

## **Valley Area Swim Team A Winning Attitude**

**Every person that swims for a club swim team is capable of having and benefiting from a winning attitude. If we Choose to be positive, and if we Choose to find ways to expect the best from ourselves on a daily basis, we will think, feel, and act like winners.**

**Feeling confident and facing challenges is difficult at times. The more that you let yourself trust and believe in yourself and the “possible,” the easier it becomes to face the challenges. It is not wrong to have self-doubt. Self-doubt is very common, more common than you may realize. Dealing with self-doubt may not be fun, but winning the battle is. Choose to believe!**

**Having self-doubt does not make you weak and it will not defeat you (unless you let it). It may not be easy, but it is vital that you believe that you are strong and that your coaches and teammates understand and care. No one wants to have self-doubt.**

**My role as a coach and your teammate’s role are to help you have fun, relax, trust, believe and achieve. Take action = action that centers the mind and leads to success is one of the best ways to overcome doubt or anxiety.**

### **Lincoln’s Road to Becoming President:**

**1831: Failed in Business  
1832: Defeated for State Legislature  
1833: Second Failure in Business  
1836: Suffered Nervous Breakdown  
1838: Defeated for Speaker  
1840: Defeated for Elector  
1843: Defeated for Congress  
1848: Defeated for Congress  
1856: Defeated for Vice President  
1858: Defeated for Senate  
1860: Elected President of the United States**

**What if Abraham Lincoln thought of himself as a loser, or no good, each time he failed or was defeated at something? From 1831 through 1858 (27 years) he did not have many success - more failures, but he hung in there and had he best success in 1860.**

**Another example would be Sara Smith this past year. Through all of her years with VAST, she stayed motivated enough to lead her to college. While in college this year, she exploded at Virginia Tech – becoming the National & ACC College Swimming Swimmer of the Week and winning the 200 I.M. at ACCs her freshman year.**