

# FIVE OLYMPIC SECRETS

the 5<sup>th</sup>  
**Stroke**

**SKILLS of  
PERFECTION**  
Start-Turn-Finish

**THE  
KICK**

**Gorilla  
Arms**

Catch Like You Mean It!

**TRAIN  
THE BRAIN**

ATTITUDE (Make it Positive)  
WORK ETHIC (Make it the Best)  
PERSEVERANCE (Learn from Failure)  
DEDICATION (Be there rain or shine)  
PARTICIPATE (With enthusiasm)

**BONUS:**

**STRENGTH  
FLEXIBILITY  
NUTRITION**



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