

Hello 757Swim Families!

Yesterday Morgan sent out information for our Can Food Car Parade! We are all incredibly excited for the possibility to get eyes on everyone again in person and get to speak to our families and athletes. Here is the information: Next Thursday (4/30) we will have a ***Can Food Car Parade in the WISC Aquatic Center Parking lot starting at 5:30pm!*** If possible, we encourage you to decorate cars and bring donations. The donated food will be distributed to the House of Mercy. Attached is a list of items they have requested. ***Please help us with the following in order to safely execute the Can Food Car Parade:***

- One-way traffic (see attached map)
- Please remain in your vehicle at all times while in the WISC Aquatic Center Parking lot.

We look forward to seeing you next Thursday at 5:30pm. Thanks in advance for any donations that you may be able to provide for the House of Mercy. Please let me know if you have any questions.

I know it would mean the world to me if to see you all so I hope to see as many of you as can make it!

Today I wanted to talk about the **Victor Vs. Victim** mentality and ways to recognize it and overcome it. Let's face it, we have all fallen victim to a victim mentality at some point. Once that mentality sets in, it is a terribly hard one to break. When faced with adversity either at work, at school, at home or at practice the easiest response to manifest is that of the victim. Here are 5 of the most common victim mentalities and how to think around them:

1) **Accept that life is unfair.** Things like a pandemic taking away a senior season, school year and graduation are unfair. The victim will think thoughts like, "Why is this happening to me?" or "What did I do to deserve this?" In reality, what is going on right now is affecting everyone around the world. It is not just happening to you and you did nothing to deserve it. Once you accept that life is unfair and that there will always be aspects of life that are completely out of your control, you can begin to manifest the victor mentality that says things like, "How can I make this work for me?" or "What can I do with this to reach my potential?" This goes for practice as well. Some sets and days are harder while others are easier. Its not unfair, its just out of your control.

2) **Stop Complaining.** Lou Holtz once said, "Dont tell your problems to people. 80% don't care about them, and the other 20% are glad you have them! So you're better off keeping them to yourself." Now that quote does sound harsh but it is meant to be funny and to highlight why a victim mentality isnt useful. I do believe that venting and getting things off your chest is a giant stress reliever. But there is certainly a time and a place and frequent complaining about your situation keeps you the victim and does not let you manifest the victor. The victim will say things like, "I am so sore I can't work hard today" or "I didn't get a lot of sleep last night so if I lose

thats why" The Victor will approach with the mindset of "Ok, my legs are sore but my arms feel good so lets work the arms" or "I am awake now so I might as well get a reward for it."

3) **Stop Comparing Yourself To Others.** To quote Theodore Roosevelt and Morgan Cordle, "Comparison is a thief of joy." The only person you should ever compare yourself to is the person you were yesterday. Small improvements over the person you were the day before is how you become be great at anything. A person suffering from a victim mentality will say, "Why does that person have more than me?" or "Why am I not as good as that person?". The person benefiting from a victor mentality will say, "I have more than I need/ I am happy with what I have" or "I beat my personal best and am still improving." The only time you should ever look into someone else's bowl is to make sure they have enough to eat, not to make sure you both have the same. Point 1 was that life is unfair. While talent may be distributed equally amongst each person, it is rarely ever in the same areas of life. Work hard on yourself each day and get better. Hardwork is the only substitute for talent.

4) **Remove Your Limiting Beliefs.** "Either push your limits or suffocate in your comfort zone."-Arun Purang. More often than not, limits are self imposed. Its what we have told ourselves that we are capable of and nothing more. You are your own worst enemy when its comes to limitations. The victim mentality is, "I am not capable of doing that" or "I am not big/strong/fast/smart/talented enough to achieve that." The victor will say, "That is possible for me" or "It will be hard but I can do it and it will be worth it." Anything in life worth having will be hard to get, you will have to work hard and even then it is not a guarantee that it will happen (See Point 1). Limiting what you believe you are capable of is a crippling mentality that you MUST break free of. What you can do is endless. The most important thing to remember is that it is YOU that is in charge of your beliefs for yourself. **DO NOT LISTEN TO WHAT ANYONE ELSE TELLS YOU YOUR LIMITS ARE!** When someone cannot accomplish something themselves they will tell you that it is not possible for you. Do not be swayed. You are in charge of you.

5) **Do Not Be Afraid To Fail.** "Believe in yourself and your vision and success will follow. You cannot be afraid to fail." Arnold Schwarzenegger. I cannot tell you how many times an athlete has asked me this, "Hey Coach Drew, what do you think I can go in this race?" As a coach, my job is to see the potential in my athletes. So I am always going to give them what I believe their top tier most potential is whether it be attainable that race or not. The answer I get 99% of times when I say what I think they are capable of is, "WHAT!?! There is no way I can do that. I am going to try for a **(Insert Slower Time Here)**" There 2 reasons I give the answer I give. First, I think its important for everyone to recognize their potential and hear it but also see point 4. But 2 I need to know the mentality of the person I am coaching. The victim will say, "I dont want to embarass myself trying for that and fail" or "I would rather play it safe, Ill have other opportunities". The victor will say, "I am going to go for this" or "IF I fail atleast I tried." I will take someone who fails over someone who never goes for their potential EVERY. SINGLE. TIME. The person who fails atleast showed up to the arena to be tested. Do not fear failure, in failure you have grown. "Shoot for the moon because even if you miss you land in the stars"-Les Brown.

Have a great weekend 757!