

Rise To The Top

What Does It Take (to be the best)?

What does it take to be the best?

First it takes desire...but, then it takes a combination of efforts in a variety of areas.

There are a few key principles that seem to fit most athletes to develop a plan for success.

Dream Big! Having a vision and Setting Goals

All swimmers (all athletes) must start with a destination in mind. This helps you stay focused on the results you want to achieve.

Planning. Then Execution of the Plan

All great accomplishments start with a plan of attack (or action). The plan allows you to break the big picture down into little (manageable) pieces. How do you eat an elephant? One piece at a time.

Use Your Time Effectively

Organize your efforts, this is the key to training smart. Use good time management skills, this will advance your skills quickly and will help keep your athletic career on the move forward.

Track and Evaluate Your Progress

Anything that is not tracked is not usually considered important, and will not be improved upon. Keep a training journal or logbook. Evaluate your progress. Figure out what you need to work on. What works – what doesn't.

Positive Thinking

A positive attitude helps to keep you focused on your mission. Always remember to keep your eyes on the “big picture” – your goals. Continue to make steps forward towards that goal. Get closer to the goal each and every day.

Work Hard – Train A Lot

Nothing makes up for hard work. If you spend a lot of time at something you tend to get better at it.

Overcome Adversity

Overcoming problems, obstacles and hardships is what makes one become mentally tough, it also builds great confidence.

Believe You Can Do It

Believing in your plan and goals will get you through the hard times.

Committing 100%

A 100% commitment means you are totally into it. No turning back. You want it so badly. You do whatever it takes. You make sacrifices in your life to reach your goal.

Have Fun!

You must have fun. Life is too short not to. If you enjoy what you are doing, you will be better at it. Yes, it is possible to train hard and have fun doing it!

The swimmer (athlete) who is capable of generating enthusiasm can not be defeated. Live your swimming (athletic) career with passion each and every day, and your memories will be great.