

Elizabeth Beisel (Olympic Swimmer 2008) & her Coach – Chuck Batchelor:

November 9, 2008



- Whole program (Bluefish) is geared toward a **Commitment to Excellence** defined as a **Commitment to be great without with out knowing what’s going to happen.**
- Attitude of Elizabeth and her teammates: a total commitment to excellence.
- The commitment was made long before there was any indication that Liz could be an Olympian – i.e. Commitment came first.
- Liz is not the only committed kid. Bluefish has a whole pool full of committed kids like Liz despite only one Olympian.
- Although totally committed, also a normal teenager (high school, face book, friends) – but does make some sacrifices like going to practice over going out with friends, etc. Liz WILL find a way to have FUN anywhere.
- Elizabeth never misses practice. Not all practices are Fun, but will try.
- The **Attitude** of Elizabeth, her coach and her teammates leading up to training for Olympic Trials was:
 - Do whatever we possibly can (whatever it takes) to try to reach our goals but in the end **whatever happens (i.e. whether the goal is reached or not) – does not really matter. What matters is the “going for it” and they would be proud of that even if the goal of making the team was not met.**
 - Keep chasing your goals. Liz did not do a best time in her 200 back (one of her best events) at one point for over 2 years. No one meet or season is your swimming career. Just b/c a cut was made (or not made) does not mean that’s your swimming career. If there is that much pressure, 9 out of 10 times – you will fail.
 - **If Elizabeth did not make the team, she still would have been in the pool the next day after Trials**, re-setting her goals and working hard.
 - **RACING IS FUN**: Liz will race anyone, anytime, anywhere in any event Liz and her coach believe in going FAST in workout as often as possible. She has a BULLDOG attitude toward racing and even racing Ryan Lochte at the Olympic Training camp knowing that she probably won’t beat him (but also knowing that if she keeps trying to race him she might catch him on an off day). This Bulldog attitude is a BIG part of her Success!!
- Liz mentioned that you can learn something from every race even if you’re not swimming a best time.
- Liz improved her breaststroke dramatically in one year thru technique work, some filming at US swimming headquarters, thru racing breaststrokers whenever she could in practice, and the attitude that she had to work hard at it EVERYDAY with both her technique and training.
- Liz was very nervous at Olympic Trials:
 - Threw up before one of her races.
 - 2 things helped:
 - A former Olympian (BJ Bedford) told her: “If you want it, tell yourself you’re going to do it.”
 - The attitude that whatever happened didn’t matter as long as she goes for it.

- Training:
 - Liz's training schedule:
 - Mon-Friday: 3 hours after school (2 hours water, 1 hour dryland).
 - Saturday: 4 hours water.
 - Sunday: 3 hours water.
 - Liz could not do morning workouts b/c her school starts at 7am and she lives 45 minutes from the pool (she lives near her school). Liz and her coach tried to do AM workouts at a pool at a YMCA near where Liz lived, but the YMCA people told them he could not coach her there.
 - In place of AM workouts, Liz and her coach elected to go LONGER workouts on the weekends so Liz goes 4 hours on Saturdays in the water and 3 hours in the water on Sundays with no days off to get in the same amount of work.
 - Average Weekly Yardage in Mid-Season: 70,000yds.
 - Toughest workouts:
 - Night of Homecoming: Liz asked to get out early to go to her homecoming. Yes, as long as she finished the workout. Workout was: 400 Warm-up, 10,000 RACE. Workout was done in under 2 hours. Liz went directly to her homecoming dance.
 - One Sat workout:
 - 46x400 – various kicks/pulls/strokes, intervals.
 - Every 3rd one was some kind of RACE!
 - Does not have the opportunity to train much Long Course SO:
 - Philosophy is to RACE at Long Course meets EVERY opportunity they have. Short course is ok; but Long Course is more important. Will travel to RACE Long Course whenever possible.
- Future Goals:
 - Liz's next big goal is to make the World Championship team this coming summer.
 - Attitude still is: it doesn't matter what happens, we'll just go for it.
 - If she does not make the WC team, she will be in the pool the next day, training and re-setting her goals.