ARE YOU INTERESTED? Or, ARE YOU COMMITTED?

Is there a difference? There’s a HUGE difference!

WHAT DOES “INTERESTED” LOOK LIKE?

* You can see it in their Language
  + “Like” “Hope” “Want” is used often
  + “What do I need to hold on this again?”
  + “I thought I was going HARD”
  + “Is today going to be HARD?”
  + They complain…
    - “He only cares about\_\_\_\_\_\_\_\_\_”
    - “Why do we have to do this?”
    - “I don’t want to shave my back…I don’t have any hair there”
    - “My HS coach just sits there and that doesn’t motivate me”
    - About being sore and then don’t do anything about it
* You can see it in their Effort
  + Goes HARD when they feel “GOOD”
  + Goes HARD when I’m standing over their lane and reading off times
  + They switch into “Auto Pilot” mode
  + When the HR gets up there in a race or practice, they back off, go to the bathroom, etc.
  + When they’re late, they don’t hurry so they miss as little as possible
  + They stop writing in their workout log
    - It takes too much time
    - I don’t see the point in this
  + They say “YES” to everything
    - They never ask “will doing this bring me closer to my goals?”
    - They never say “Is there a way to get my training in AND do\_\_\_\_\_\_\_\_”
      * Can I rearrange the training or meeting time?
      * Is there a different church service time that I can attend?
      * Can I swim at a different time?
      * Can I go later to this \_\_\_\_\_\_\_\_\_\_ (school meeting, dinner, etc.)?
      * When going out of town…is there a team I can train with?
* They don’t take ownership
  + I didn’t swim well because…
    - Gordy only cares about the National swimmers
    - My stroke is off and I need more stroke work and you don’t help me
    - We’re being crushed every day and I’m tired
    - I left my suit at home (My mom didn’t pack my suit for me)
  + They don’t know their times in a set because they “forgot” to look at the clock
  + Did I give my best effort in dryland today? During the kick set? Strap set? Main set?
  + Did I have water at the end of my lane and actually drink it during practice?
  + Did I drink a recovery shake (or eat a protein bar) right after practice or on the ride home?
  + Am I making sure that I’m getting enough sleep? Am I shutting down my social media 30 minutes before I plan on being asleep?
  + Am I doing the warm down at a meet without being asked to do it?
  + Am I giving myself every opportunity to swim fast at my big meet (warm down, hydrating, eating)? Do I reshave without being asked to do so?

Home Plate is 17” story

BIG THINK.com Video

WHAT DOES COMMITTED LOOK LIKE?

* You can see it in their speech
  + “Let’s go” “Last one fast one” “C’mon” “Happy half way you guys!”
  + “I’m going out of town, can you help me find a team to swim with while I’m gone?”
  + “Gordy, I need to hold \_\_\_\_\_\_\_ on this right?”
    - “I went \_\_\_\_\_\_\_\_ on the last one!”
    - “Can I swim easy and then do it again?”
    - “Do we have time to work on this some more?”
    - “Can I try it again?” vs. “Do you want me to do it again?”
* There is a CHANGE in behavior
  + Can tell you stroke counts and kick counts immediately
  + They make a change when they are told to…or they keep working at it
  + They go hard even when they think no one is watching
  + They KNOW their repeat times during the set
  + They KNOW their times in meets
  + They do the little things that help their training
    - Water during, recovery after
    - Make sure they get enough rest
    - Write down their goals and know what their splits need to be
      * For the BIG meets
      * Also for the meets leading up to the BIG meets
* Things a COMMITTED person understands…
  + The higher up the ladder you climb, the more work that needs to be done HAS to occur
  + That it’s going to be HARD (and it needs to be HARD) but the payoff is worth it!
    - What happens when your best swimmer…
      * COMPLAINS – Everyone gets pulled down
      * CRUSHES TRAINING and is VOCAL – Everyone gets lifted up
* Being GOOD at anything isn’t easy otherwise there would be 5000 swimmers at Speedo Juniors

1. Saban story about being good and the choices you make
2. 2012 Kobe and the 800 at the London Olympics
3. 2012 Lochte vs. 2016 Lochte
4. 2012 Phelps vs. 2016 Phelps

WHAT CAN I START DOING NOW?

* Start up a training log (or resume it)
  + Write down workouts; but also how you felt in training and what were your paces that you held for that day…you can look back on it later
  + Write down what you did for dryland. What gains are being made?
* Bring the right attitude to every workout!
* Ask yourself after EVERY SINGLE practice…was my effort today equal to what my goal level is? Sometimes performance isn’t there, but effort can always be there!

WHAT ARE WE DOING TODAY?

1. On a sheet of paper put your name and LCM 2016
2. In one paragraph, explain what are your expectations for this summer
3. Skip a line and pick 3 goals that you are committed to achieving this summer
4. Skip a line and pick 3 things (weaknesses) that if you improve in those areas, it will increase your chances of achieving your goals
5. At home, WRITE down your goals and post them in the bathroom!
   1. Writing with old fashion pen and paper is a commitment!
   2. It’s NOT the same if you type it out