

FISH OF THE MONTH - OCTOBER, 2018

HAILEY BROWN  
"A Work in Progress"



I don't think any serious athlete is ever satisfied with their current status, not even athletes at the "top of their game", not even Olympic Champions.

They continue to strive for more, for better, to train harder, to train more efficiently, to become even more competitive.

In a sense, every serious athlete needs to consider themselves "A Work In Progress".

If you truly adopt this mindset, here is a partial checklist of things you need to do:

- 1) ✓ Hailey Brown Realize that you are not the finished product. Accept that you have a long ways to go. Embrace the fact that it will take lots of hard work. Commit to the long term plans.
- 2) ✓ Hailey Brown Recognize what the finished product should be. Watch videos. Watch the top swimmers. Identify your weaknesses; magnify your strengths. Actually work at this.
- 3) ✓ Hailey Brown Attend every practice that you can. How can you make progress if you are not there? Your coach can't work with you, you can't work on those things that are holding you back.
- 4) ✓ Hailey Brown Find ways to add those other practices, the ones that you "couldn't make".
- 5) ✓ Hailey Brown Do everything you are asked to do, at every practice. It is a cumulative effect. Good habits are developed by PERFECT repetition. Repetition means "over and over again".
- 6) ✓ Hailey Brown Build on your previous practices. Don't wait to be told to make the same stroke correction every day. Try to do something better each day. Embrace harder intervals. Do one extra underwater. You get the picture.
- 7) ✓ Hailey Brown Work at turning your weaknesses into strengths. Are they those long course practices? Early morning long course practices? Swimming fly at those early morning long course practices? Swimming fly in general? Those long sets?
- 8) ✓ Hailey Brown Remember, once you think you are the finished product – you are still "A Work In Progress". Your definition, your view of the finished product needs to constantly change. Always strive for greater.