COVID - 19

SWIMMER EDITION

HOW YOU THINK, FEEL, AND ACT MATTERS.

CONTROL THE CONTROLLABLES

There are a lot of things you cannot control at this moment. The one thing you can control is your attitude, and the energy you bring to every space you occupy.

FIND THE FUNNY

Humor is a powerful way to manage the unmanageable. Make sure you find the funny things, and laugh.

POSITIVE MINDSET

This time away from swimming is not because YOU are not able to swim. It is because COVID-19 is spreading. This break is to keep you and others healthy.

YOU ARE NOT ALONE!

Just because you cannot see your friends and teammates physically, does not mean you cannot connect socially! Set up video chats to hang, bake cookies, or play games together virtually.

NEW STEPS, SAME GOAL

Just because your pathway to achieving your goals has changed, does not mean your goals have to change. Think of this as having two staircases with different sized risers and treads - they both lead to the same floor, but in a different way.

STAY FIT & HEALTHY

Not being in the pool allows your focus to shift on those areas that needs attention that pool practice does not afford. These could be strength, power, endurance, flexibility, nutrition, sleep, or mental performance related. Maintain and build your immune system by getting plenty of sleep, eating fruits and veggies, and staying hydrated. Follow CDC guidelines on how to protect yourself and others from COVID-19.

IT'S OK TO NOT BE OK

During times like this is natural to feel an array of emotions. Allow yourself to feel thesadness, the disappointment, the frustration. Give these feelings a time limit by setting aside time each day to feel these emotions.
"Sadness, you got me for 15 minutes. The rest of the day is mine."

USE YOUR MIND

Watch video or film of your sport performance. Use visualization to reinforce your good physical and mental habits, and to modify things you would like to do better. Remember, visualizing performance has been proven to be more effective than no practice at all!