

April 16, 2020

Positive Thoughts

Today I will do what others won't,
So tomorrow I can do what others can't.

Jerry Rice

Strength doesn't come from what you can do,
It comes from overcoming the things you once thought you couldn't

Rikki Rogers

Task Focus

Each day I will give you things you CAN do while training and racing are on hold. Below are activities and tasks for *Thursday April 16, 2020*.

- ✚ Create your own motivational saying and send it to a teammate.
- ✚ Please make sure you are consistently following the dryland program we sent out and stretching regularly.

Remember: "How is what I am doing right now going to help me get to where I want to go?"

Mental Focus

New Season, New Goals

By Bonnie Moss

When Olympian Kathleen Baker broke the world record in the 100m backstroke at the Phillips 66 National Championship last July, she had a very simple goal that she kept in her cell phone, set with notices to view it daily. She looked at her goal every day for about a year before she achieved it.

"I set a reminder of what I want to achieve. When I wake up and am feeling sluggish, I look at my phone to see what I'm doing this for and why I want to do it," says Baker.

Baker's goal was simply stated. She listed the time she wanted to break in the 100 backstroke –58.10—which was also the world record held by Kyle Masse of Canada.

"I just broke that (58.10) so now I'm going to put 57.99 down. I hope I don't have to wait 1000 more days with my next goal!" says the 21-year-old.

Baker called the record-breaking swim "definitely unexpected." The rush of elation and uncontrollable emotions felt after a goal is achieved through hard work is the ultimate payoff. "I was looking to see if I won, then I realized I went a 58 and I literally shook." Says Baker.

Successful swimming requires goal setting. Without it, you lack purpose for why you show up every day. Whether you choose a simple reminder you see every day on your phone, or you create a detailed spreadsheet, pick a system you'll use, and follow these tips to help define what it is you're after.

Make is specific:

A specific goal has a much greater chance of being accomplished than a general goal. For example, stating you want to dominate the 50 free needs to be defined. Is it winning the event at your next big meet, is it qualifying for a time standard, or is it purely mastering a sprint?

Assign a deadline:

When do you want to achieve this goal? Timeframes provide a sense of urgency. Stating you want to win the 50 free at a meet in six months keeps you focused on the little things required daily to add up to big things by the due date.

Write it down:

Writing something down always makes it feel more important. Put it somewhere you'll constantly see it. It could be a poster hanging from your ceiling that you see every night before bed or a simple post-it note stuck to your locker. A study from the Dominican University in California showed that people become 42% more likely to achieve their goals and dreams simply by writing them down on a regular basis.

Develop a plan:

How are you going to achieve your goal? Wanting to dominate the 50 free at a meet in six months is a credible goal, but can you get there by doing what you're doing today? Work with your coach to explore the training options, such as adding more speed and strength work, or incorporating more volume. This step should help you better define the plan and should answer, "How will I achieve my goal?"

Accept the sacrifice:

How much are you willing to sacrifice to reach your goals? Can you give up your favorite TV show to add an hour of sleep? Can you commit to a healthier diet? Many of the goals that you set for yourself will not be easy to achieve without some degree of sacrifice on your part. It is easy to make excuses as to why goals cannot be achieved, but often it comes down to the inability to make the necessary sacrifices. Look at your goals and honestly evaluate whether you are willing to sacrifice to reach your goals. What you choose to give up is dependent on your goals, so decide what is more important to you.

Focus daily:

Your dreams keep you going, but your goals keep you on course. An effective method for staying focused is to put your goals in the present tense versus future, so you can actually feel them happening and witness it. It might be something as simple as telling yourself, "I feel so fast in the water today!"

If you plan your work and work your plan, goal setting will work for you. It won't happen overnight, and it may be a struggle at times, but with persistence and determination, goal setting can help you accomplish amazing things. As Michelangelo once said, "The great danger for most of us lies not in setting our aim too high and falling short, but in setting our aim too low and achieving our mark."

Physical Challenge

Working on developing mental strength. For the next few days, we will take a look at some common stroke mistakes observed in young swimmers. This information comes from an issue of SPLASH magazine in the article by Mike Gustafson.

Backstroke:

1. **The problem:** In backstroke, the head is usually too far forward. Swimmers should tilt those chins back and allow the body to float more parallel to the water's surface.
The fix: "Keep your head back and kick. Give the swimmers a stroke count during sets that is 50%-75% of their normal stroke count. This will force them to overkick and build their leg strength to maintain a good kick during races," says Alec Hayden, Assistant Coach at the University of Illinois.
2. **The problem:** Young swimmers don't like water rushing over their faces and goggles, so they often "sit upright" in the water. Swimmers need to get more comfortable raising the hips and adjusting the body position, so they don't look like swimmers sitting in the water.
The fix: "Get the swimmers used to the idea that water coming over their face periodically during backstroke is okay. This will help them keep their heads back. Many elite backstrokers use a breathing pattern." Hayden said.

Weird swimming stuff!

- ❖ More than half of world-class swimmers suffer from shoulder pain.
- ❖ Breaststroke is the slowest Olympic stroke.
- ❖ Space shuttle turbopump could empty an Olympic pool under 25 seconds.
- ❖ Freedivers are able to hold their breath for over 10 minutes!
- ❖ Swimmers' ankles are so flexible, they can touch the ground with their toes while laying down on their backs.
- ❖ Swimmers are actually sweating while swimming in the pool – remember to hydrate!
- ❖ The first ever swimming goggles were crafted from tortoise shells.
- ❖ Professional swimmers often state that they are shaving their body to 'feel the water better'.
- ❖ When swimming, you are using EVERY major muscle in your body.

Motivational Moments---Enjoy!

<https://www.youtube.com/watch?v=7HZPpts7jjA>

Motivational moments are important, but let's be sure to just be happy and laugh!