

KEYS TO SUCCESS WITH TYLER CLARY



Tyler Clary won the silver medal in the 400m IM at the 2009 FINA World Championships. Here are the keys to his success:

Perseverance: It's hard to come into every practice and work yourself to exhaustion day in and day out. The perseverance is what helps get you over the hump to your next goal, especially as far as the day-in and day-out routine is concerned. It's also something I have faced with a shoulder problem because I have to work to come back from that just like a tough set in the pool.

Hard work: You have to put your nose to the grindstone. If swimming at an elite level was easy, everyone would be doing it. Even being a swimmer at any level, it's not easy, or everyone would be in the pool. On days when you don't feel like it, get over it. Like Kevin Perry used to say when I, or someone would be complaining, "Shut-up and swim!"

Attention to detail: Pay attention to every turn you hit, every breakout, every stroke for that matter – and I could list a ton of things such as catch and release and other technique issues. You have to pay attention to all the details all the time, so that when it comes race time, you are on autopilot.

Intensity: You have to have that willingness to race. I've said before that I have a hatred for losing. Having that intense feeling makes it a lot easier to put in the hard work you have to put in. You have to see it not just as hard work, but sometimes literally willing yourself to move forward.

Passion: If you don't love this sport, why are you doing it? The passion is the only thing that can keep you going at times, and not just for a love of the sport, but for your teammates. Swimming with my team at the University of Michigan is the greatest thing I've ever been a part of. That passion is what gets me through every workout.