

Pre-Senior
Senior
Senior Foundation

Coach Don and Coach Dalton

April 2, 2020

Positive Thoughts

What does it mean to succeed? Most people see success as being rich and famous, or powerful and influential. Others see it as being at the top of their profession and standing out from the rest. The wise see success in a more personal way; they see it as achieving the goals they have set for themselves and then feeling pride and satisfaction in their accomplishments. True success is felt in the heart, not measured by money and power. So be true to yourself and achieve the goals you set. For success is reaching those goals and feeling proud of what you have accomplished.

Tim Tweedie

Keep your thoughts positive because your thoughts become your words.
Keep your words positive because your words become your behavior.
Keep your behavior positive because your behavior becomes your habits.
Keep your habits positive because your habits become your values.
Keep your values positive because your values become your destiny.

Mahatma Gandhi

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 2, 2020.

If everything goes according to plan, we have 10 weeks before potentially returning to the pool. So now is the time, if you haven't already, to get serious about:

1. Stretching consistently
2. Watching how and what you eat
3. Performing consistently a workout routine
4. Establishing regular and appropriate sleep schedule

I am going to work up a 10-week dryland, stretching routine in hopes that we will be swimming sometime in June. I will send it out by Monday.

In the meantime, stay safe and follow our nation's guidelines on social distancing.

Mental Focus

Starting with your Mindset

By Olivier Poirier-Leroy

Use self-talk to hammer down the things that need fixin'.

Pound for pound, self-talk is the most critical tool in your mental toughness toolbox. Positive self-talk crushes it in moments when you are hurtin' ("Come on, one more!") and can help ward off self-doubt ("I know this set is tough, but I've done tougher and survived!"). Self-talk can also help you sharpen your stroke. Whether it's kicking your heels together in breaststroke ("Snap"!) or tightening up your streamline ("I'm a torpedo!"), choose a couple pieces of self-talk to throw at the things you want to work on. Remember; your actions in the pool start with the language you use with yourself.

Be tactical about what you want to work on.

A lot of swimmers react to the workout. They don't walk out onto the pool deck with things in mind that they want to work on. If there is something you want to improve, tackle it during warm-up, the pre-set, main set, or during the warm-down. Don't wait for your coach to specifically tell you to zero in on the things you know you need to do to improve. Choose to be intentional about your technique at practice, and it will be like strapping fins, paddles, and a jet pack to your swimming.

Focus up!

When swim practice drags on, where do your focus and attention go? You probably start thinking about what's happening outside of the water. You daydream. Let your mind float off away from what you should be focused on. While letting your mind wander can feel like a smart way to distract yourself from the struggle, it means you aren't swimming as well as you can be. Start by focusing on a couple details of your swimming-your breakout, your high-elbow catch, "throwing" your shoulders forward aggressively during the recovery. Being present not only helps you swim better for more of your practice, but it will keep you engaged mentally and help the practice go by more quickly.

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 Freestyle. Blake Pieroni has 5 Tips for the Freestyle.

1. Blake is a believer in making resistance training a key part of his freestyle development. That means, he says, "a lot of pull work". The benefit of that extra resistance is building the kind of core strength necessary to excel on his next suggestion.
2. Practice getting into your catch-that moment when your arms actually start propelling you forward-as quickly as possible.
3. That proper catch-with an early vertical forearm-requires muscle memory, and it will take practice to get it right. Pieroni recommends getting your fingertips pointing down at the bottom of the pool to fully engage your power on the pull. It's not a difficult skill to put in place, but it's harder than you might think to keep it perfect when you're tired.
4. Breathing is fine and 100 percent necessary, but don't let it interfere with your streamlined core, or your pull. Pieroni is unusual in the sense that he breathes much more often than most other elite swimmers. In the 50-meter freestyle, for example, he prefers to go the first six strokes without a breath before taking a breath on every single arm cycle through the middle of the race. Then, it's back to no breathing for about the final 12 meters. "I know that's not conventional thinking, but in my case, I think breathing actually helps me keep my catch where it needs to be."
5. Stay calm! Practices should be hard, but find a way to allow the racing to be fun.

Motivational Moments---Enjoy!

<https://www.youtube.com/watch?v=1X6LjcrjMUo>

Nike; Unlimited You video

https://www.youtube.com/watch?v=anbpHZbk8aM&list=RDanbpHZbk8aM&start_radio=1&t=28

Unlimited Youth—The Iron Nun Nike video

<https://www.youtube.com/watch?v=WYP9AGtLvRg>

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