

Hello 757,

I hope everyone is doing as well as possible during this crazy time. As a coaching staff we plan to engage the team physically, mentally, and socially everyday. The home workouts that we sent are a great way to keep your child's body as ready as possible for when we get back in the pool. Expect daily communications from the coaching staff with something to keep your child's mind focussed and sharp. Lastly, we encourage everyone to stay connected through social media. In these past couple days, I've seen many posts from you guys that have made me smile. We will be active on our media platforms and we hope you all continue to join in and share as much as possible.

Today's article is [Advice from College Swimmers to Age Group Swimmers](#). There's a lot of good stuff in there. Please read it first, then circle back here for some things I'd like to add.

Most of the advice these swimmers wanted to share had to do with staying positive, having fun, and supporting your teammates. I couldn't agree more. Swimming is a very tough sport. Setting goals and achieving them (which I'll talk about sometime in the next couple weeks) is very important. However, having fun and enjoying the process is ultimately how those goals will be achieved.

For younger swimmers and most swimmers when they start out, just being in the water and swimming is the purest joy and motivator. I can still remember being a kid and just feeling like I'm flying in the water. Doing flips, being underwater, "flying" on the surface... That alone was fun, and I joined a swim team to get more of that. As we get older and we have hundreds of thousands of yards under our belts, we can lose sight of just how fun it is to swim.

Once you're on the team and get older, most swimmers will claim a new thing to be the funnest part of swimming, the friendships. As swimming becomes more difficult these friendships are going to be a big part of your success. You'll push each other to achieve more than you ever could by yourself. More importantly, they'll probably be what you remember the most from your swimming career.

There are many ways to have more fun in the sport. For those who love to compete, create challenges and games for yourself during practice. See if you can go the farthest underwater. See if you can beat those around you. See if you can be the best at a particular skill and be a demonstrator. See how close you can be to your best times. I remember just the other week, one swimmer finished a 50 kick and yelled out, "I did it!" Confused, I had to ask what they did. They said that they went under 50 seconds for the first time in a 50 kick. Now I didn't ask them to do this or even get their times on this particular set, but this swimmer made a challenge for themselves earlier in the year, and got to enjoy hitting that goal. Once again, we'll be talking about goal setting later, but hitting a goal can be a huge high.

Loving the process to become an amazing swimmer is the ultimate goal. I have been super impressed this year with how many swimmers actually love the harder workouts that we give. Every now and then I'll ask at the end of a practice, "Who liked that set?", and it's so cool to see how many hands go up for the really hard sets. It's well over the majority for even the younger groups. Learning to love to work hard is a tough thing to do. If you don't have that yet, try to make some games out of it, or encourage your friends like we talked about above. ...but once again, it's amazing how many swimmers already love the harder practices and whine when we have to do easier practices working on technique. (Hint: keep up the good technique and we can have more of the tougher sets.)

There are many different ways to have fun in swimming. I hope you listen to the advice given in the article. Remember the joys that being in the water can bring. Enjoy the friendships that you have, and make some more. Challenge yourself in many different ways. No matter what made swimming fun, you started swimming because you enjoyed it. Hold onto that feeling so that swimming is something you love for the rest of your life. Lastly, if you ever feel that passion slipping, talk to your coach. We'll find a way to reignite that spark together. Take care!

-Mike