VOLTAGE AQUATICS

New Season, New Beginning, New Opportunity

Starting a new swimming season successfully requires building strong habits, focusing on fundamentals, and avoiding common early-season mistakes.

You are never going to improve by constantly doing the same things all the time. It is so important to reflect on your past season and think about the things that went great, as well as the things that could have been done better. As you enter a new season, think about what you want to do a better job of. Is it getting to bed earlier? Improving your strength or flexibility? Or maybe it's getting to practice early so that you can warm your body up before getting in the pool. Whatever it may be, take some time to think about how you can change your old habits for the better. With the start of a new season comes a new chance, a new beginning, and a new opportunity to improve.

Bring some of the past with you, but leave most of it behind. Try to hold on to the best memories of past seasons, to the greatest swims, biggest drops, most challenging cuts that you achieved, and keep those with you however, leave behind all of the negative memories and disappointments behind. Learn your lessons from them, and then move on. Also be careful not to obsess over past successes so much that you forget to work for the future. If you do, it can be difficult to remind yourself to keep training hard, and you'll start riding on the past instead of looking up to the future.

Emphasize your stroke training and technique. In these first few weeks of the new season, try working on your stroke as much as possible. While it is important to be focusing on strength and endurance training as well, the best time to start new habits and improve your stroke is at the beginning of a season. The new season is like a blank canvas: you can either paint it ugly, by continuing with bad technique habits, or you can make a masterpiece and improve now before heavy training starts.

Start new mental habits, break old ones. Just like how the new season is a great time to create new stroke techniques, it is also a great time to create new mental habits. With the fresh start, you can create any mental habits you want, whether they be working harder at practice, showing up on time, skipping less, or even being more optimistic towards practicing. In a few weeks, training will be heavy, and whatever new habits you've created will be hard to change or break, so make the most of these next few weeks and create whatever habits you will want for the rest of the season.

Look back at what you should have done differently. Slow turns? Bad starts? Look back at your swims from the past season, and recall what you need to change. Rewatch video recordings, look back at your splits, or remember what your coaches said that you should do differently. Do you notice something wrong with your technique; are you pacing races wrong; are you dying at the end of 200s, or is one stroke in your IM holding you back? Putting extra emphasis on that problem now can set you up for the next time. Review the mistakes, learn from the lessons, but again, don't carry the mistakes with you in a negative way.

Keep an open mind, and be excited! The new season is a brilliant opportunity to improve, both as a swimmer and a person. Look forward to it, be excited about it, and don't fear it. Going into the season prepared and optimistic will almost definitely result in a better outcome than going into it worried and upset. Be positive. Have fun with the new season, and continue to put work into becoming a better swimmer. Enter the new season ready to go and it will set you off on the right foot.

Key Tips for a Strong Start

- **Reflect on the past:** Look back at your previous races to see what went well and what you can improve.
- **Set new habits early:** Arrive at practice on time, skip fewer sessions, and stay positive.

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- **Focus on technique:** Slow down your stroke and work on the basic fundamentals before pushing for high speed or heavy yardage.
- **Pace yourself:** Increase your training intensity and volume gradually to prevent early injuries.
- **Write down goals:** Set short-term and long-term targets to stay motivated throughout the year.

USA Swimming Registration

USA Swimming registration for the 2026-2027 season begins September 1. All swimmers are required to register with both Voltage Aquatics and USA Swimming. While Voltage's registration has been open for several weeks, USA Swimming's will be available September 1. Please use the following link: https://omr.usaswimming.org/omr/welcome/FDBF42CC919B16

Online Payment Required

Beginning with the 2026-2027 season, Voltage Aquatics will no longer be accepting checks and cash for monthly payments. We will require all accounts to have a credit card or ACH on file. ***However, Voltage will be covering all cc and ACH fees going forward.***

Dues Increase and Fundraising Dates

Monthly dues will be increasing by $5 a month per group, beginning in September. The fees have been updated on the website.

Fundraising fees are not changing with the 26-27 season, however fundraising fees will be charged on November 1, February 1 and May 1 going forward.

Upcoming Events

Tue, Sept. 8th: First day of Fall Practice. Welcome Back!

Thu, Sept. 17th @ 6:30pm: *Annual Parent Meeting*, IF Public Library downstairs conference room.

Sat, Oct. 24th*: Spook Splash Mee*t, Idaho Falls.

Sat, Oct. 31st: **NO PRACTICE** - Pool Closed.

Fri, Nov. 6th & Sat., Nov. 7th: *High School State Meet,* Boise Y – **NO PRACTICE.**

Nov. 9th - Nov. 21st: **NO PRACTICE - POOL CLOSED FOR MAINTENANCE.**

Mon, Nov. 23rd: Pool reopens, Winter Schedule begins!

Thu, Nov. 26th: Thanksgiving - **NO PRACTICE.**

Fri, Nov 27th: **NO AM PRACTICE** (PM practice as usual).

Sat, Dec. 5th & Sun, Dec. 6th: *Reindeer Games Meet*, Nampa, ID.

Sat. Dec 12th: *Holiday Classic Meet*, Idaho Falls.

Sat, Dec. 19th & Sun Dec. 20th: *BY Candy Cane Invitational,* Boise Y.

August and September Birthdays

Stella Briggs -Aug 1st
Arthur Inglet -Aug 1st
Julia Daniel -Aug 11th
Jaiden Grayson -Aug 13th
James Mayo -Aug 21st
Coach Liz -Aug 21st!
Isabel Johnson -Aug 22nd
Ben Peterson -Aug 24th
Briston Gillespie Aug 28th
Dodge Rasmussen -Sept 1st
Coach Christine -Sept 4th!
Grantley Schanz -Sept 5th
Jill Goff -Sept 6th
Drew Barber -Sept 10th
Lincoln Smith -Sept 10th
Lilly Dean -Sept 11th
Max Dean -Sept 11th
Penelope Dustin -Sept 19th
Carter Hills -Sept 25th
Hiro Quan -Sept 30th

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