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And now, in the spirit of Equal Time....here's ten ways swimmers find to sabotage their support systems in Swimming:

10. Want something for which you won't make any sacrifices. 'Those who want to go to heaven, have to be prepared to die.'

Reality: pay the price for the privilege you want.

9. Tell yourself "if I don't do IT by such and such a time, I'll give up." People who dream properly, don't set time limits, they set goals. Timeless goals.

Reality: Just say, "I will accomplish it" No time limits. Then set out to do it.

8. Don't live like an athlete away from the pool. Let your lifestyle choices as a young adult ruin your in water hard work. Burn the candle at both ends...see how long it can last.

Reality: Proper rest and taking care of your body is almost as important as proper training in improving performance.

7. Bribe your parents.... or your coach...by negotiation..."I'll do that if I can just do THIS, for the next five repeats". Compromise yourself to mediocrity.

Reality: Achievement means doing something better today than you have ever done before. Something little or something big. But do Something Better.

6. Stay up till all hours before a meet, for the social fun that can be had in that setting. "I DESERVE to have a good time, I work so hard at this". Yes, you work hard.

The Reality: The reward is good performance, not outside entertainments.

5. Don't listen and learn good technique from coaches trying to help you. It's a technique-limited sport.

The Reality: Without great coaching, none of us go anywhere in any area of life. Learn to be "coachable."

4. Don't be honest with yourself about when you are working and when you are cruising.

The Reality: Swim Meets and the timing clock always expose our real work habits.

3. Don't thank your teammates for all they bring to your enjoyment of the sport and your improvement. Think that you did it all by yourself.

Reality: We all get where you do because good people surrounded us and support us and lead us onward. Say thanks. Often.

2. Don't thank your coach for their support in your sport.

Reality: The best reward a coach can get is when an athlete says thank you.

1. Don't thank your parents for their support in your sport.

Reality: Be mature enough to recognize and say thanks to your biggest fans.