



SwimQuest Aquatic Center Mental Skills Training Program



Pathway to Excellence



What percentage of your swimming performance is physical?

Mental?



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What do other athletes say about the physical/mental aspects of athletic performance?

Baseball is 90 percent mental; the other half is physical.
Yogi Berra



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How much time do you spend training the physical?

Mental?



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What are some of the mental challenges associated with swimming?

Pushing yourself?

Confidence?

Focusing attention?

Anxiety?



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“It is not to triumph, but to struggle.”

Pierre de Coubertin – founder of modern Olympics



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Who is your favorite swimmer/athlete?

Why?

What are the mental characteristics of that swimmer/athlete?



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**How do parents/teammates/coaches/competitors
impact your performance?**



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Compete – from the latin word “competere”
- meaning *to strive together*.



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***“Challenge yourself and don’t accept
other people’s limitations.”***

Craig Virgin – World Champion Distance Runner



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Self-Regulation

Conscious management of personal behavior – thoughts & actions

Becoming aware of what I'm are doing...

**to be sure that what I'm doing
is going to get me where I want to go.**

Keeping a Training Journal



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Goal Setting

**What do you want to accomplish and
how do you plan to get there?**

Your Goals should be:

**Specific, Measurable, Achievable, Realistic, Timely
SMART**

Your Goals can address:

**Technique/skill, Performance/time, Behavior, Attitude,
Strategy, Training,...**



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That Perfect Performance

In-the-Zone

- subtle, simple, passive, alert, awareness-complete focus on task
- everything is automatic - effortless
- feel as if you are “one-with” the activity-loss of ego involvement
- no evaluation, just go-“pure” fun in doing



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When I go out and race, I'm not trying to beat opponents, I'm trying to beat what I have done ... to beat myself, basically. People find that hard to believe because we've had such a bias to always strive to win things. If you win something and you haven't put everything into it, you haven't actually Achieved anything at all. When you've had to work hard for something and you've got the best you can out of yourself on that given day, that's where you get satisfaction from."

Ian Thorpe



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**"The water is your friend.....you don't have to fight with water,
just share the same spirit as the water,
and it will help you move".**

Alexandr Popov

**"People ask me 'what was going through your mind
in the race?' and I don't know.
I try and ...let my body do what it knows".**

Ian Thorpe



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It's a beautiful thing, diving into the cool crisp water and then just sort of being able to pull your body through the water and the water opening up for you.

Dawn Fraser



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