

Coaches Corner

Hello again from the Coaches Corner. This is Coach Lee Anne back to leave you a bit more information on visualization and how important this tool can be to reaching your swimming goals.

Last time we did a simple version of thinking about one simple race and remembering what each step feels like. We started with preparation and ended it with the race finish.

Most Gold team members have heard me say, "you must believe it to achieve it!" So how do you begin to believe that you can complete a race or time that may seem impossible? We start with imagining what that race might look and feel like.

No matter your goal, the process is the same. Let's use the 100 as 'our' race. Lay down on your bed or the floor. Imagine the feel of your competition suit, the smell of the pool, putting cap and goggles on, and talking over your race plan with Coach. Now you are behind the block doing your pre-race routine. You step on the block and your heart is racing. You know this race is yours because you have done it hundreds of times. The buzzer goes off and you are underwater in a tight streamline and fly kicking like crazy. One breath at the flags, quick in and out of your wall. The water seems to fly by you and your legs are on fire from the strength and speed of your kick. Two more walls have come and gone. You realize you only have 10 yards to go but you know another swimmer is close. Your lungs are burning but you know you won't take another breath. Your hand slams into the pad. You look at the clock. You not only won your race, but you have also finally broken that one minute barrier.!

How did you know the outcome of this race before stepping on the block? You knew because for the past 6 months you have closed your eyes and swam that race visually every night right before you fell asleep.

This is what all Olympic athletes do. It is part of the process of beginning to believe you can do it. You have done the physical training. This is part of the mental training.

Remember, "You must believe it, to achieve it."

Please try this. I miss all of you very much and can't wait to see you all on the pool deck! Keep working, smiling, and staying safe!