

Characteristics to Achieving your best at Workouts and in Competition

1. Take no shortcuts
2. Self-disciplined- how to stay away from negative influences
 - a. eating a burger before a race
 - b. Not staying up late before a competition
3. Motivated to Work
4. Don't let failure define you
5. Near Perfect Attendance for Practice
6. Don't back down from a Race
7. Respect Opponents and Teammates
8. Not overconfident
9. Accept 100% of responsibility for the outcome of a race or workout
 - a. Coaches can't swim for you
10. Honest with Self, Coaches, Teammates, and Parents
11. Mentally Resilient
12. Prepare for Anything and everything
13. Always ask questions
 - a. How did this look coach
 - b. How can i improve this
14. Love a Challenge
15. Coachable
16. Concentration
17. Willing to endure high levels of pain
18. Pride
 - a. **WON'T LET SOMEONE BEAT YOU JUST BECAUSE YOU THINK THEY ARE BETTER THAN YOU**
19. Commitment to the Process