

Getting Ready To Compete

In past articles I have talked about preparing yourself to swim. Today we would like to make some additions, but in a different way. We want to focus in on a mental list that may be of some help. Phrases you can say to yourself and actions you can take to perform your best this week.

- * Phrases you can use "The work is done, its time for the fun!"
- * "Trust your training!" "I know I am ready!"
- * Be cool. Act relaxed. Stay calm, Save your emotions for the meet!
- * As of today stop looking at the clock and asking yourself. "How was I on that one?" Just trust yourself it was great.
- * Take some extra time if you can after practice to just relax and go through you events/list before you pack up and go home.
- * SMILE!!!!!!!!!!!!!!!!!!!!!!



The Final Countdown

On this the last few days before conference I want to share with you a list that was created by Dr. Alan Goldberg especially for our meets this week

1. **Monitor the Uncontrollable** Avoid the mental traps of looking and the scoreboard to see what others are doing. Stay true to your routine and think about what you have to do.
2. **Narrow Your Focus** Stay in your lane, focus on the swim at hand. Review what you have to do, then leave it alone and just go do it.
3. **Control Your Eyes and Ears** Only look and listen to things that you calm and ready to compete. If looking at a heat sheet or watching others makes you tense do something else. Don't listen to the cheers others, go use your visualizations, your music to take the noise, if it disrupts you.
4. **Trust and "Let it Happen"** You must stay relaxed if you are to do your best. Pressures from "have to's", and "got to's" will do nothing but create a negative reaction.

5. **Smile and Have Fun**

"Developing Mentally Tough Swimmers" - Dr. Alan Goldberg Pg. 65.

Competitive Advantage Publishing



A Packing List

Getting ready to compete well, also means preparing well. Don't pack your stuff ten minutes before you walk out the door for the meet. THINK THINGS THROUGH BEFORE HAND!!!!

How about asking yourself some questions? Do I have an extra suit, towel, cap, goggles? Music? Is it charged and good to go? A list of "key" phrases that will help me to perform (see other handouts in Scrips Corner). Snacks? (if you don't know what to eat ask a coach or email me.) Ok now focus on the "Here & Now", don't worry, trust yourself, go out and have fun!!!