

## **2019 USAS Convention Sept.9<sup>th</sup> -14<sup>th</sup> Saint Louis, MO**

**Kip Hein**

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### **Keynote Address speaker:**

Trevor Moawad, an elite mental conditioning coach, shared his groundbreaking methods rooted in neutral, behavior-based thinking. Through his work with world-class athletes, Trevor has identified common habits and behaviors of highly successful individuals.

He gave us his thoughts on why options are choices that don't have any real consequence. But choices, even small ones, are decisions that matter, however small they might seem.

Trevor explained why eliminating negative thought is powerful—and, conversely, why verbalizing negativity is even more destructive. He gave a static that when you say a negative thought out loud it is 40 to 60 time more influential.

Pressure is a privilege, not a burden. How we are most responsible for both our failures and successes. We performed some exercises that helped demonstrate pressure and performance.

**Trevor Moawad** is a renowned mental conditioning expert and strategic advisor to some of the world's most elite performers. Trevor Moawad recently partnered with Russell Wilson to form Limitless Minds whose mission is to both optimize performance and enrich culture within some of the world's top organizations and elite performers. In 2017, Trevor was named the "Sports World's Best Brain Trainer" by Sports Illustrated. From Ft. Bragg to Harvard Business School, from elite Quarterbacks to top level CEOs. **Moawad's mission is clear – to motivate the motivated.** Moawad is well known for being the mental coach to Seattle Seahawks quarterback Russell Wilson and has worked closely with prestigious NCAA Football programs and coaches, including Nick Saban, Kirby Smart and Jimbo Fisher. Moawad has been part of eight National championship games. Additionally, Trevor continues to support the U.S. Special Operations Community, Major League Baseball, the NBA, UFC and many other elite professionals.

### **Eastern Zone Technical and General meeting:**

Attended this 3-hour session please reference Tristan's notes on the meeting:

### **Stroke Technique with Russel Mark:**

In this technique workshop, USA Swimming High Performance Manager Russell Mark discussed the latest developments in stroke technique and provide a snapshot into the high-performance plans leading into Tokyo 2020. On the website I have posted the PDF of his presentation that contains a lot of statics on his information.

The 2019 USAS Convention was again a great experience. The workshops where a little light this year but the ones I attended where very informative. Thank you for sending me this year and I hope the information I provided was useful. If you have any question, please feel free to contact me at [kheinswimpst@gmail.com](mailto:kheinswimpst@gmail.com)