

## The Immutable Rules of Improvement (For Swimming & For Life) By John Leonard

1. Show Up.
2. Honor your Teammates with your effort.
3. Do things correctly.

### *Comment:*

#### I. SHOW UP.

Show up in class. Sit in the front. Pay attention.

Show up at practice.

Show up on your job or you won't have it. Be there. Always. It is about consistency and constancy.

If you want a good marriage, SHOW UP. Body, Mind, Heart. (It gets dead silent when you do this one with young people. They've all seen bad marriages and they *know* this one by heart.)

If you don't "show up," you can't improve. Period.

#### II. HONOR YOUR TEAMMATES WITH YOUR EFFORT.

What would it be like to go to a class where no one else wanted to learn and just screwed around?

What would it be like to go to a practice where no one wanted to work and everyone wanted to sit

around and complain?

What would it be like to go to a job where everyone watches the clock, doesn't do real work and "fakes work."

Being a teammate means committing to the welfare and well-being of everyone in the group. The military does this best. Take care of the man/woman beside you. Expect the same—and if that gets violated, take personal responsibility for straightening the person out.

### III. DO THINGS CORRECTLY.

There is a "correct" way to do everything in school.

There is a "correct" way to do everything in swimming.

Doing things incorrectly makes a mess. A long term mess.

Incorrect NOW makes incorrect habits later.

If you don't have time to do things correctly now, how will you have time to fix them later?

Knowing the "correct way" is not enough. Living it is required.

If you don't do things correctly, you'll be a "fuck up" your entire life.

There are no shortcuts in life. No shortcuts to improvement.

Bob Dylan says, "The lessons of a lifetime can't be learned in a day." He's right.

The longer you live, the more you will realize the validity of the Three IMMUTABLE RULES of improvement.

(George, I don't use "fuck up" with kids. I do with adults.)