

## Mental Skills for Swimmers



In a sport that often defines success on differences of hundredths of a second, the importance of a strong mental foundation cannot be overstated. And while most swimmers acknowledge the importance of possessing a strong mindset, it can be difficult to know how to go about training the mental aspect of their performance. Through the Mental Skills for Swimmers program, swimmers will learn how to utilize key evidence-based mental skills that can help them achieve their peak potential, both in and out of the pool.

Over the course of four sessions, we will be discussing:

- \*Motivation & Goal Setting
- \*Focus & Pre-Performance Approaches
- \*Confidence & Resilience



The program will culminate with a sneak preview of an upcoming documentary titled *The Water Is My Sky*, which tells the stories of three swimmers across different generations chasing greatness by striving to qualify for the Olympics. In our fourth session, participants will watch a scene from the film that demonstrates how one of the characters used mental skills to achieve success at the 2000 Olympic Trials. A final discussion will be centered around formulating concrete plans for participants seeking to utilize these skills in their own lives in the future.

The Mental Skills for Swimmers program will be informative, interactive, and directly applicable to situations that swimmers can expect to encounter both in athletics and in life. Furthermore, it will provide a foundation of strategies that participants can use to achieve success!

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Brian Tremml is a second-year master's student at Ball State University, studying Sport & Performance Psychology and Clinical Mental Health Counseling. Brian swam for four years at the University of Iowa and arrived at Ball State after spending seven years coaching competitive swimming at the club and high school levels. During his coaching career, Brian worked in four different states, interacting primarily with swimmers between the ages of 11-18. In his future career, Brian hopes to continue to help athletes grow on a holistic level, striving to help individuals maximize their potential both on and off the field of play.

"My mission is to provide athletes with the necessary tools to be able to function as their own *authentic* selves, leaning upon their core values to help them act in ways that promote their genuine beliefs and reflect peak preparation for any circumstances they may encounter."