

Pre-Senior
Senior
Senior Foundation

Coach Don and Coach Dalton

March 31, 2020

Positive Thoughts

A positive attitude gives you power over your circumstances instead of your circumstance having power over you.

Do not follow where the path may lead. Go instead where there is no path and leave a trail.

Ralph Waldo Emerson

The price of greatness is responsibility.

Winston Churchill

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 Tuesday, March 31.

1. PLEASE, make sure you have cleaned and sanitized your equipment and other items you may keep in your bag.
2. Did you look over your best times in both yards and meters?
3. Continue to work on your flexibility and core strength.
4. NEW* Do something (with a smile and positive attitude) around the house for your family!

Mental Focus

Keys to Success

By Bob Schaller

1. Dream Big, Work Big

It boils down to not setting your goals low. Set high goals. Then make sure your work ethic matches that goal. If you're not dreaming, what are you doing?

2. Have a Plan for Success

You should have a plan for everything: your race strategy, strength and conditioning strategy, nutrition strategy, and sleep strategy. And I would include sports psychology to your list too.

3. The Obstacle is the Way

That is also the title of a book that I love. It means you are going to have to adapt. Nothing is ever going to go perfectly. If something goes wrong, you lean into it, and once you understand it, get past it—it makes you better than ever. You will see the greatest successes come often from the greatest challenge or setback.

4. Mastery MIndset

Focus on mastering the craft of your sport or your stroke. Master what it is to be a butterflier rather than focusing on a time. Talk about owning your craft and taking pride in all the little steps along the way and getting better at each one.

Physical Challenge

Continue to follow the routines on 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=0tqq66zwa7g>

Ted X Change your mindset, change the game Dr. Alia

<https://www.youtube.com/watch?v=pN34FNbOKXc>

The Power of belief—mindset and success Eduardo Briceno

https://www.youtube.com/watch?v=sBluJ7_Y2T4

The Passion in your Dream