



What NOW?



YOU HAVE LEFT

THE COMFORT
ZONE

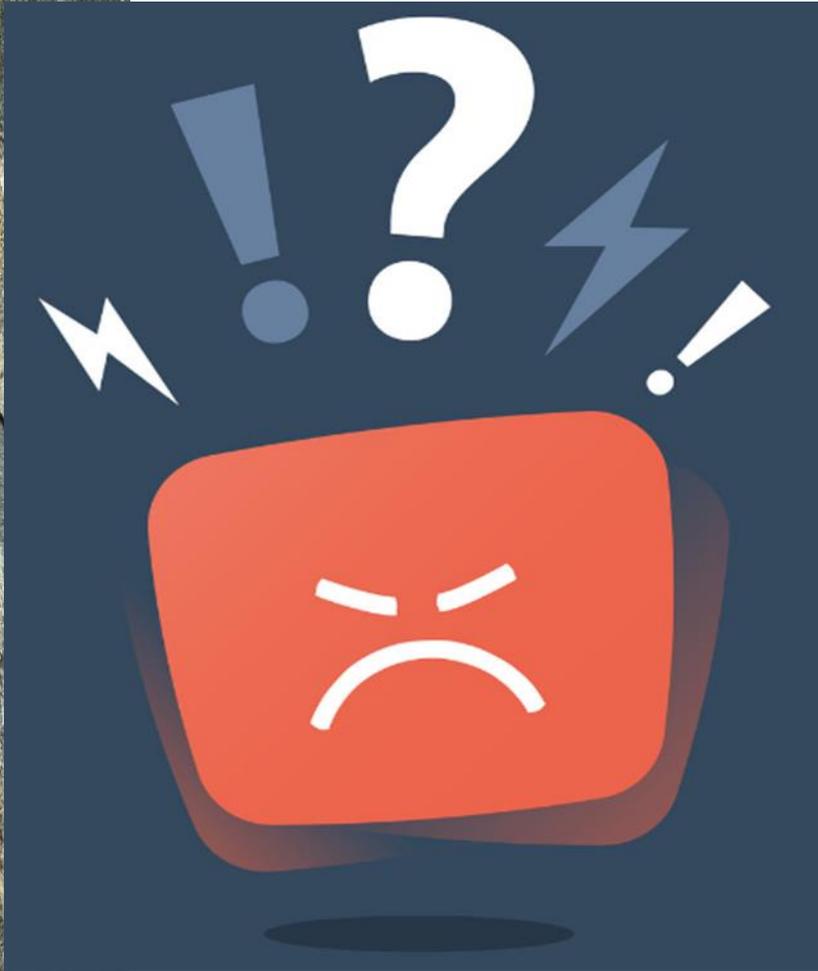


Crisis

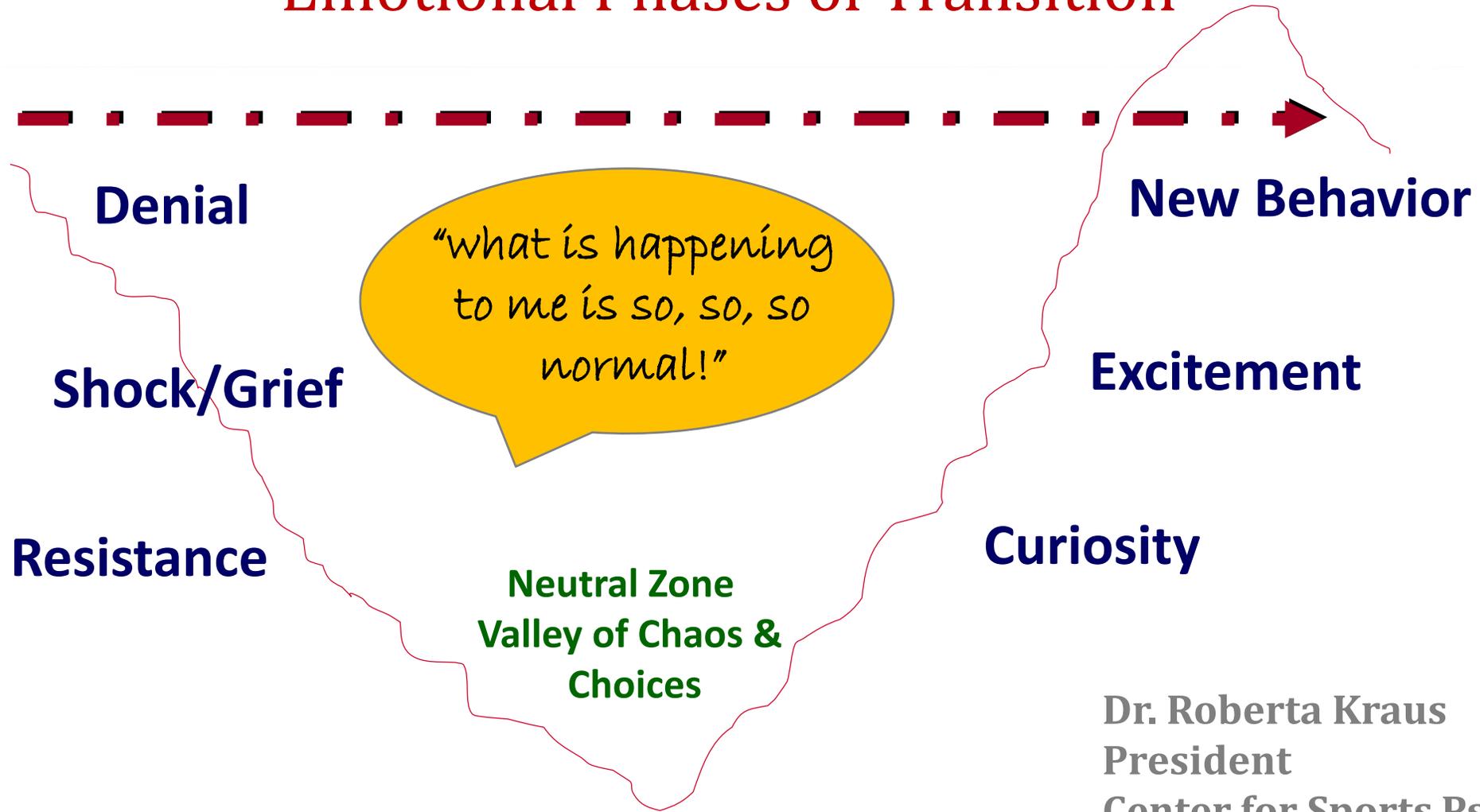
危機



How Are You Feeling?



Emotional Phases of Transition



Dr. Roberta Kraus
President
Center for Sports Psychology





Its OK to cry and be composed.
Its OK to be scared and feel courageous.
Its OK to be angry and understanding.
Its OK to be informed and be confused.
Its OK to be trusting and distrustful.
It's OK to want it to all go away and to
accept what is.
Its OK to be upset that what was OK
yesterday, changed today and to worry
that it'll change again tomorrow.
Its OK to be a mess of contradictions.
You're not crazy. You're human.
And that's OK.

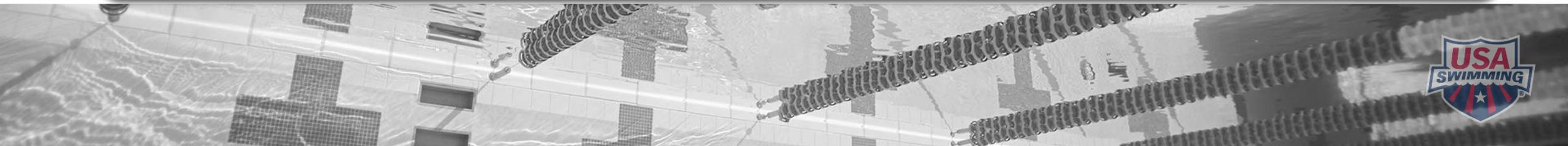




What is 'GRIT'



“GRIT is perseverance and passion for long-term goals.”
– Angela Duckworth



“The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well.”

– Olympic Creed



Grit Isn't About Talent

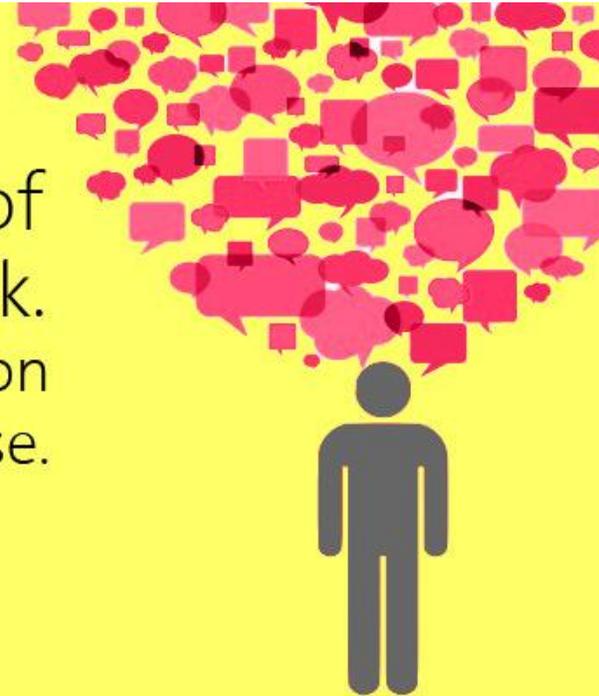




It's About...

Be mindful of
your Self-Talk.
It's a conversation
with the Universe.

David James Lees



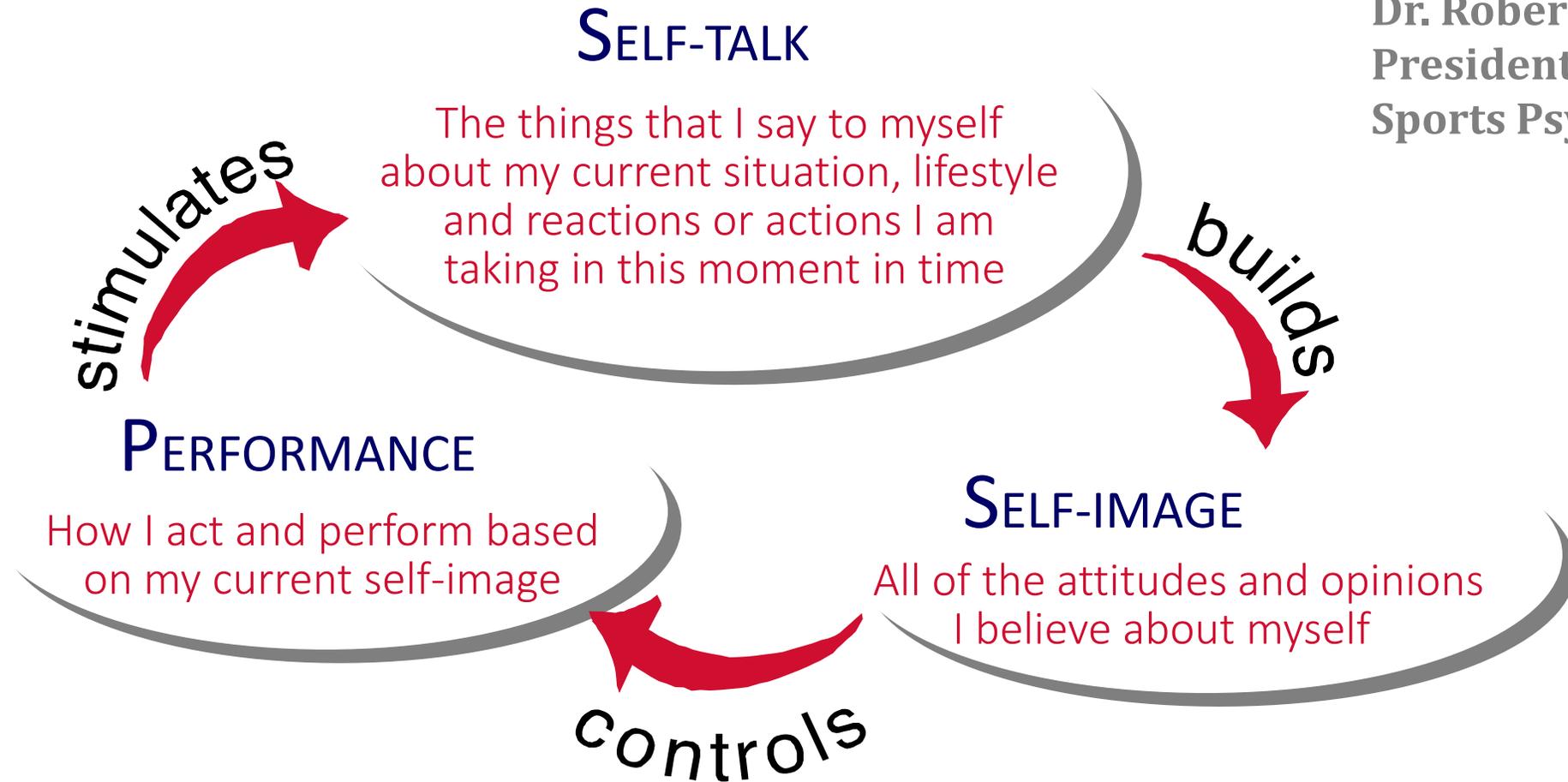
The Power of...YET



Thoughts – Feelings - Actions



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Problem Solving

People adopting a **Growth Mindstate** are always looking for different solutions to challenges

If one route doesn't work, they will try others.

They will think 'outside of the box' to solve problems because they believe that they 'can'.





Swimming
isn't
cancelled...just
delayed

In the middle of difficulty
lies opportunity.

Albert Einstein

Ask Yourself..

“What can I do today to...?”



Controllable



Calm & Relaxed



Confident



Success



Courtesy of Dr. Jerry Lynch



What Can We Coach Right Now?

Fitness

Lifestyle

Technique

Character

Team

Core Strength

Nutrition

Psychology

Rest



Set Priorities

Town Wreckers Swim Team

#1 Core Strength

#2 Shoulder Stability

#3 ?Working the Mental Game

Technique Development

- Video Review
- Visualization
- Air or Mirror Swimming



Path Forward

It's not about how quickly we can get back to the way it was...

It's about how we can make the return better for the most athletes...

If it doesn't work or we don't like it, eventually we can go back to the way it was...that's the easy step



Practice

More Fun

Fig.7 [Citation]

WHAT KIDS SAY IS THE MOST FUN THEY WANT SOCIAL BONDS AND ACCESS TO THE ACTION

MORE FUN

1. TRYING YOUR BEST
2. WHEN COACH TREATS PLAYER WITH RESPECT
3. GETTING PLAYING TIME
4. PLAYING WELL TOGETHER AS A TEAM
5. GETTING ALONG WITH YOUR TEAMMATES
6. EXERCISING AND BEING ACTIVE

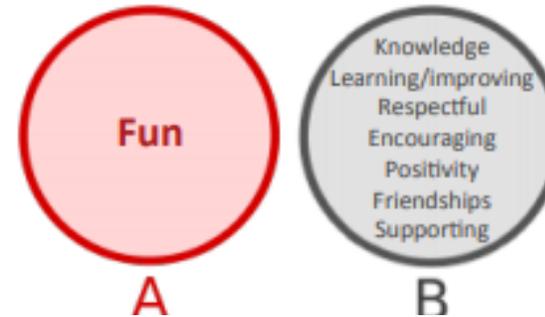
LESS FUN

48. WINNING
63. PLAYING IN TOURNAMENTS
66. PRACTICING WITH SPECIALTY TRAINERS AND COACHES
67. EARNING MEDALS OR TROPHIES
73. TRAVELING TO NEW PLACES TO PLAY
81. GETTING PICTURES TAKEN

Much less of a priority than simply having a chance to play.

MYTH:

Fun is a mutually exclusive experience.



FACT:

Fun is composed of 81 very specific individual actions and collective behaviors.





Practice

More Focused & Efficient

What's essential in the water? Be intentional

What's the minimum time necessary to improve?

How do we leverage virtual opportunities?





Practice

More Family Friendly

Parent Stressors

1. Logistics – Balancing schedules
2. Athlete Development – Are they improving?
3. Family Time
4. Child/Parent Expectations vs. Outcomes
5. Sport Time Commitment

Parents

Opportunity to engage,
educate & enlist them as
partners

They may need connection &
support as much as their
athletes

Work together to help the kids



Communication

Keep parents informed
Consistent, Honest/Transparent,
Frequent, Concise & Caring

Zoom Meetings?

1. Check in
2. Update –What you know & what you don't know
3. Plans & Priorities
4. Fun



Parent Survey?

How are they doing?

When are they planning to return

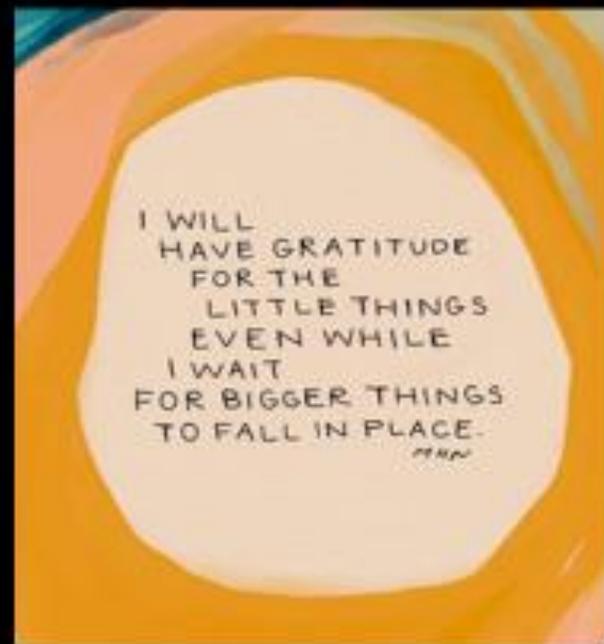
How do they prioritize:

- Precautionary measures
- Revised policies & procedures
- Returning to practice
- Practice times, frequency & protocols
- Returning to competition



GRATITUDE

*It's Impossible to feel
stressed and grateful at the
same time.*



Sometimes you have to let go
of the picture of what you
thought life would be like
and learn to find joy
in the story you are actually living.

original words
by Rachel Marie Martin
inspired by the book
The Brave Art of Motherhood

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Reflection

Reflection





CHANGE = GROWTH



What's That About?

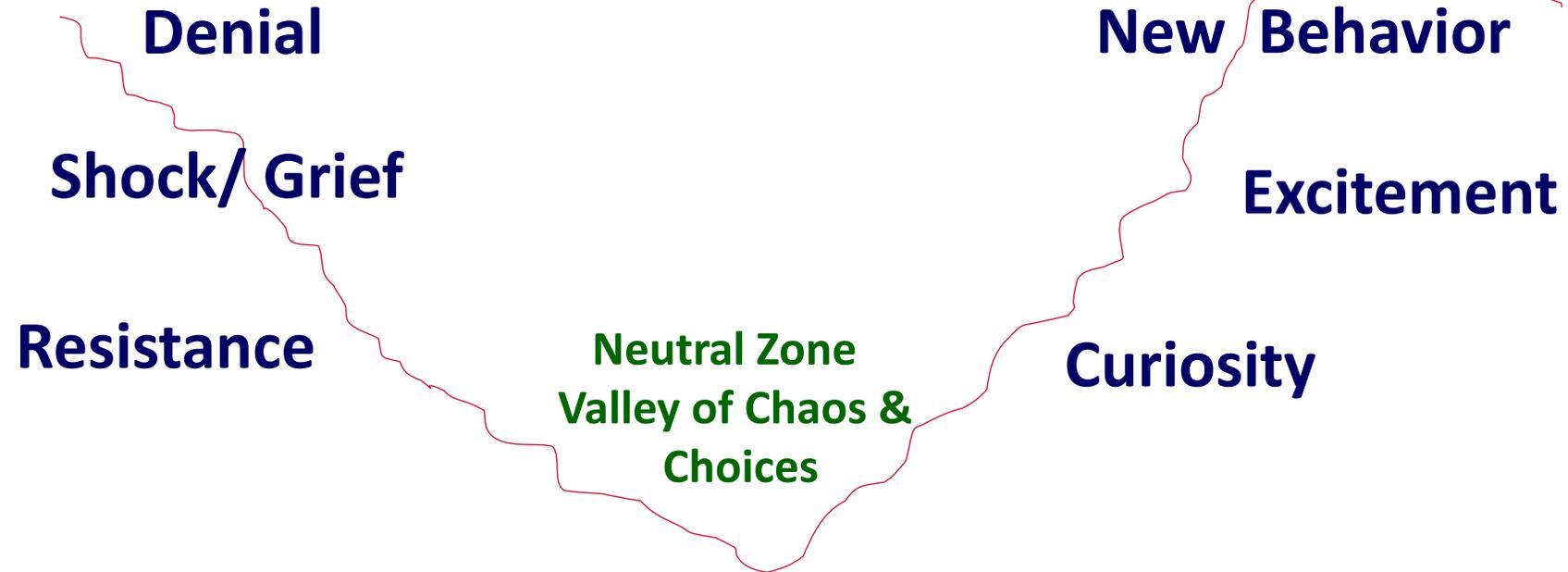


Think about what phase you are in right now and where you have you been in the last few weeks ago:

What am I current thinking, feeling or doing that keeps me ____ (what phase) right now?

What do I remember thinking, feeling or doing when I was in ____ (what phase) before now?

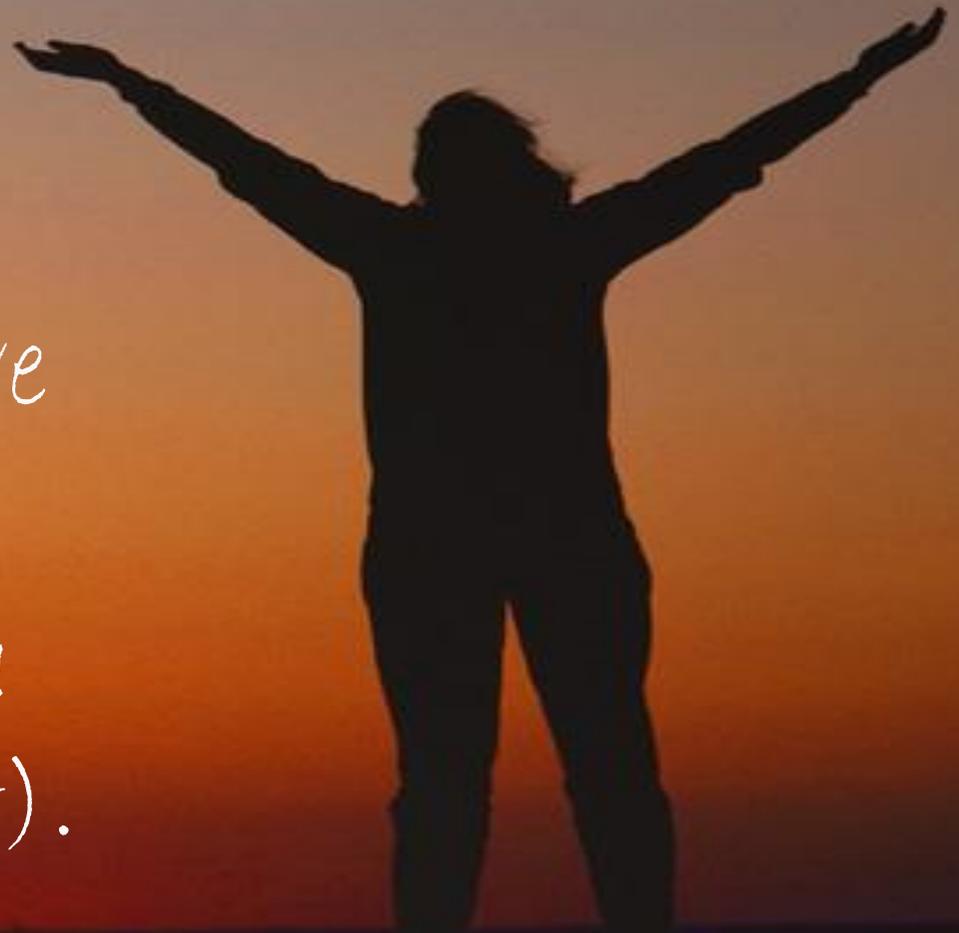
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"At My Best"

I will _____

(what advice do I have
for myself on what
action I will take as a
result of this webinar).





Final Thoughts

Control what you can control

Be a thermostat

“I don’t know” works

Communicate, Cooperate &
Collaborate with each other

Support each other

