

April 27, 2020

### Positive Thoughts

“The hardest skill to acquire in this sport is the one where you compete all out, give it all you have, and you are still getting beat no matter what you do. When you have the killer instinct to fight through that, it is very special.”

*Eddie Reese*

“Win if you can, lose if you must, but never quit.

*Cameron Trammell*

### 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 *Monday, April 27, 2020*.

- ✚ Did you clean out your swim bag yet?
  - Check you mesh bag
  - Clean your fins, snorkel, paddles
  - Be sure to wash the socks you wear with your fins
  - Check the status of your goggles
- ✚ Thanks to the swimmers that have responded to the survey about the dryland program.
- ✚ Please complete the survey if you have not done so already.
- ✚ Click the Survey Monkey link: <https://www.surveymonkey.com/r/Y9NZY8Z>
- ✚ The survey is Anonymous, so please share your honest thoughts.

### Mental Focus

*Lessons About Losing/Goldminds*

*April 2019 Swimming World*

By Wayne Goldsmith

So, you lost! Congratulations! Welcome to the greatest opportunity you've ever had in swimming. Here's how losing, failure, disappointment and setbacks can be used to your greatest advantage.

Everybody loses. More swimmers lose than win...so you'd better get used to it. Even the greatest swimmers in the world—the Olympic champions, the world record holders—do not win all the time.

It's not the losing that matters—it's part of the sport, and it's part of life. What does matter is how you choose to respond to losing.

#### Why is losing important?

Everyone hates losing. Sure. I get it.

But losing is important.

More accurately, it is important to learn how to choose to respond to losing.

Think about how you felt the last time you lost a race or got a lower grade than you expected or missed out on something that you really wanted. Sad? Negative? Distraught? Angry?

That's normal and natural.

However, at that moment—what ever it was that made you sad, negative, distraught, or angry—you have a choice; you can CHOOSE to continue to be sad, negative, etc., OR you can CHOOSE to think, *“Man I hate losing. This stinks. I am going to get to training early every day next week and work harder than ever.”*

It's a real-life “glass-half-full” situation.

Think about it this way: you will lose far more often than you will win. Learning to deal with winning is easy—everyone loves that feeling of success. Learning to deal with losing, however, is difficult. It's challenging, and it's why so few people are good at it.

But if you can learn the power of choosing to respond positively and constructively to losing, your whole world changes.

It's not about winning or losing—it's about getting better! The best athletes—the most successful people—don't overly value winning, and they don't overly hate losing. They see both winning and losing as lessons!

The problem is that too many people associate winning and losing with ‘feelings’ and emotions that cloud the opportunity for learning. The trick is to try and remove the emotion from the moment so that all that's left is learning!

If you win—smile, hug your family and friends...then as soon as possible, write down all the things you learned from your race so you can get better.

If you lose—smile, hug your family and friends...then as soon as possible, write down all the things you learned from your race so you can get better.

Focus on the learning, concentrate on improving, be centered on getting better...and everything changes.

*Stories of Super Successes Who Overcame Failure*

*Wanderlust Worker*

By Robert Kanaat

Dr. Seuss

Born in 1904 as Theodor Seuss Geisel, he took on the name of Dr. Seuss in 1927 during his stint at Dartmouth and Lincoln College, Oxford, where he enrolled with the intention of earning his PhD in English Literature. But he gave up his career pursuits at the behest of Helen Palm, whom he met at the college, encouraging him to take up a career in drawing instead.

In 1928, they married, and he worked drawing advertisements for years for a variety of notable companies such as NBC, Standard Oil, and General Electric. In 1937, nine years after he married his sweetheart, he wrote his first manuscript entitled, *And to Think I Saw it on Mulberry Street*.

That initial manuscript was famously rejected 28 times prior to being accepted by Random House/Vanguard Press. Ultimately, it led John O'Hara, who once held the office of President of the company to remark the “I've published any number of great writers, from William Faulkner to John O'Hara, but there's only one genius on my authors list. His name is Ted Geisel.”

By the time of Geisel's death in 1991, he had sold over 600 million copies of his books, which had been translated into 20 different languages, making him by far one of the most famous failures to have ever lived. His persistence carried him through, allowing him to succeed where others might have thrown in the towel and given up.

## Physical Challenge

Working on developing mental strength and increasing our knowledge on various components of our swimming. We will be ready for the physical challenges when we return! Let's look at some tips for our finishes! This information comes from an issue of SPLASH magazine in the article by Emily Sampl.

No matter how long the race—50 yards, 200 meters, or the 1650—great finishes can be the difference between first and second, making a final or just missing out hitting that qualifying time you've been working toward, or simply achieving a personal best.

Swimming into and touching the wall may seem like the easiest part of a race to execute, but it actually requires a lot of practice and strong attention to detail.

### Freestyle

- Try to maintain your body-line as you finish—hips, shoulders, and legs should all stay in a straight line, and your body should rotate onto the side of the arm you will use to touch the wall. Always give yourself enough room on the finish to fully extend and straighten the arm you are finishing with, and keep your kick strong until you touch the wall.
- Control your breathing 10-12 meters out from the wall; we call this "Olympic Trials Finish" (OTF). Keep your tempo up and anticipate the wall.
- Keep your head down on the final strokes into the wall. Do not look forward toward the wall, at the person next to you or at the clock.

### Backstroke

- Practice your backstroke finish in the competition pool at the meet before your race, so you are confident with the flag placement and other conditions at that pool. On your last arm recovery as you finish, try to lunge and extend toward the wall on the surface. Lunging underwater at the finish may feel more powerful, but it is a longer (and slower) path to take to the wall.
- We focus on the shortest distance between two points—which means traveling in a straight line and touching the wall just inches below the surface.
- Know your stroke count. You should know exactly how many strokes to take between the flags and the wall. Long glides, short finishes, running into the wall or "searching" for the wall will all slow down your finish.

### Breaststroke

- On the last stroke into the wall on a breaststroke finish, don't inhale. You will still rise up and forward the same as on every other stroke, but you can recover your arms quicker to the touch if you don't actually inhale during the final stroke.
- Anticipate the wall eight meters out from the finish and make adjustments to your stroke prior to taking the last stroke.
- Try to finish on a complete stroke with your arms extended. Avoid finishing with a very short stroke or a long glide.

### Butterfly

- Keep your eyes down, looking at the bottom of the pool as you extend toward the touch. If you lift your eyes to watch your hands touch the wall, this will shorten your reach a bit and will also cause your hips to drop, both of which will slow down your finish.
- Control your breathing the last seven meters into finish; keep your tempo up and your head down until your hands hit.
- Maintain your body line into the finish. Don't drive down toward the bottom.

## Fun Facts about Sports

All NFL refs who officiate the Super Bowl also receive a Super Bowl ring.

The inside of a basketball called the bladder was what they first used for a volleyball until A.G. Spalding created the volleyball.

The NADCO Engineering Co. back in the 50's proposed to build the Pirates new stadium directly over the Monongahela River. If built, the 70,000-seating The NADCO Engineering Co. back in the 50's proposed to build the Pirates new stadium directly over the Monongahela River. If built, the 70,000-seating capacity structure would have also contained 600 hotel rooms, 4,500 parking stalls, and 100 air-conditioned bowling lanes.



## Motivational (and Fun) Moments---Enjoy!

Funny Super Bowl Commercials 2020

<https://www.youtube.com/watch?v=SEitIMlnR70&t=324s>