

Hello 757Swim Families!

I hope all is well and spirits are remaining high. The programmed workout for this Saturday for Silver 1 to Gold is a 1.5 Mile test run. Please record your athletes times and send those in to Morgan, Mike or myself! Also we would love to see some before and after the run face redness pictures and post those on our social media!

As most of you saw, last week the coaching staff had the opportunity to hop on a Zoom Chat with Katie Ledecky. For those of you who are new to the sport and that name is unfamiliar, you can watch her here <https://www.youtube.com/watch?v=gfMi7hJtCpc>. The call was lead by former olympian Aaron Peirsol and Jack Roach who ran USA Swimming's National Junior team 2008-2016. Katie shared a lot of meaningful thoughts and the conversation was about much more than swimming. I took some notes throughout the meeting and thought I would share what I thought was most important here.

### **People in your life will make you what you want to be.**

We spent a good amount of time talking about the importance of a strong family group. If you look at almost any of Katie's interviews about her races or her success in the sport of swimming, she always mentions her family. Your family is who you will spend the most amount of time around, especially as you grow up. You will develop your own personality based on the personalities of those around you. Things you like, dont like and who you want to be as a person will be heavily influenced by your family. Each person in your family will have an impact on you, just as you will have an impact on your family. They will also always be your family no matter what happens, they will be there. Katie talked at length about her brothers drive, motivation and work ethic and how that heavily influenced her as she grew up though she did not tell him until she was much older. Without each person in your family communicating to you how you have had an effect on them, you may never know the impact you have on your family. You may have noticed on all of our social media postings the hashtag **#family** is always used and always used first. That is no mistake or coincidence, we are a family unit that you have chosen to be apart of. It is rare that you get to choose your family members, so we are appreciative that you have all chosen to join our family. The most important thing in life is to surround yourself with people who you admire, who push you to be better and who have qualities of the type person you want to be. These will be the people who shape you the most!

### **Swimming is a hobby.**

Swimming is something you do, it is not who you are. You are so much more than a swimmer, though being a swimmer is a great thing to be known for doing. While you cant swim right this second, that does not take away any of your identity. I used to pride myself on being known or introduced to new friends growing up as "Drew, the swimmer." But thats just something I did and loved. I did not learn the lesson that being a swimmer isnt who I am until after my swimming career was over and I thought I had to find a new identity. I did not understand at that time that swimming was just something I did. It had been such a major part of my life. Swimming took me all over the country competing, got me 8 of the 9 groomsmen at my wedding and put me through school. My relationship with swimming wasn't always the healthiest.

Sometimes I let it get in the way of important things I should have been doing. Sometimes I never wanted to get back in the water and swim another lap again. I never knew how much I truly loved the sport until I was done swimming and I couldn't stay away. I loved swimming so much I have made a career out of it! While the break might be frustrating and have some feeling a little lost, take this time to come to your full appreciation for what the sport has done for you as a person and why you love it!

### **Fail more than anyone else**

This is the greatest advice I think anyone could ever be given. The master is just a student that never gave up. The person you see as successful has failed more times than anyone else. You cannot be afraid of failing to the point that you don't even fully try. Failure is both teacher and motivator. In failure you will learn what doesn't work and how it feels to have things not go your way. Eventually you will find a way that does work. Thomas Edison had a unique outlook on failure. After 10,000 failed experiments trying to develop the light bulb he finally accomplished his goal. When finished he said, "I haven't failed-I have simply found 10,000 ways not to make a lightbulb." Many people give up on the one yard line or after the 10,000 experiment not realizing that the next will be a success. On those days that you seem to keep failing and feel like giving up, work on the things that you can do and improve them. To be successful you are going to fail at times, embrace failing and welcome it for in failing you are getting closer to the finish line.

**People in your life will make you who you want to be. Swimming is a hobby. Fail more than anyone else.**

Drew