

THE IMMUTABLE RULES OF IMPROVEMENT

(FOR SWIMMING AND FOR LIFE)

By: John Leonard

HONOR YOUR TEAMMATES

What would it be like to go to a class where no one else wanted to learn and just screwed around?

What would it be like to go to a practice where no one wanted to work and everyone wanted to sit around and complain?

What would it be like to go to a job where everyone watches the clock, doesn't do real work

and "fakes work"?

Being a teammate means committing to the welfare and well-being of everyone in the group. The military does this best.

Take care of the man/woman beside you. And expect the same.. and if that gets violated, take personal responsibility for straightening the person out.

There are no shortcuts to improvement. Bob Dylan says, "The lessons of a lifetime can't be learned in a day."

He's right.

DO THINGS CORRECTLY

There is a "correct" way to do everything in school.

There is a "correct" way to do everything in swimming.

Doing things incorrectly makes a mess. A long term mess.

Incorrect NOW makes incorrect habits later.

If you don't have time to do things correctly now, how will you have time to fix them later?

Knowing the "correct way" is not enough. Living it is required.

If you don't do things correctly, you will be a "screw up" your entire life.

SHOW UP

Show up in class.

Sit in the front.

Pay attention.

Show up at practice.

Show up on your job or you won't have it.

Be there. Always.

It's about consistency and constancy.

If you want a good marriage, SHOW UP. Body, Mind, Heart. (It gets dead silent when you do this one with young people... they've all seen bad marriages and they KNOW this one by heart.)

If you don't "show up", you can't improve. Period.

The longer you live, the more you will realize the validity of three immutable rules of improvement.