Even though everyone might be tired, if you can swim fast now, you will be better off when we begin to rest. We still have a few weeks left before we begin full rest. The Monsoons and Typhoon Orange groups still have about 3 weeks yet of good hard work, while the younger age groups really do not have enough yardage in workouts to really experience a full rest schedule. They will continue with technique work and begin to swim shorter sets with more rest. Resting, (or taper), as it is known in the swimming world, is the point in the season in which the workouts shift to short intervals of fast swimming accompanied by increased rest. This time of the season is filled with joy and happiness. I have grown to know this time of the season as "Taper Island." There is a saying that you might hear me say, "Don't wait for the boat, swim to the island." There is no easy way to the luxury that is Taper Island. You must swim hard in workout to reach it, embrace it when it appears and hope it accepts you. If you have worked hard every practice, listened to instruction and changed what you have been asked to change in the technique of your strokes, Taper Island will be a joyous place full of happiness and fast swimming. But, if you haven't done the above to further your swimming ability, Taper Island will cast you aside. It is as simple as that. You cannot fake your way to better swimming. Now is the time to hone the final technique points and get your mind in a frame for fast swimming. We have a few weeks left before Taper Island begins, and you will know it when it comes. But in the meantime, keep working really hard and hone those strokes!

With increased rest, comes increased energy. Swimmers have to know how to control the increase in energy that they will begin to feel. "Think fast, move slow." This is good advice for when you are out of the water during season and especially during taper time. Do not take added risks that might cause you injury out of the water. Examples of risks might be: snowboarding or skiing fast over obstacles, ice hockey, snow football, uncontrolled sledding, pick-up basketball games, wild boar hunting, etc. The idea is to relax and conserve energy. When you get on the starting blocks though, "think slow, move fast." Slow your thinking and relax when you are on the blocks and allow your energy to "bust a fast time out." Taper Island isn't here yet, but it is close, maybe around the corner. Get excited!

Excitement! When you are on the blocks, get EXCITED! Don't get nervous, nervousness leads to bad things. Excitement leads to good things. Channel your nervousness into excitement and it will lead to fast times!

We have five meets, plus the Regional A meet, left before Champs! Get in the correct frame of mind, have fun and swim fast!

High school season is also in full swing and winding down faster than the Y season. I would like to personally invite all HURY swimmers to our Senior night on Saturday February 5 at 5:00pm. You will be recognized at the break as members of HURY. Admission is free to all HURY swimmers. Our sectionals are February 12, with districts on the 18<sup>th</sup> and 19<sup>th</sup> of February. If we are fortunate enough to qualify, the state meet is the 24<sup>th</sup>-26<sup>th</sup> of February. I will be absent from now until after the high school state meet from the Y meets due to my commitments with the three high schools. I have total confidence in Kyle and Lindsey to lead HURY at the meets in my absence. They have been a great help throughout this season. Listen to them. You can trust them to lead you in the correct direction.

Good luck at North Sprints! GO HURY!!!

Coach Brian