

Motivation, Positive Attitude & Confidence

7:15-7:30 Motivation - play motivational music throughout

All you need is 1 good reason why you should work your hardest at every practice and during every race. Write down this reason.

- Focus on why you enjoy competitive swimming
 - Music- group play lists
 - Cue words that energize you at times of low motivation
 - List times of low motivation (ex- tired, stressed, hopeless)
 - List cue words that pick up your motivation during these times
 - Videos of elite swimmers- ask coaches for videos
- Track personal bests
 - Best time cards -focus on personal improvements
 - Best time sheets in their own logbooks- keep track at every meet!

7:30-7:45 Positive Attitude

Quotes

- “Don't be pushed by your problems. Be led by your dreams.” *Author Unknown*
- “As soon as you recognize that you are able to control your thoughts happiness will come within your reach.” *David Baird*
- “Belief starts with attitude- the sky is your limit.” *Author Unknown*

List one challenge you have in swimming- this now becomes an opportunity!

Negative thought stoppages techniques (Reframing thoughts)

3 R's = Recognize, Release, Refocus

Imagery & Cue words

- **Recognize** = Stop sign
- **Release** = package up negative thought in a parcel and kick it into outer space
- **Refocus** = visualize yourself performing ideally or an object that symbolizes positive thoughts (smiley face, whistle)

7:45-8:00 Confidence

Don't underestimate the power you have within you right now!

List 3 things you have control over

–Choose to take control of these things! Ex) Sleep, Nutrition, Effort, Attendance?

Practice confident body language & thoughts

How do competitors see you?

Role Plays: Janice and Sheree (Confidence Pre-race, Confidence Post-race)

360-degree feedback- Performance Profiling

How do you rate yourselves? How do your coaches rate you in these areas?

Performance Profiling

Physical component (Rate out of 10: 1=lowest, 10=highest, you could not improve even if you tried to!)

1. I feel physically prepared for my races:

1 2 3 4 5 6 7 8 9 10

2. I have enough endurance to work hard throughout entire practices:

3. I have enough endurance to finish races strong:

4. I rate my strength:

5. I rate my power:

6. I rate my coordination:

Technical component

1. I rate my freestyle technique:

I rate my turns:

2. I rate my backstroke technique:

I rate my turns:

3. I rate my breaststroke technique:

I rate my turns:

4. I rate my butterfly technique:

I rate my turns:

5. I rate my dive starts:

6. I rate my backstroke starts:

7. I rate my finishes:

Mental skill

1. I rate my pre-race confidence levels:

2. I rate my pre-race attitude:

3. I rate my pre-race focus:

4. I rate my post-race confidence levels:

5. I rate my post-race attitude:

6. I rate my sportsmanship:

7. I rate my team spirit:

Overall as a swimmer, I rate myself: