

Pre-Senior
Senior
Senior Foundation

Coach Don and Coach Dalton

April 1, 2020 (Happy 25th Coach Dalton!)

Positive Thoughts

Nothing worthwhile ever happens quickly and easily. You achieve only as you are determined to achieve...and as you keep at it until you have achieved.

Robert H. Lauer

If I accept you as you are, I will make you worse; however, if I treat you as though you are what you are capable of becoming, I help you become that.

Johann Wolfgang Von Goethe

Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.

Lou Holtz

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, April 1, 2020.

1. How are you doing with your flexibility? I hope you are doing core work on your own or you are following the suggestions on barebee.com. Those of you who have weakness in your shoulder or back should be following your rehab routines consistently.
2. Continue to help out around the house. Check the status of your bedroom and keep it clean and germ free!
3. Hopefully you are communicating with others outside of your home environment. If so, check out what they may be doing to keep fit and healthy. Compare workouts and share ideas. (Our neighborhood is participating in "I Spy Teddy". Homeowners place a stuffed teddy somewhere in the front yard, front porch, or front window facing the street or sidewalk. As families walk through the neighborhood getting the kids out for some fresh air but keeping social distancing in mind, the children and adults can have fun trying to spot hidden teddy bears!)
4. Send a positive quote or thought to a friend or a distant family member!

Mental Focus

Super Charged Confidence

By Olivier Poirier-Leroy

Swimmers often treat confidence as something they have no control over. Something they have or they don't. But the way you train each day, the things you focus on in the water, and the attitude you have in the face of adversity are all the things that impact your confidence. More importantly, they are things you control and can work on each day. Here is how you can crank up some of that feel-good confidence in the water.

DO THE LITTLE THINGS RIGHT

The small details of our swimming—tight streamlines, crisp flip turns—often don't get the attention they deserve because they are so small. It might not seem like working the small stuff would have a sizable impact on our self-confidence, but doing the little things right is like taking an IV-drip of confidence and motivation. Small things done well develops momentum that snowballs into bigger and better things.

REFLECT ON THE THINGS THAT GIVE YOU CONFIDENCE

There's a long list of things that increase your confidence. The only problem is that we focus on the biggies—the personal best time, the gold medal finish—and center our confidence around those few moments. Take time to reflect on the controllable things that gave you confidence that day. Building this type of list will give you inventory of ways you can boost your confidence on command.

FOCUS ON THE THINGS YOU CAN INFLUENCE

Confidence is a skill—work it each day. Like anything else, whether it's conditioning or your technique, self-confidence is something you can work on each day in training. Don't leave it to chance. Pay attention to the small details in your swimming. Reflect and build on the things that give you confidence and keep a keen and chlorinated focus on the things you can control and influence!

Physical Challenge

Alright, so we have a bit of a challenge physically not being able to get in that water. So, today's "physical" challenge is *visualizing physically* going through your IM. Melanie Margalis has 5 Tips for the IM.

1. Attack your walls—the faster you go into each turn, the faster you come out.
2. "I wish I could bring home my free at the same pace I take out my fly, but that doesn't happen for me!", says Margalis. For Melanie, she feels it's more important to build each lap.
3. Margalis says she learned from a young age not to panic. "I wasn't good at fly, but I realized that no one is going to have 4 perfect strokes. So, I know that it's important not to panic when you get to your weaker stroke."
4. Practice that back to breast turn and work on making it fast.
5. Treat your 200 IM as a sprint: 4X50s, IM order, all out.

Motivational Moments---Enjoy!

I know I sent this one yesterday too—I just really like this one!

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

The Passion in your Dream