One liners from Parent/Athlete Pep Talk

Seth Quealy November 8, 2017

Awareness is the foundation of the mental game.

Show up and say “I’m going to be better today.”

Have a purpose everyday. When you have a purpose, you progress.

Focus on yourself.

Control the controllables.

IE. The water temperature. You can’t control it, but you can control your attitude about it. Embrace it.

Complaining about it, is wasting energy on something you can’t control.

You choose how to think and how to respond and react.

“Great athletes think however they have to, to get the job done.”

How you think effects how you perform.

Being nervous means you care.

“I’m nervous” =awareness. What are you nervous about? Change the nervous energy into excitement.

“Nervous means you can’t wait for it to be over. I can’t wait for it to start.”—Tracy Morgan

Best way to calm down is to breathe.

Your mind can only do one thing at a time.

Psychology vs. Physiology

 When your body tenses up your muscles don’t work like you want them to.

 It takes energy—save energy.

Be in the moment.

Be at practice.

Speed skater Apolo Ohno: only had 3 perfect races his entire career, what was he doing the rest of the time?? Preparation.

“Ability is what you’re capable of. Motivation determines what you do. Attitude determines how well you do it.”—Lou Holtz

4 things you can control

1. Attitude
2. Effort
3. Preparation
4. Focus

Instead of saying “I can’t” ask “How can I?”

Try figuring out a way, when you ask “how can I?” your mind starts working and you’ll figure out a a way.

“Don’t tell me the sky is the limit when there are footprints on the moon.”

Sisyphus: Keep pushing the rock.

Overcoming poor performance:

To the parents: Don’t critique your kids, they don’t like it. Instead ask them if they had a favorite race or favorite part of the meet. They need to know you love them good or bad performance.

To the kids: Don’t freak out at your parents if they try and make you feel better after a bad race, they are trying to make you feel better.

Analyze your performance, what happened?

Good news, you’ll get to do it again.

“I never lose, I only win or learn”—Nelson Mandela

Michael Phelps didn’t win all of his gold medals when he was 10 years old. He was a freak athlete but he also worked VERY hard.

Resiliency: Body language matters. Walk your shoulders back and your head up, even after a poor swim.

You can change what’s going on, choose a focal point, look at it and give yourself a 30 second pep talk. If you start feeling deflated, go back to the focal point.

Best way to inflate yourself is with POSITIVE SELF-TALK.

Personal story: David Boyle from Monticello (wrestler) “I’m Davis Boyle, you’re never going to forget wrestling me.”

Trust your preparation.

Lose a race, go shake your opponents hand and tell them good job.

Resource: Changing the Game Project on Facebook