

Visualization and Imagery

- People must be able to visualize their goals if they want to achieve them
- Coaches must be able to visualize corrections if we want to improve swimmers' strokes
- Mental Warm-Up replacement for those who missed pool time warm-ups

Picture an object or animal for every part of a 50 Fr race (close eyes)

Ex) **Start**- lion leaping out far for it's prey

Streamline- dolphin being chased by a shark

Breakout- start the flutter kick motor with the legs, imagine the water is solid on that first stroke and throw your body into a fast paced, strong and rhythmic freestyle stroke

Free swimming- torpedo or missile

Turn- car tire spinning at it's fastest speed

Free swimming again- really focus on not breathing-a fish with gills that doesn't need air

Finish- rocket that has turned up the speed knob, still body position but soooo fast!

Visualize a 50 Fr race, use the pace clock so that when they are finished their race and pop up in streamline, they can look at the clock to see their time (must be silent for those still doing their race)-repeat twice

**Things to focus on: Stroke Rate (turn-over)

Stroke Count (distance per stroke)

Now visualize your best race (the race you will most likely place the highest at Regionals)- repeat twice

Concentration

Grid concentration exercise:

cross off numbers 1- 20 as fast as you can first without distraction. Then try again with distraction of random numbers yelled out and loud music (have 1 minute- make a grid with random numbers and pass it to another person).

Focus on a 100 or 200 IM (any long event) and tally how many times your mind wanders (visualizing with eyes closed, pen in hand close to paper so that you don't get too distracted making a tally point and can stay focused on the race.

Practice a pre-race routine for behind the blocks to get your mind set focused on the race you are about to swim.