

Pre-Senior
Senior
Senior Foundation

Coach Don and Coach Dalton

March 30, 2020

Positive Thought

“Life will always throw you challenges and obstacles that will TEST you. In many cases you can’t change them: that’s out of your control. What you can do, what you must do, is choose how you will react to those challenges and obstacles. The real power you have is in choosing how to think about, talk about, and react to life’s challenges.” *Wayne Goldsmith*

Task Focus

Each day I will give you three things you CAN do while training and racing are on hold. Below are activities and tasks for Monday, March 30.

1. Clean out your swim bag! Then empty out your mesh bag and make sure everything is in working order and clean. Wipe down your equipment, especially your snorkel.
2. Work on your flexibility: set aside 10-15 minutes each day and make it a habit. There isn’t anyone who doesn’t need it or can’t benefit from it. The more flexible you are, the greater your range of motion. Listen to music, watch something on your phone while you stretch.
3. Now is a good time to set some goals:
 - Learn and REMEMBER your best times
 - Learn where your times fall within the Time Standards
 - Print out your best times and your splits
 - Print out your Long Course times from last year

Mental Focus

Three Ways to Unleash some Awesome with Better Training Habits

Olivier Poirier-Leroy (Splash Fall edition 2017; volume 25, issue 4)

1. Write the top three things you want to improve. Beyond the whole “I wanna be faster”! What are three technical things or training habits you could improve on that would make a difference?
2. Give yourself a couple of layers of accountability. During this time of not swimming you can still stay accountable to yourself by making sure you stretch everyday, perform some type of dryland each day and keep track of what you are doing.
3. Start today! Start thinking about how you are going to be different when we return to the pool. So make everything you are doing now; stretching, dryland, nutrition, sleep, etc. a habit for the future.

Keys to Success

With Olympian Missy Franklin (Splash Fall edition 2017; volume 25, issue 4)

1. Be True To Yourself

I think for me, this is the most important. No matter what you go through in life, know you have yourself to rely on. Whatever you believe in, you can make the right choices and sacrifices to achieve anything you set out to do.

2. Surround Yourself With Good People

I could say this a million times over and over again, but it is true. I would not be remotely close to the person or much less the athlete I am without the people who I am close to. These are people who value me for who I am and will encourage me by being supportive, but also with telling me the tough truths.

3. Don't Be Afraid Of Change

Change is rarely something we immediately embrace or are comfortable with right away. Even when you are excited about a particular change, it can still be a little bit scary. If you embrace it, it's so much easier to handle. Guess what? Change is always there. It is among the few things you can expect at every point of your life. Just be true to who you are, and that consistency will bring you through it and it will continue to shape you in a positive way.

4. The Power Of Positivity

I am so proud to hear people talk about how positive I am, because that and my faith, which is part of the positivity, is what gets me through everything. It's not always the easiest thing to be positive, but it's always the better option. Find a way to get in the habit of always seeing the good in something and come out of situations with a good attitude and a better perspective. You see at practice how attitudes are contagious. Don't be that person who is bringing everyone down or holding people back. Being positive for me is part of being happy. I know what it feels like to have that passed onto me, so I can relate when I see people who need a boost.

5. No Matter How Tough The Going Gets, You Will Be Better For It

There is something good to learn from any situation, something that will help you grow, develop, become more mature and become a better person. You just have to be willing to open your eyes to it and accept the possibility that in all this difficult stuff, there are great opportunities for you to improve yourself. You might question or not understand the reason for what happened, but the key is to stop trying to figure out what went wrong and keep moving forward, I learned that after the Olympics in Rio because I wasn't healing. I was so overwhelmed, and I focused way too much on what happened. Learning the answers wasn't going to make it any less painless, but how I chose to use it moving forward was the only thing that was going to determine how it affected me. I will make sure that something great comes out of that experience.

Physical Challenge

Go to darebee.com

Take a look at the Abs of Steel 30 day challenge

Take a look at the Upper Body 30 day challenge

Motivational Moments---Enjoy!

<https://www.youtube.com/watch?v=G1j7MeVIRrk>

https://www.youtube.com/watch?v=6VWj_xrRCo&t=49s