

Pre-Senior
Senior
Senior Foundation

Coach Don and Coach Dalton

April 6, 2020

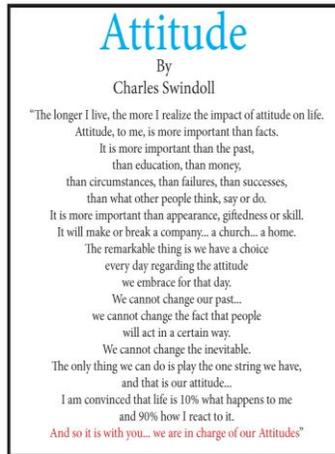
Positive Thoughts

The Best Attitude

To be the best,
You must perform at your best,
But to perform at your best,
You need to practice like the best.

To practice at your best,
You need to be motivated like the best.
But to be motivated like the best,
You need to have the best kind of self-confidence.

To have the best kind of self-confidence,
You need to think that you are the best.
But this isn't a cocky attitude,
Rather, this is the BEST ATTITUDE.



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.

READ! Yes, read! Here is a list of books for you to choose from:

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| 1. No Limits—The Will to Succeed | Michael Phelps |
| 2. Champions are Raised Not Born | Summer Sanders |
| 3. Visions of Excellence; The Art of Achieving Your Dream | Mark Tewksbury |
| 4. Beneath the Surface | Michael Phelps |
| 5. Gold in the Water | P. H. Mullen |
| 6. Silver Lining | Elizabeth Beisel |
| 7. Restless Spirit | Missy Franklin |
| 8. Golden Girl—How Natalie Coughlin Fought Back | Michael Silver and Natalie Coughlin. |

A dryland program has been outlined and presented in the attachment included with this e-mail. Thanks to Coach Dalton for leading the way with this work.

Commented [a1]:

Mental Focus

Keys to Success

With Townley Haas

Trust your coach's training plan!

This is something we talk about as a team—trusting in Eddie Reese and trusting that he knows what he's doing, even though sometimes it doesn't seem like it. Lately, most of our kick sets with him have been with tennis shoes on. That's definitely one of those things where we're like, "Hey man, I hope you're right." It's not a new thing, and people have done it. I haven't known anyone that's done it in a really long time, though.

Time Management

This has always been a big part of my life. It's almost something you have to be good at. You don't have a choice. I would wake up at 4 a.m., swim for two hours, go to school, sometimes have a double practice session or weights, then come home and do homework. I didn't want to go to bed at 8p.m., but I had to.

Good Sleep

It's insanely important to get enough sleep. I used to disagree with my mom about that, but now I completely agree. Sleep is the main time your body recovers. Nowadays, I try to get in bed by 9:30 p.m. almost every night.

Learn to LOVE Dryland

I did not like dryland in high school. There are so many different theories and ways people do dryland and lift, and I think that is an important factor. I don't know the right ways, but I think the way we do things at Texas works pretty well for us. I think dryland is necessary.

Pre-Meet Prep

In the lead-up to NCAAs, my roommate and I agreed to have a lights-out policy by 10 p.m. on weeknights. Our lights and phones would be off by then, and it was pretty successful. Another tip for taper is to watch what you eat. I've seen swimmers either lose weight or gain weight during taper. They eat too much, either out of boredom or because they don't scale back what they're eating to match their energy output. Swimmers could also lose weight if they scale back too much. Also, during taper, don't expend too much energy hanging out in the sun or doing activities where you might get hurt, like football or kayaking. It doesn't mean don't go out with your friends but stick to low-impact activities.

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. Jordan Wilimovsky has 5 Tips for [Distance Freestyle](#).

1. Be willing to put in the work. Distance swimming requires a lot of time spent in the pool training.
2. Don't be afraid to try a lot of events. It's not always as easy to sign up for a 10k or 1500 as it may be for a 100 free, but it's important to get race experience.
3. Everyone trains differently. Some people need more yardage, while others need to work more on speed and technique. Find out what works for you and do that.
4. Do a lot of pace.
5. Have fun!

Motivational Moments---More Positive Thoughts!

It's not what you are that holds you back,

It's what you think you are not.

Denis Waitley

Nothing can stop the man with the right mental attitude from achieving his goal.

Nothing on earth can help the man with the wrong mental attitude.

Thomas Jefferson