

You might not be able to do everything, but you can still do something.

From: Olivier Leroy (olivier@yourswimbook.com)

To: bscswim@yahoo.com

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Greetings from my bunker!

I am coming to you live from the pillow fort in my living room.

Sweat-pants are my new office attire, my swim bag has never been less soggy, and I am regularly having swimming dreams.

So that's neat!

But in all seriousness, I wanted to talk to you today about something for you to consider as you navigate the uncertain days, weeks, and months ahead.

It's the ability to do something when you can't do everything.

This moment is like the 1500-meter freestyle of adversity...

You don't know if you have the conditioning for it, you are going to lose count after about 600m, and your goggles will completely fog up with sweat (or tears).

But this unique moment also presents you with a big, chlorinated opportunity.

You might not be able to do what you did two weeks ago, but you can still do something.

Being a swimmer and not having a pool is a problem.

I get (and feel) that.

(Seriously... I drove by my neighborhood pool yesterday and fantasized about breaking in and sneaking in a swim. *Would the police arrest me? Could I float out into the middle of the pool and try to wait them out?*)

And it's a problem we are all facing.

It's not unique to me or to you.

Everyone is dry-docked for the foreseeable future.

But this unique situation presents an opportunity.

Never before has there been a clearer chance to separate yourself from the competition.

Just because you can't do everything doesn't mean you can't do something.

There are things you can do, which can cause more uncertainty and frustration, or you can focus on the things you can do.

After all, moments of adversity and limitations:

Sharpen your focus on what can be done.

Something funny happens when our options are limited: we run out of wiggle room and excuses.

When we have the best of everything, or all the options in the world, our focus and sense of urgency ebbs.

I'll work hard tomorrow. I'll swim with better technique next time. I'll start eating better when I get around to it.

Limitations and adversity make you come to terms on how you are spending your time and energy.

For example, if you had only one hour of pool space per day, you would jam as much quality and effort into that 60-minute window as you possibly could.

Use this moment as a chance to strip down the things that don't matter and zero in on the things that matter most.

Show you that it's possible to be frustrated and improve yourself at the same time.

Fun fact: You can be frustrated about what is happening and still make a choice to improve yourself.

It doesn't have to be one or the other.

You don't need to be frustrated and disappointed or rah-rah and full of optimism.

It's okay to feel frustrated, angry, and uncertain.

And there is nothing wrong with giving those feelings time and space to bubble up—but that doesn't mean you can't also take steps to improve yourself, to focus on the things you control, and make the best of what is a lousy situation.

You can be frustrated and still act in your best interest.

Give you a chance to do what you can, when you can.

I understand the hesitation to spend time working on yourself and your swimming.

There is a great deal of uncertainty.

And if you want even more of it, just turn on the uncertainty fire hose that is social media or the news.

But drowning yourself in more uncertainty only helps you avoid the things you do control.

Your own actions.

Your own behaviors.

If you're not ready to get back to work, I get it.

Rushing into something only to fill a void doesn't always pan out. Planning your next moves makes sense. But don't get caught up waiting for things to be "perfect" or "ideal" or even "normal."

Thinking about what normal was like two weeks ago feels like a dream.

And it's absolutely true that you can't do everything you were doing then.

But getting hung up on what you can't do means you aren't considering what you can do today.

Now is your big chance to work on your mindset.

Working on your mindset is something you've probably put on the back-burner for a variety of reasons...

Not enough time.

Don't know where to start.

Seems confusing.

But now there is time, and there is a simple blueprint that strips away the confusion.

If you've been reading this newsletter for longer than it takes for Caeleb Dressel to swim a 50-meter freestyle, you know that a couple years ago I wrote a best-selling mental training workbook for competitive swimmers.

Yup...

I'm talking about ***Conquer the Pool: The Swimmer's Ultimate Guide to a High-Performance Mindset***.

There are tons of exercises in the book that you can start using immediately, pool or no pool, to help you hit the water at full-stroke when the pool does re-open.

You will learn how to visualize like a beast.

Did you know that your brain has a hard time differentiating between real and imagined experiences?

This is the power of visualization—you can rehearse and train the performance you want in the comfort of your sweat-pants, giving your brain the sense of "been there, done that."

There are a ton of different tips and techniques in the book to help your visualization be more effective.

From standing in a mirror replicating the movement to imaging how the pool water tastes, you get a full list of proven tactics for visualizing like a champion.

Build a confidence-building blueprint.

Self-confidence is a skill.

Read that again.

It's something you can work at over time.

And I am not talking about that false confidence you see from swimmers who talk a big game, thump their chest, and then swim like a soggy potato.

I am talking about the kind of self-confidence that *you earn* that stands with you on the blocks on race day.

From dealing with a crash in confidence, to giving you a series of tools and exercises that you can use to start building genuine confidence on day one, *Conquer the Pool* has got your back.

Okay...

Honestly, I could go on all week about the cool stuff you will pick up in this book.

And there's a *ton* of stuff in the book you can start using without having to strap on your goggles and swim-suit.

But when you stop to think of it...

There's never been a better time to work on your mindset.

And of course, if you don't like it or you aren't learning some snazzy stuff on day one, email me and I will apologize profusely and refund you your money.

But if you do like it...

And you do learn some killer stuff for your swimming...

And you do kick that first swim practice right in the chlorinated nuggets when pools reopen...

Then you and I will know that you were among the few that did something when others wouldn't.

See you in the water,

Olivier

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