**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?
   1. Think about every aspect of your race. Swim through your race from the start… How was your dive? How many kicks underwater?
   2. Think through your breakout and every stroke you take. What is your breathing pattern? How are your turns? How do you finish?
   3. How do you feel at the end of your race?