



Mental Training



OA Zoom Meeting, Monday April 27th - 4:00

We MUST understand it

Think about it as the steering wheel of a car (even though you may not drive yet, you get the point). No matter how nice or fast your car is, how often you wash it or change the oil, you don't want to steer it off the road, OR into a tree! Mental training can be summarized into the following:



RELAXATION



Self-Talk (Affirmations)



Visualization



Reverse negativity

Overview of the Components (or pieces of the mental puzzle)



Relaxation

1. Inhale SLOWLY through the nose – 8 counts (deep)
 2. Hold 4 counts
 3. Exhale SLOWLY through the mouth – 8 counts
- Note: as you exhale, say the word “relax” (to yourself), and/or focus on different muscle groups lightening or relaxing
 - Do this often (deliberate practice) so you get proficient at getting into a relaxed state quickly
 - We’ve talked about cleaning a messy chalkboard (the mind)

Affirmations (self-talk)

- Create a list of affirmations for various parts of your athletic career and your life
- Affirmations “affirm” what you want and who you are.
- Frame them in the present tense and in the positive. Example: “My turns are legal and fast”, NOT, “I try not to get DQ’d and lose the turns.”

Swimming affirmations should include:

- Motivation
- Training habits
- Technical habits
- Meet practice (habits)
- Racing

Life Affirmations should include:

- Prompt - on time (never late)
- Uncommon professional (do everything right)
- Always positive/NOOOO complaints
- Character-drive (do the right thing)
- Care for/support (all) others

Imagery (visualization)

- Create visualizations (short movies) for various aspects of swimming and life
- Be as vivid and clear and possible (use senses)
- Link emotions (positive and successful)

Reverse negativity

- Come up with three to five areas where you tend to be negative, self-defeating, or struggle regularly. Create affirmations that reposition those as a positive (“I am...”) and create short movies of you acting in the reverse (positive) and even as a leader.
- When those situations arise, use triggers to engage your affirmations and visualizations



Affirmations:

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.



Visualizations (short clips):

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.