

Happy Friday Swimmers!



“Visualize this thing that you want, see it, feel it, believe in it. Make your mental blue print, and begin to build.”

Robert Collier

Visualize your ultimate goal and then do the work to make it happen

Suzanne Somers

**VISUALIZE
WINNING**

GARY PLAYER

Find Something New...

I want you to keep focusing on being positive during this time at home. Think of what you are grateful for and what you have been able to do with your families without swimming every day. I have been enjoying the extra time I have to work on art, my favorite hobby. Is there a new hobby that any of you have picked up over the past few weeks? Anything you have wanted to try and learn that you have the opportunity to explore now? Don't just sit around and be bored of being at home... Find something new to do!

Send responses to the following activities to kranzlaureno@gmail.com. I will also share your response with your primary coach. The visualization activity does not require a response, but you are welcome to share your thoughts through the process with me!

Practice Positivity & Self- Evaluation

I have received some great responses to these activities so far, but only from a few swimmers. It's a time to be truthful with yourself and how you are focusing on different skills in swimming. It may be hard to explore some of your weaknesses, but this is how we get better! Find what holds you back and think about how to improve in the future.

Visualization

I did have a question about the science behind visualization. I wanted to provide an activity and a small explanation of how visualization and our brain work. I can provide more resources to those that are interested, but I don't want to overwhelm you with information.

Visualization helps train your brain in the movements you want to make. More specifically, it activates the motor cortex of your brain, working to make connections with your body movements. When you visualize, you mentally rehearse intended movements. This helps create connections in your brain to coordinate movements into routine habits in the brain.

Create a situation in your mind using your imagination. The more you practice visualizing the event going the way you want, the better your performance will be because you trained your brain on how you want to move in the water.

Please let me know if you have any questions.

Coach Lauren

Visualize

Practice visualizing the goals that you want to achieve. It's time to start thinking through the race, what you do during the race, how you will feel going into the race, how you will feel at the end of the race. Follow the steps to create a visualization of your goals.

Take a moment to read through the steps below. You can make notes about what you want to think about before sitting back and thinking through the steps below. The more detailed you are in your imagination of the race, the more you train your brain to execute what you visualize.

1. What is your goal that you are visualizing?
2. What meet are you at?
3. Where is this meet? Imagine where the team area is too.
4. What suit are you wearing?
5. How do you feel? Nervous? Excited? By thinking about being behind the blocks, can you feel the nervousness or excitement? Now visualize yourself controlling your emotions behind the block and putting your energy into the race.
6. How will you prepare behind the blocks?
7. Who is swimming around you? Who can you imagine next to you that would motivate you to go fast?
8. Be positive about how your race is going to go... how do you want to swim your race? Don't think of messing up your dive or turn, think about executing every part of your race **THE WAY YOU WANT** it to go.
9. Hear the whistle, step up on the block, hear the starter... how will your race go?
 - a. Think about every aspect of your race. Swim through your race from the start... How was your dive? How many kicks underwater?
 - b. Think through your breakout and every stroke you take. What is your breathing pattern? How are your turns? How do you finish?
 - c. How do you feel at the end of your race?