



Presented By:  
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**Coach Jay Chambers is a Sport Performance Consultant for USA Swimming with 41 years of coaching experience at the Club, High School and NCAA D I levels. He has coached in Ohio at the Athens Swim Club and Ohio University, but most of his 41 years of experience were in Indiana. There he coached at the Indianapolis Athletic Club, Tippecanoe Swim Team, Harrison HS, Zionsville HS, Carmel Swim Club & Carmel HS, and Fishers Area Swimming Tigers/Fishers HS, where he coached National Champions and Record holders.**

**Jay holds a Masters degree in Physical Education.**

# Success Is A Choice



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# Excellence is a Habit

We are what we repeatedly do. **Excellence,**  
then, is not an act, but **a habit.**  
-Aristotle



# Skill Acquisition





**"If you are not willing to learn, no one can help you.**

**If you are determined to learn, no one can stop you."**

**-Anonymous**

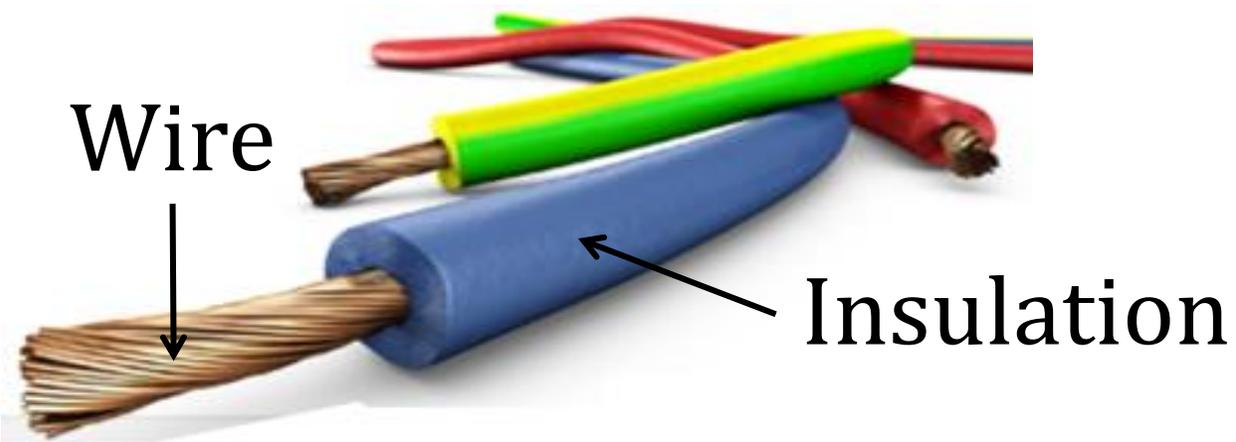


# Learning

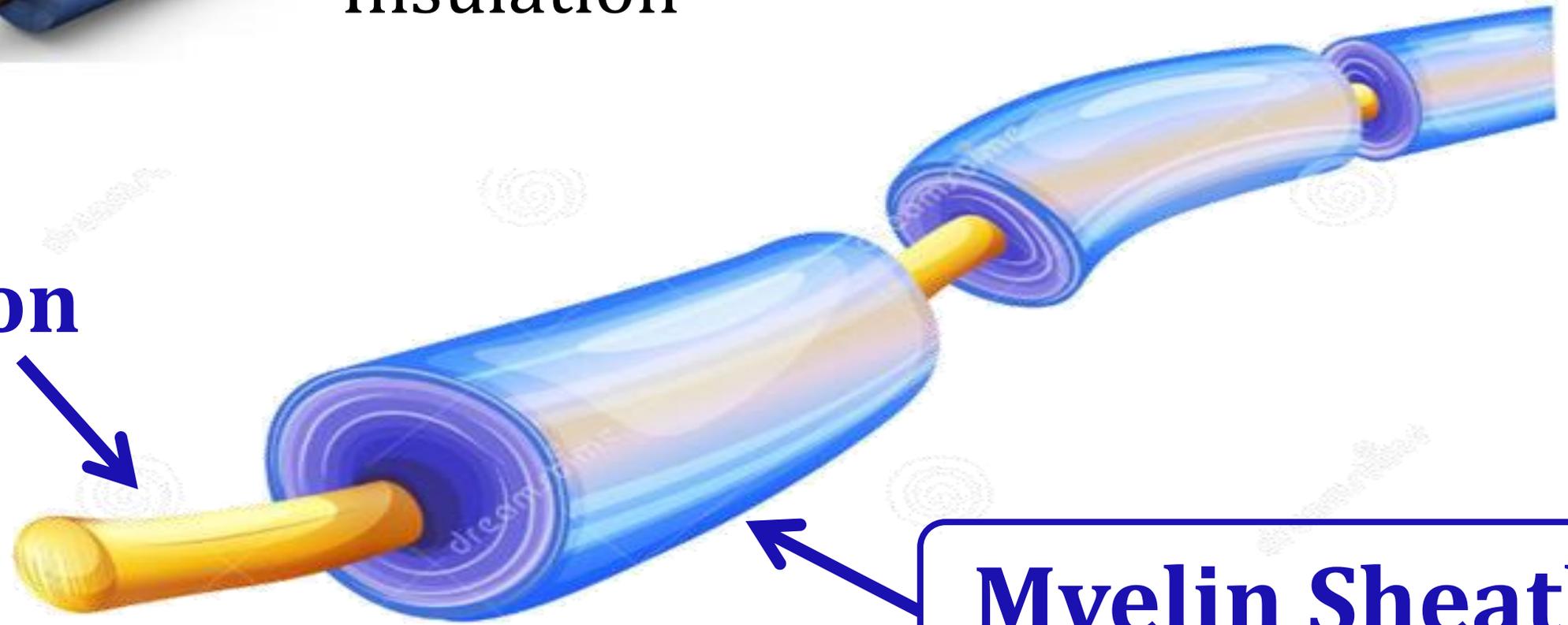
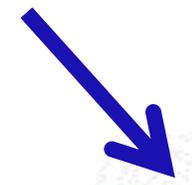
“Get Comfortable being Uncomfortable!”

(That’s where everything happens)





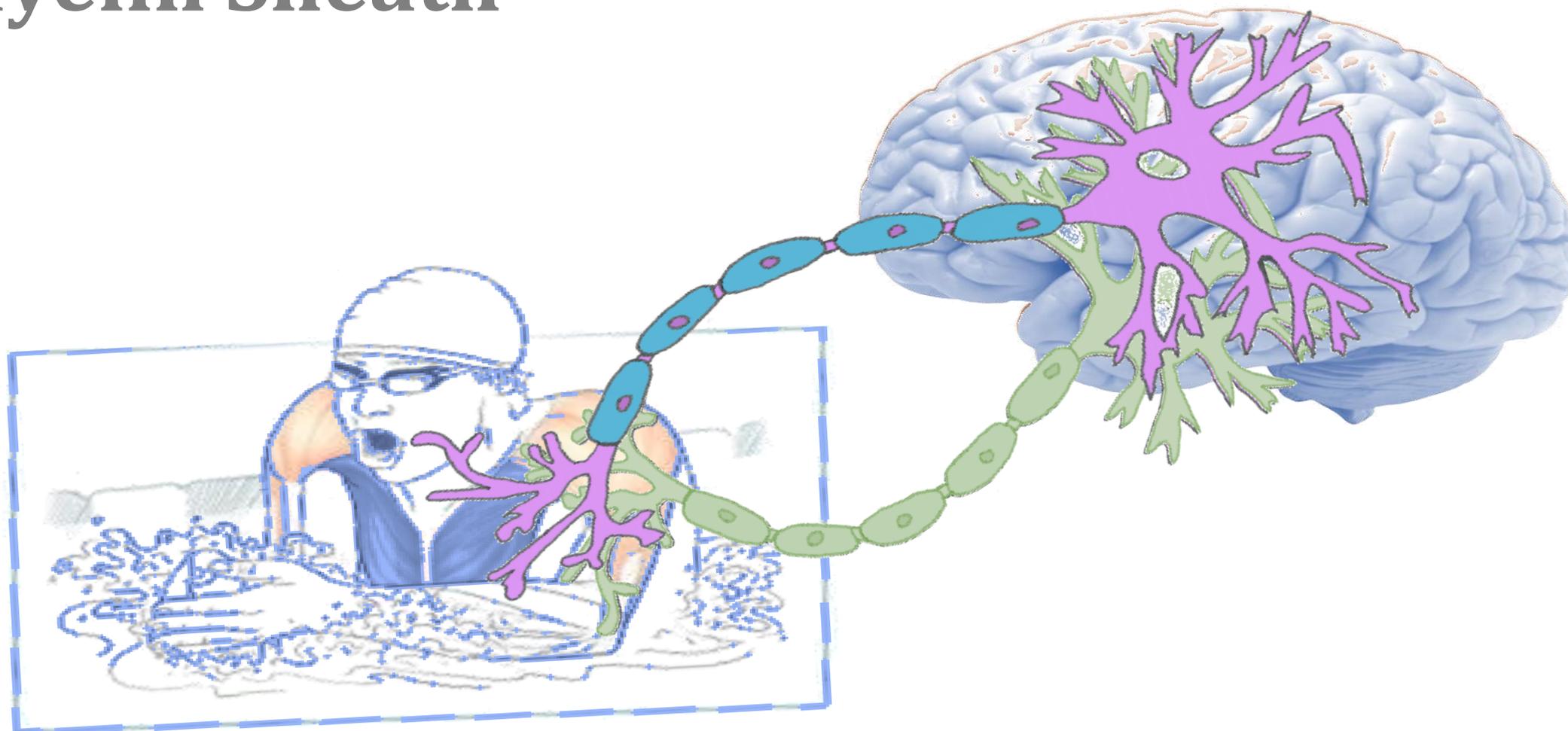
**Axon**



**Myelin Sheath**



# Myelin Sheath



# Deliberate Practice

**Two basic factors for skill acquisition:**

1. Deep, deliberate practice (building circuits)

2. Be motivated to **ALWAYS** be deliberate



# Personal Culture / Team Culture

Being On Time

Strong Work Ethic

Relentless Effort

Body Language

Positive Energy

Thanking a Coach

Great Attitude

Passion

Being Coachable

Doing Extra

Being Prepared

Being a Leader



# **Event + Response = Outcome**

**Success is not determined by situations  
you experience.**

**Success is determined by how you  
decide to manage your “R.”**





# Culture Blueprint

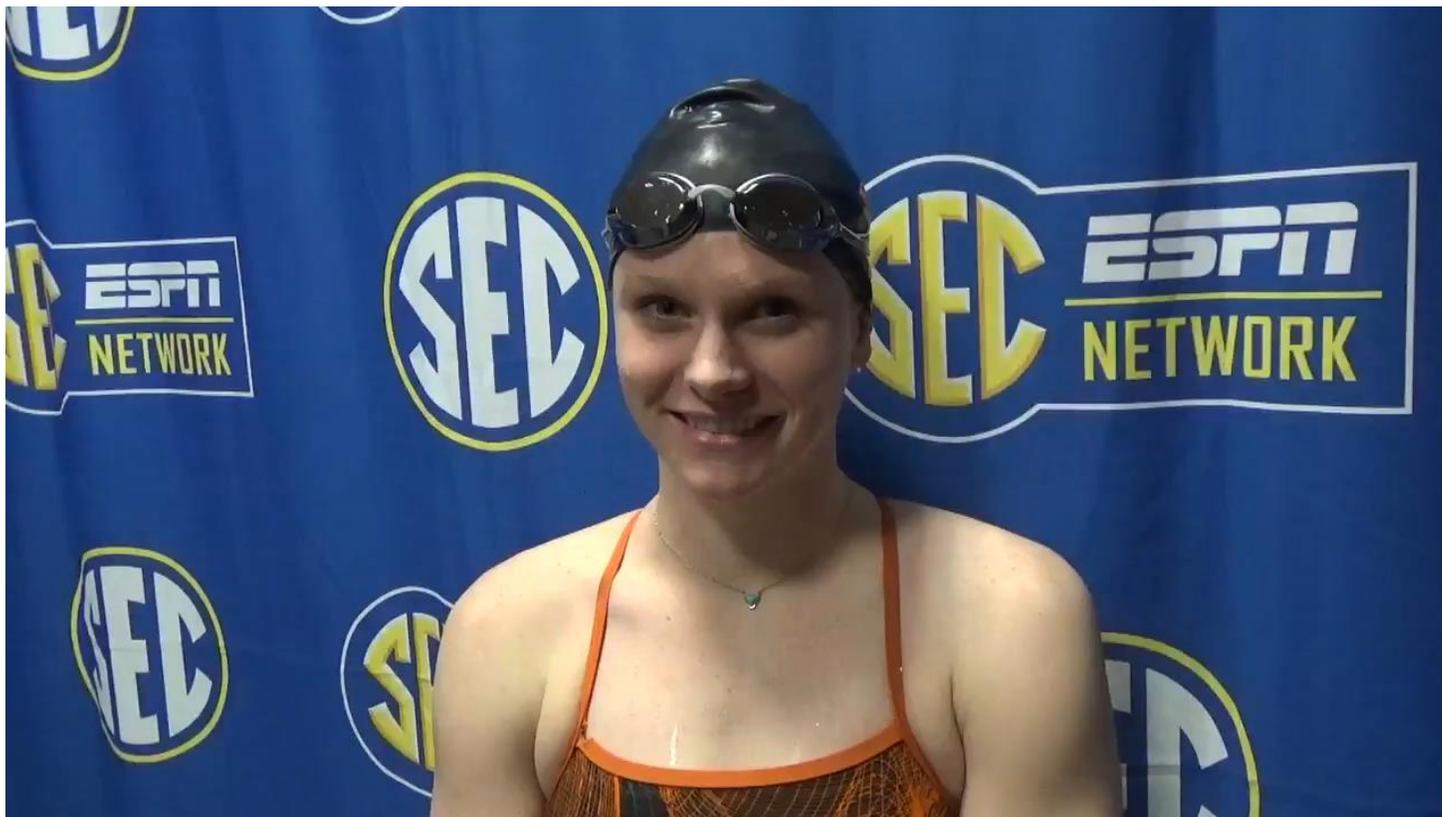
Leaders create culture

Culture Drives Behavior

Behavior Produces Results



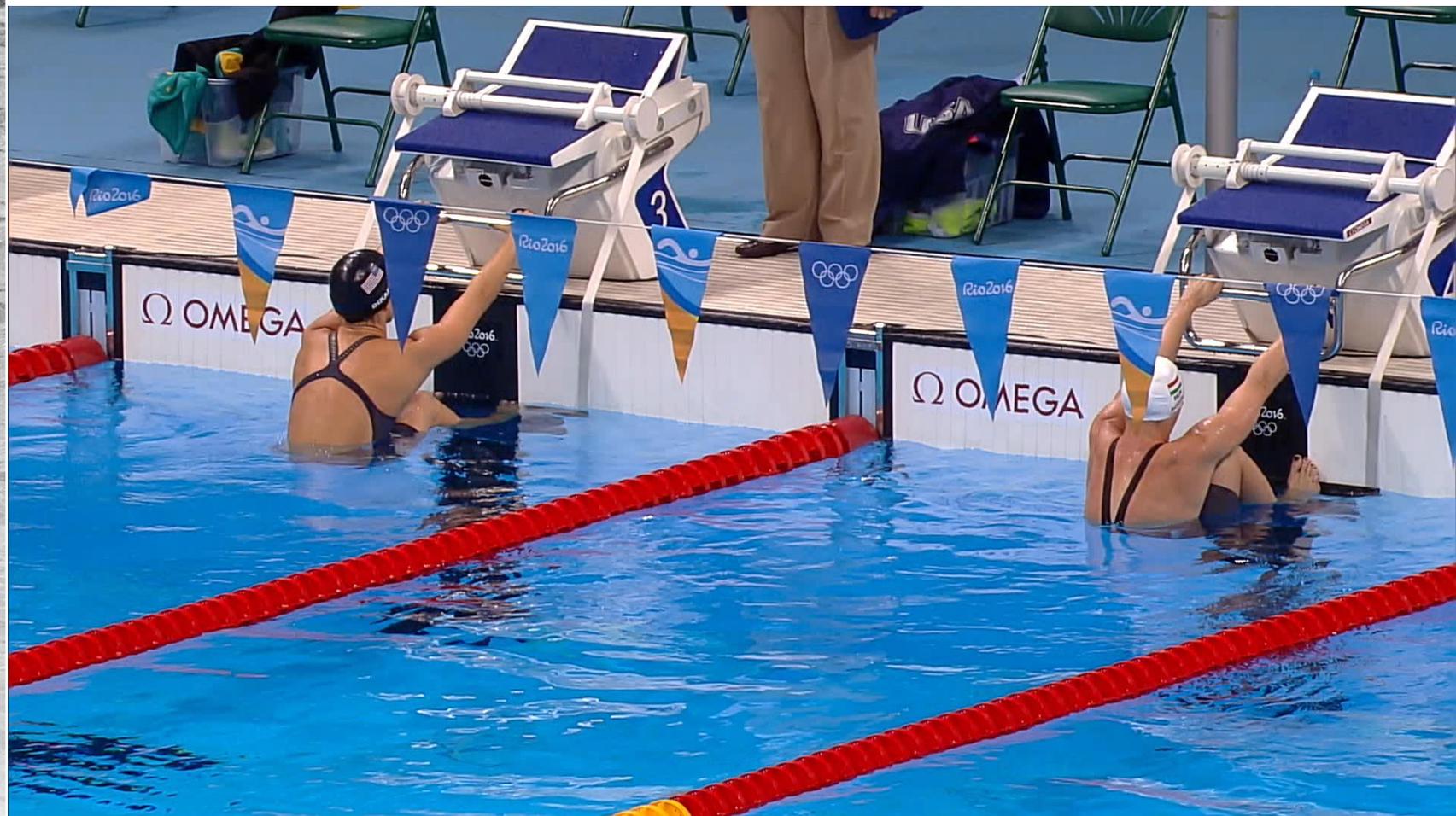
# Culture Blueprint



Erika Brown, U. of Tennessee



# Culture Blueprint



Maya DiRado vs Katinka Hosszu

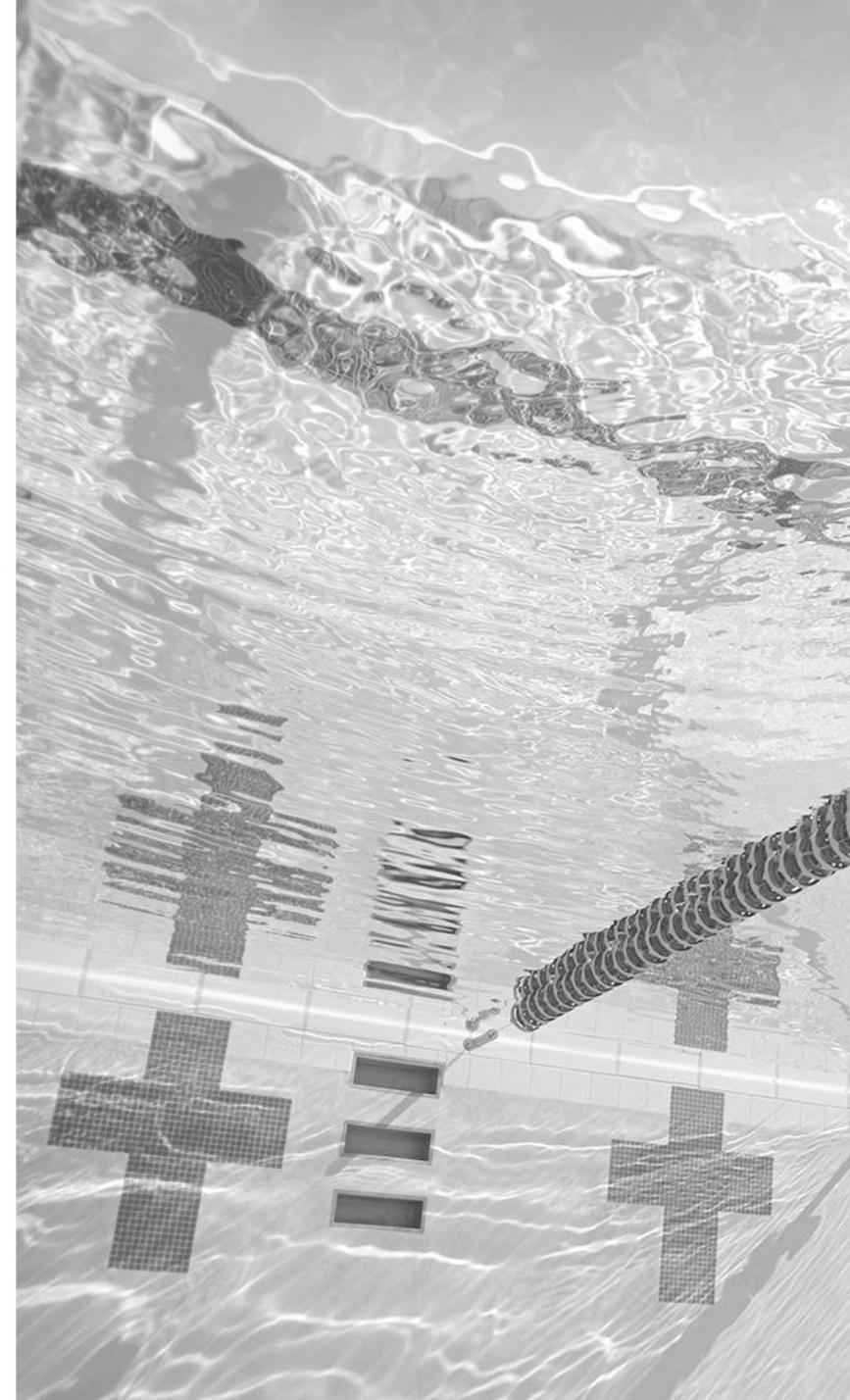


# Grit

Relentless Effort (not talent or intelligence) is the key to achieving great things in life.

Struggle is part of the process

It is hard and often painful



# What is Grit?



Dr. Angela Duckworth, 2013



# Grit – The “Difference Maker”

Perseverance with Passion

Keep focused on your goal

Despite Adversities

For the “Long Haul”

Best Predictor of Success!





# Grit

Elite is not about how talented you are

Elite is about how tough you are

Success is cumulative and progressive





**Caeleb Dressel**   
@caelebdressel

Perseverance is a great substitute for talent.

2/7/18, 7:38 PM

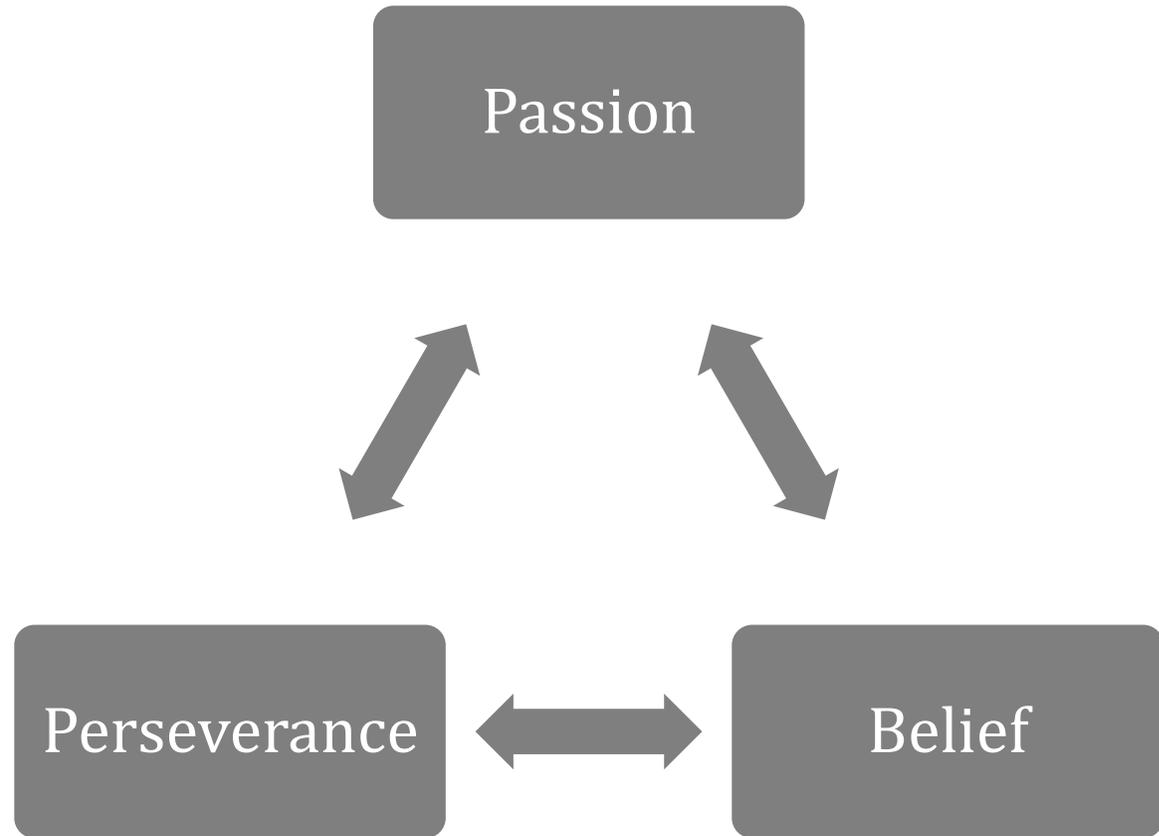


# Grit and Growth Mindset





# Growth Mindset



**“Failure” is an “Option!”**

**The events of your life give you experience. Your failures give you wisdom.**



# “Failure” is an “Option!”

“I never lose, I either win or I learn.”  
- Inspower.co



# Grit and Mindset

"Failure is an opportunity to grow"

**GROWTH MINDSET**

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things"

"Failure is the limit of my abilities"

**FIXED MINDSET**

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like to be challenged"      "I can either do it, or I can't"

"My potential is predetermined"

"When I'm frustrated, I give up"

"Feedback and criticism are personal"

"I stick to what I know"



# Grit and Mindset



# Grit and Mindset



# Grit

**If you want to win in the future...**

**You must win the grind today...**

**And tomorrow and the next day and the next...**



# Grit

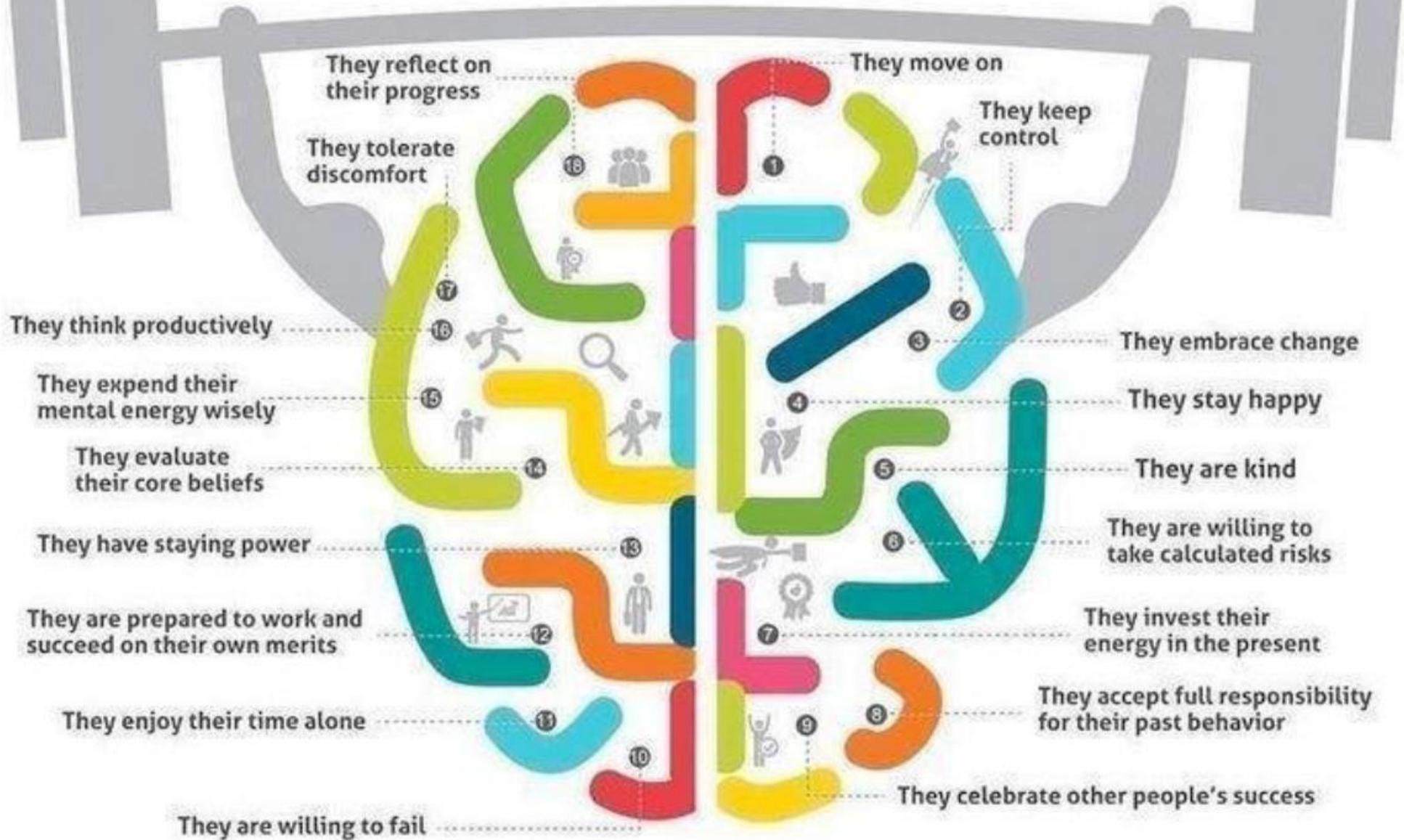
Enjoy the grind!



**“Pain is inevitable.  
Suffering is optional.”  
- Haruki Murakami**



# 18 THINGS MENTALLY STRONG PEOPLE DO



***PRACTICE  
LIKE A  
CHAMPION***





# Competitive Excellence

Drive and Discipline

Drive to do the work necessary to prepare

Discipline to work correctly





# Competitive Excellence

Elite performance requires elite preparation

How you practice, is how you'll compete

Every Repeat Counts!



# Competitive Excellence

Developing skill requires lots of reps

Developing skill requires lots of CORRECT reps





# What can you do NOW?

Remember that you are an Athlete!

8-10 hours sleep.

Food is your fuel.

Hydrate with water.

Separate from the competition!



# Alignment

Align yourself with the Coach

Align yourself with the top 10%

Align yourself with your goals





# Belief

Believe aligning with top 10% is worth it

Believe that the ability to learn and grow is not fixed. That it can change with your effort

If your habits don't reflect your goals, change your habits, or your goals



# Belief

Highest performances require deepest beliefs

Belief creates vision

Belief creates strength of will



# Belief

Belief creates resilience

Belief ignites and activates

Under competitive pressure, strong belief will pull your performance up (weak>down)



# Belief

Shared belief empowers a team to operate at full capacity



# Conclusions

Growth Mindset develops grit

Competitive Excellence requires  
Relentless Practice of the  
Correct Skills



LIVE

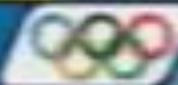


北京2008

Beijing 2008



# MEN'S 4X100M FREESTYLE RELAY



FINAL

USA 	United States	2008		3:12.23
USA 	United States	2008		3:12.23