

Psychology Descriptions	Level One Minimums	Level Two Minimums	Level Three Minimums	Level Four Minimums
<p>The factors that make up the psychological domain include peak performance management, concentration, self image, self talk, imagery and visualization, goal setting, and meet and practice behaviors.</p> <p>These skills help the athlete develop the ability to focus on what he or she can control and not to worry about the "uncontrollables."</p>	<ol style="list-style-type: none"> <li>1. The swimmer demonstrates a sense of becoming capable of performing increasingly complex tasks.</li> <li>2. The swimmer understands and behaviorally demonstrates that others can teach them new things (willingness to learn new things and new perspectives or coachable)</li> <li>3. The swimmer behaviorally demonstrates and verbally communicates that participation in this activity is worth their time and effort (fun).</li> <li>4. The swimmer behaviorally demonstrates "initiative and competency" - becoming more comfortable with the pool/swimming environment and culture.</li> <li>5. The swimmer behaviorally demonstrates both a "me and a we" (egocentrism) in their learning and participation.</li> </ol>	<p><b>Peak Performance Management</b></p> <ol style="list-style-type: none"> <li>1. Can describe the relationship between nervousness and performance.</li> <li>2. Can describe the mind-body connection (negative thoughts lead to tight muscles lead to poor performance).</li> <li>3. Understands and can demonstrate the difference between tense and relaxed muscles (e.g. body position floats.)</li> <li>4. Can identify past situations where both have been present.</li> </ol> <p><b>Self - Image</b></p> <ol style="list-style-type: none"> <li>1. Understands the role of failure and the importance of learning from one's mistakes; understands that this is essential to becoming a champion.</li> </ol> <p><b>Self - Talk</b></p> <ol style="list-style-type: none"> <li>1. Has a general understanding of the effect that negative self-talk plays on performance (understands the concept of garbage in, garbage out).</li> </ol> <p><b>Mental Dimensions of Training</b></p> <ol style="list-style-type: none"> <li>1. Understands that an important part of training in swimming involves the mental dimension.</li> </ol> <p><b>Concentration</b></p> <ol style="list-style-type: none"> <li>1. Has an understanding of what to focus on and what to block out both in practice and in meets.</li> <li>2. Is aware when focus leaves target and knows how to bring focus back (how to concentrate).</li> <li>3. Possesses a basic understanding of the concept of concentrations.</li> <li>4. Knows the difference between focusing on what's important and what's not.</li> </ol>	<p><b>Peak Performance Management</b></p> <ol style="list-style-type: none"> <li>1. Understands the relationship between relaxation and performance.</li> <li>2. Knows the three levels of nervousness (too little, just right, too much).</li> <li>3. Can perform diaphragmatic (belly) breathing as relaxation technique.</li> <li>4. Understands that stress comes from negative self-talk and faulty focus of concentration.</li> <li>5. Understands the concept of "UC's" or uncontrollables, as a major source of stress.</li> </ol> <p><b>Self - Image</b></p> <ol style="list-style-type: none"> <li>1. Is able to accept criticism from the coach.</li> <li>2. Understands that criticism is a critique of skills not a critique of an individual.</li> </ol> <p><b>Self - Talk</b></p> <ol style="list-style-type: none"> <li>1. Understands the benefits of and uses positive self-talk and affirmations.</li> <li>2. Closely monitors negative self-talk.</li> </ol> <p><b>Goal Setting</b></p> <ol style="list-style-type: none"> <li>1. Understands the value of setting goals to improve performance.</li> <li>2. Swimmer knows best times for practice and meets.</li> <li>3. Swimmer sets and writes personal goals.</li> </ol> <p><b>Concentration</b></p> <ol style="list-style-type: none"> <li>1. Understands the importance of concentration in practice and meets and can regularly recognize a faulty focus and bring self back to proper focus.</li> </ol>	<p><b>Peak Performance Management</b></p> <ol style="list-style-type: none"> <li>1. Can combine self-talk and slow breathing for arousal control.</li> <li>2. Has a clear awareness of personal stressors (UC's).</li> <li>3. Is capable of performing progressive muscle relaxation.</li> <li>4. Recognizes that anxiety can negatively affect mind and body.</li> <li>5. Knows techniques to control mind (positive self-talk and imagery) and body (deep breathing, progressive muscle relaxation).</li> </ol> <p><b>Imagery and Visualization</b></p> <ol style="list-style-type: none"> <li>1. Understands the importance of imagery in enhancing performance.</li> <li>2. Knows the principles behind effective imagery practice.</li> <li>3. Can perform basic visualization skills.</li> </ol> <p><b>Self - Talk</b></p> <ol style="list-style-type: none"> <li>1. Knows at least one technique for handling negative self-talk.</li> </ol> <p><b>Goal Setting</b></p> <ol style="list-style-type: none"> <li>1. Understands the principles of effective goal setting.</li> <li>2. Beginning to set goals for the entire season.</li> </ol> <p><b>Concentration</b></p> <ol style="list-style-type: none"> <li>1. Can quickly return concentration focus in practice and in meets from uncontrollables to appropriate focus.</li> </ol>
Date Achieved				

Level Five Minimums	Level Six Minimums	Level Seven Minimums	Level Eight Minimums
<p><b>Peak Performance Management</b></p> <ol style="list-style-type: none"> <li>1. Demonstrates an understanding of the individual zones of optimal functioning concept.</li> <li>2. Can identify (personal) optimal zone of performance both in practice and competition.</li> <li>3. Understands personal signs of under or over excitement ( not enough or too much nervousness).</li> <li>4. Skilled in two or more excitement/ nervousness control techniques.</li> </ol> <p><b>Self - Image</b></p> <ol style="list-style-type: none"> <li>1. Realizes that positive comments help reduce stress, build confidence, and can increase the enjoyment of competition and practice.</li> <li>2. Understands the damage of negative self talk to self-esteem, performance, and the enjoyment of the sport.</li> </ol> <p><b>Imagery and Visualization</b></p> <ol style="list-style-type: none"> <li>1. Can visualize a race from start to finish. Can control the image so vision matches actual performance.</li> </ol> <p><b>Goal Setting</b></p> <ol style="list-style-type: none"> <li>1. Has developed a long-range goal within the sport.</li> <li>2. Develops short-term and intermediate goals that ultimately tie into long-range goals.</li> </ol> <p><b>Concentration</b></p> <ol style="list-style-type: none"> <li>1. Develops a pre-race ritual or routine.</li> <li>2. Develops race focal points for concentration.</li> </ol> <p><b>Meet and Practice Behavior</b></p> <ol style="list-style-type: none"> <li>1. Understands the effect of posture and actions on emotions.</li> <li>2. Uses the "Act as if" strategy as a fallback position.</li> </ol>	<p><b>Peak Performance Management</b></p> <ol style="list-style-type: none"> <li>1. Demonstrates an understanding of factors that excite and relax the athlete.</li> <li>2. Utilize relaxation techniques under meet duress to perform optimally.</li> <li>3. Maintain optimum relaxation level ("good nervousness") regardless of uncontrollables.</li> <li>4. Learns to utilize imagery skills to manage competitive stress.</li> </ol> <p><b>Self - Image and Goal Setting</b></p> <ol style="list-style-type: none"> <li>1. Can use ultimate goal in sport to maintain intensity and work ethic in practice.</li> </ol> <p><b>Self - Talk</b></p> <ol style="list-style-type: none"> <li>1. Able to positively reframe uncontrollables and adversity to enhance confidence.</li> </ol> <p><b>Imagery and Visualization</b></p> <ol style="list-style-type: none"> <li>1. Through instruction is able to visualize a race from start to finish in complete detail (seeing, hearing, and feeling).</li> </ol> <p><b>Concentration</b></p> <ol style="list-style-type: none"> <li>1. Demonstrates an ability to rebound quickly from mistakes and failures.</li> <li>2. Able to successfully use pre-race routines and control focal points to maintain concentration during a race.</li> <li>3. Consistently swims "in own lane" in practice and meets.</li> </ol>	<p><b>Peak Performance Management</b></p> <ol style="list-style-type: none"> <li>1. Skilled at managing competitive pressure (uses relaxation techniques pre-race).</li> <li>2. Maintains perspective before big meets and can have fun in big competitions.</li> <li>3. Aware of tension in muscles and can relax them on cue as needed.</li> <li>4. Develops and uses relaxation cues pre performance to maintain arousal control.</li> </ol> <p><b>Self - Image</b></p> <ol style="list-style-type: none"> <li>1. Able to keep racing and swimming in perspective.</li> <li>2. Does not tie up self-image in swim results.</li> </ol> <p><b>Imagery and Visualization</b></p> <ol style="list-style-type: none"> <li>1. Can successfully utilize coping imagery for mastering stress.</li> <li>2. Is able to create more vivid images in mind's eye.</li> <li>3. Has developed control of internal images and can turn negatives into positives.</li> <li>4. Can assess past races to develop peak performance cues.</li> </ol> <p><b>Race Mentality</b></p> <ol style="list-style-type: none"> <li>1. Understands that swimming fast is about not thinking.</li> <li>2. Develops a sense of trust in self and abilities pre-race.</li> <li>3. Learns to let the fast swim happen.</li> </ol> <p><b>Goal Setting</b></p> <ol style="list-style-type: none"> <li>1. Can utilize ultimate goal to persevere in the face of setbacks, obstacles, and losses.</li> <li>2. Completely intrinsically driven.</li> </ol>	<p><b>Peak Performance Management</b></p> <ol style="list-style-type: none"> <li>1. Can raise or lower arousal control as needed before a competition.</li> <li>2. Has developed own personal coping style integrating a number of relaxation techniques.</li> <li>3. Can effectively handle national and international level pressure.</li> <li>4. Has developed awareness of competitors' arousal level without being distracted.</li> <li>5. Relaxation techniques perfected and utilized automatically as needed.</li> </ol> <p><b>Self - Image</b></p> <ol style="list-style-type: none"> <li>1. Has developed inner sense of well- being from personal and athletic development.</li> <li>2. Has a fully developed sense of mental toughness.</li> </ol> <p><b>Self - Talk</b></p> <ol style="list-style-type: none"> <li>1. Has the ability to swim fast despite the presence of last-second negative self-talk.</li> <li>2. Can put self on "automatic" and quiet inner dialogue when racing.</li> </ol> <p><b>Imagery and Visualization</b></p> <ol style="list-style-type: none"> <li>1. Able to utilize peak performance cues before races.</li> <li>2. Displays ability to mentally rehearse in vivid detail and with imagery control.</li> <li>3. Utilizes both mastery and coping imagery as needed.</li> <li>4. Visualization skills perfected and used automatically as needed.</li> </ol> <p><b>Concentration</b></p> <ol style="list-style-type: none"> <li>1. Skill refined to "tunnel vision" as needed in practice and competition.</li> <li>2. In total control of eyes and ears in terms of concentration.</li> </ol>