Dear FISH Swimmers and Parents,

It's Friday, so we are sending out our first topic of our Mental Skills information today!  Self Awareness!

**Topic One: Self Awareness:**

**What is Self- Awareness?** Self-Awarenessis the way in which you regard yourself both as a person and as a competitive swimmer. It can affect how you think, what you feel and what you do.

**Why is it important to be Self-Aware?** Being self- aware will help you recognize your own uniqueness, and help you realize that you are a very special athlete, individual and develop a true identity. Becoming self- aware as a swimmer is important because it will help you recognize your capabilities as a competitive swimmer so that you can become the swimmer you've always wanted to be.

**Becoming Self-Aware and My Self-Awareness**- Right now it is important to recognize how we are feeling at this scary time. You should ask yourself some questions. Are you anxious? Scared? Disappointed? Motivated? Take a moment to become aware of your feelings that way you may address those feelings and ask yourself why you feel that way. Is it due to uncertainty? Is it due to support of family/friends? Is it because you have more time to work out? Whatever it may be, try and address it, that way you may able to reapply these reasonings again in the future.

**Activities**: Attached are two quick activities you can do to work on your self-awareness. It's for all ages. Have fun with them! You can do one or both! They can be done anywhere! Directions are attached to the document.

Thanks,

Coach Kim!

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