

## Becoming A Centered Athlete

### A Life Committed to (1) Passion (2) Preparation (3) Performance

	Exploring	Beginning	Deepening	Centered
<b>Mindset (1)</b>	There are times when I see myself as an athlete.	When people ask what I do, I tell them I swim.	I think of myself as an athlete and try to make choices accordingly.	I am an athlete. I live my life in a manner that helps me meet my goals.
<b>Technique (1)</b>	I admire people who do the little things right.	I try to understand what the drills we do are trying to improve.	I actively try to make stroke improvements during practice.	I am a student of the sport and am focused on doing my technique perfect every lap.
<b>Attendance (1)</b>	I go to swimming when it is convenient.	I go to practice a few times a week, but know I should go more often.	I try to go every day, but there are times when I have other commitments.	I attend every practice. Unless there is a family emergency, I am there.
<b>Practice (2)</b>	I do what I can when I am at practice, but sit out when I get tired.	When I am at practice, I try to make every lap.	I know the energy zones and how they "feel". I try to hold my prescribes energy zone paces and do it most of the time.	I constantly hold my proper paces and understand why it is important to meet my season ending goals.
<b>Nutrition (2)</b>	I eat what I want, when I want, but know I should do a better job with my diet.	I try to watch what I eat at home and school, but I can get distracted when I am dining out or at a friend's house.	I eat well most of the time and want to learn how to eat even healthier.	I understand what to eat and how to fuel my body for success. I consistently eat the right food.
<b>Time Management (2)</b>	I know I should get more rest, but there is so much to do.	I try to arrange my schedule so I can fit in school, family and swimming.	I can balance the demands placed on me most of the time, but there are times when it gets tough.	I have complete control over my life and can meet the demands placed on me and still get the rest I need to excel.

<b>Race Prep (3)</b>	I see people warm up and stretch before a meet and wonder if I should do so as well.	I try to get to meets on time and warm up with my team. I bring healthy food and drinks with me as well.	I take an active role during meet warm ups and team stretches. I try to eat the right food at the right times.	I know what I need to do pre and post race and always prepare properly for each event. It has become automatic.
<b>Racing (3)</b>	I may miss an event now and then and know I should focus more on my swimming at meets.	I get my events, heats and lanes for each event in advance and get to the blocks on time.	I take the time to warm up before I swim, I get to the blocks on time and do my pre race routine before each swim.	I am well fueled, mentally prepared and have a complete understanding of my race strategy. I can get into the "zone" on command.
<b>Communication (3)</b>	I keep to myself at practice and meets, but listen to what the coach says.	I ask my coach for help when I do not understand what is asked of me.	I communicate my goals with my coach and let him or her know when something is wrong. We speak pre and post race.	I feel that I have a partnership with my coach and parents. We work together to find ways to meet our shared goals at both practices and meets.