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| Fort Leavenworth Lancers  **Coaches’ Corner** |
| **[**Email]  [Website] |

Hello Lancers!!!!

Another edition of Coaches’ Corner brought to you by none other than Coach LeeAnne (Gold). I have been blessed to have been able to chat with many of my swimmers on the Gold Team. Hearing their voices, getting text messages and so on have all brought me joy during this time. That said, there are many of your faces from Bronze, Silver and Platinum that I miss seeing on the pool deck at practice or at our swim meets. You all are in my thoughts!

I know we ALL miss being in the water! So many of you are staying in fantastic physical shape by running/ biking, going for walks with your family, doing dry land…BUT you worry it is not the same as being the pool swimming. You are not alone, even Olympic athletes are having to think outside the box when it comes to training during this pandemic.

Let me introduce a concept to you: visualization. Follow along as I paint a picture for you:

*Imagine for a moment looking up at the stands and you see your parents cheering your name. On the pool deck is your coach, clipboard in hand, giving you a thumbs up. Behind you are swimmers from teams across the state huddled behind the timers’ chairs. Next to you is your friend from the team, shaking out his/ her arms, putting goggles in place. In the corner officials are moving into position. You hear the announcement to take your position on the block. Your mind is full of energy. You are slapping your hands together to release some of the adrenaline. You gaze out and before you are the crisp blue waters of the pool. You are ready to go. This is your race.*

*The light and buzzer announce your departure from the block. You dive in. The water envelopes you in. Beneath the water you undulate creating as much distance between you and the block. Your body moves towards the surface and you break out, taking your first pull. Everything coach has told you is playing out: high elbows, long reach, strong kicks…beneath you the long black line. Your lungs are burning, but you must keep focus. This is your race.*

*You reach the flags. Breathing must stop. Walls are critical. You take it up a notch and power into the wall, knowing that a strong kick off is imperative and your underwater must be perfect. The water moves over you. You feel graceful, but you also feel strong. This is your race.*

*Finally, your race is nearing the end. How long and quick a couple of minutes in the water can be. There is no more time, the black cross and the touch pad is your only goal now. This is your race.*

*You hit the wall. There is a blur of people behind the block. The noise of teammates and families cheering. The faces of timers capturing your time with stopwatches dangling in their hands. It is done. Through practice, determination, sheer strength and technique, you won. This was your race.*

This is just one example of visualization. Visualization is a practice utilized by star athletes, musicians, actors… The mind does not always differentiate between an actual memory and a created one. Visualization gives you power to conquer fears, remember techniques taught and swim a race when you can’t get to a pool.

I included a website that discusses visualization in more detail. One day we WILL be back in the pool and with your healthy eating (Taste that Rainbow!), dryland workouts and visualization, you will find you are ready! Miss you all!!!

[https://swimswam.com/use-visualization-swim-like-boss/](about:blank)

Stay healthy Lancers and don’t forget to join us for dryland Monday through Friday at 5 pm!

Warm regards, Coach LeeAnne (Gold)