

# KEYS TO SUCCESS WITH NATHAN ADRIAN



Nathan Adrian won gold this summer in the 400m free relay at the 2009 FINA World Championships in Rome. Here are the keys to his success:

1. Do your best to stay focused in practice. Many times practices turn into two or three hours of swimming back and forth with your favorite song stuck in your head. While this is a great way to pass the time, it may not be the most conducive to swimming your best. Instead, try focusing on one thing per practice that you want to improve. Mondays could be a day to focus on turns while Tuesday could be used to work on head position.



2. Don't underestimate the importance of persistence. Everybody has a bad race or season. The best way to approach these disappointments is to learn from them and move on. A bad season could be used as motivation to work harder next season.

3. Communicate with your coach. Your coach is doing his or her best to make you the best swimmer possible. There is a reason you are doing what you are doing in and out of the pool. It is important to talk to your coach, and if you don't understand why you are doing something, just ask.

4. Don't be afraid of being great. Never become intimidated by anything when you swim. Most great swimmers all have one thing in common: they were never afraid to go out and race their heart out to try and do something special. Most recently, we all saw Jason Lezak prove that he knew he was great. Setting limitations on yourself is the worst thing you could do as a swimmer.

5. Enjoy the process. Most importantly, swimming should be fun. Although I have had to wake up at 5:20 a.m., five days a week for the last two months, I still look forward to the next time I get to hang out with my teammates at practice. Find something that makes swimming enjoyable for you and cherish the time that you get to spend doing it.