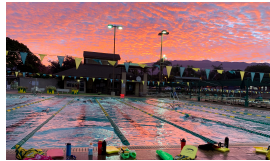


Newsletter

By
Abderrahmane
Tissira



WHY WE COACH



HOW CAN WE IMPROVE
OUR MINDSET?



NUTRITION



GOOD TO GREAT

NEWSLETTER

By Head Coach

Abderrahmane Tissira



Why we Coach !! And What we Coach !!

Being a coach is more complicated than you think. I consider myself a teacher, an educator, a person who will make an important impact on an athlete's life. Some athletes spend more time with me than with their parents. As I tell my athletes, I'm not your friend, but I am and I will always be your best supporter. Being successful with athletes can only happen if there is a connection and relationship between the coach and the athletes. Unfortunately, parents can have a negative impact on this relationship if they play the role of the coach at home. They decide which training is more important than the other, which competitions are more worth it than others..... and more.

If you want your kids to have a great journey in swimming or any sport they play; Just be the parents and show them your best support no matter the results. The kids need you as a parent and they need us as a coach.

What we Coach? I can write long pages, but here are some points:

We teach..... we don't tell swimmers what they have to do.

We create a dream..... we don't fix swimmers goals.

We give swimmers tools to grow, build confidence and help them create their own path.

We teach them Growth Mindset and the pursuit of Excellence.

Why we are looking for excellence?

Excellence can be achievable by everyone, not matter the speed or the age of the athlete; this is our main teaching focus with all swimmers at the Dolphins Swim Team. I know that some parents think that we are only high performance, but thats not the reality. Many parents misunderstand the concept of the sport in general. I understand that they want to see their kids having fun and being happy, but how? By teaching them the real challenge they will face in life or try to give them a smooth path that they will never find in real life. Let's talk about how kids can have FUN or be Happy.

Happiness is used in the context of **mental** or **emotional** states, including positive or **pleasant** emotions ranging from **contentment** to intense **joy**.^[1] It is also used in the context of **life satisfaction**, **subjective well-being**, **eudaimonia**, **flourishing** and **well-being** <Wikipedia>

Your kids can be happy, if they learn how to deal with challenges and achieve goals by themselves, through difficulties and failures. The sport is one of the best schools of real life management, this is what we do all the time.

“A good coach will make his players see what they can be rather than what they are” Ara Parseghian



I start coaching in 1996, I was young and very motivated to help athletes to reach their full potential. From day one, I promise myself that I will be honest with my athletes and do my best each season to learn and be the best as a can be, as a leader and coach.

Coaching, is my passion and athletes success is my purpose; see the athletes grow and learn a life skills from sports is fantastic, but sometimes challenging; This is a reason why I start doing this a newsletter for swimmers, parents and friends. I will ask you just to be open mind when you read it, and I hope something positive will happen. Good Reading



Mental Preparation



The Mindset separates the best from the rest.

Hard work, drive, ambition determination, and discipline all must accompany a positive mind. “I think your biggest weapon is to be as prepared as you can. I really think that working your mind (is important) because at this level everyone knows how to play tennis. **The thing that separates the best from the rest is just the mindset.**” [Read full article](#)

Bouncing back from sporting failure. How can you help your child.

Written by Gordon MacLelland.

Children choose to play sport. (Hopefully, in most cases anyway). It's a voluntary activity and as long as they are going to play sport, it means they will have to agree to certain conditions. One of those conditions is that, at various points throughout their time in sport, they are going to fail. It's going to happen to your child, whether you want it to or not.

What can you do to assist them as a sporting parent?

- **Work on changing their overall mindset towards failure – Stop them from fearing it.**
- **Don't allow them to create a false narrative in their mind.**
- **Turn a negative into a positive**
- **Encourage your child to be compassionate towards themselves**

[Read full article.](#)









Nutrition

Nutrition is really important, pre, during and post workout, as I tell my athlete, make sure you eat what do you body need, not what do you want.

One thing that I have noticed is that swimmers are not fuelling well during workouts. Our training duration is more than 2 hours long. You need a good plan if you want to finish the workout as strong as you started it, here are some recommendations:

- Only water is not enough: Add a pinch for salt in your water.
- Light snack after warm-up, after the first set. Have your snack beside your equipment.
- When you finish your training, there is a 30 minutes window that your body will recover fast if you fuel properly.
- Make sure you eat before the morning practice; If you cannot eat you you have some issues, let me know and I will help you to find what's you can try.
- Don't share your snack or food. There is some athletes with allergies.

Below, is the recommendation for the endurance exercise.

FUELING DURING EXERCISE <ul style="list-style-type: none"> • Stay well-fueled during workouts with the right mix and timing of carbohydrates, fluids and electrolytes to replace what's lost during exercise. • Take small, frequent bites during exercise and always with fluids. • Experiment with new foods and drinks during training to find what works best for competition.  <p>For advice on customizing a nutrition plan, consult a sports dietitian.</p>	 EXERCISE TIME	 TYPE OF EXERCISE	 HOW TO FUEL
	BRIEF EXERCISE		
<45 MINUTES	<ul style="list-style-type: none"> • Batting practice • Shoot around (basketball) • Lifting 	Focus on water for hydration	
SUSTAINED HIGH-ENERGY EXERCISE			
45-75 MINUTES	<ul style="list-style-type: none"> • Cross country workout • Stop-and-start sports (soccer, football, field hockey) 	Small amounts of carbs throughout activity (i.e., 2-3 gulps of sports fluid or 1/2 serving of applesauce every 15-20 min.)	
ENDURANCE EXERCISE			
1-2.5 HOURS	<ul style="list-style-type: none"> • Long distance cross country race • Stop-and-start sports (soccer, football, field hockey) • Rowing workouts 	30-60 g carbs/hour (i.e., 1-2 handfuls of raisins or 1-2 med banana)	