

RACE PREPARATION

What is it?

How do I do it?

Will it help?





Mark Hesse

Sport Performance Consultant

With USA Swimming since June 2012

27+ year career as a club coach in Potomac Valley, Florida, Texas, Indiana & Colorado

Placed swimmers in Olympic Trials Semi-Finals and on National Junior Team

ASCA Level 5 Certified Coach

25 years of involvement in LSC Governance and USA Swimming National Committees



SYMPTOMS OF ANXIETY

Rapid, short breaths

Tight muscles

Increased Heart Rate

Images of Failure

Butterflies in the stomach

Doubt

Jitters

Decreased Confidence

Worry

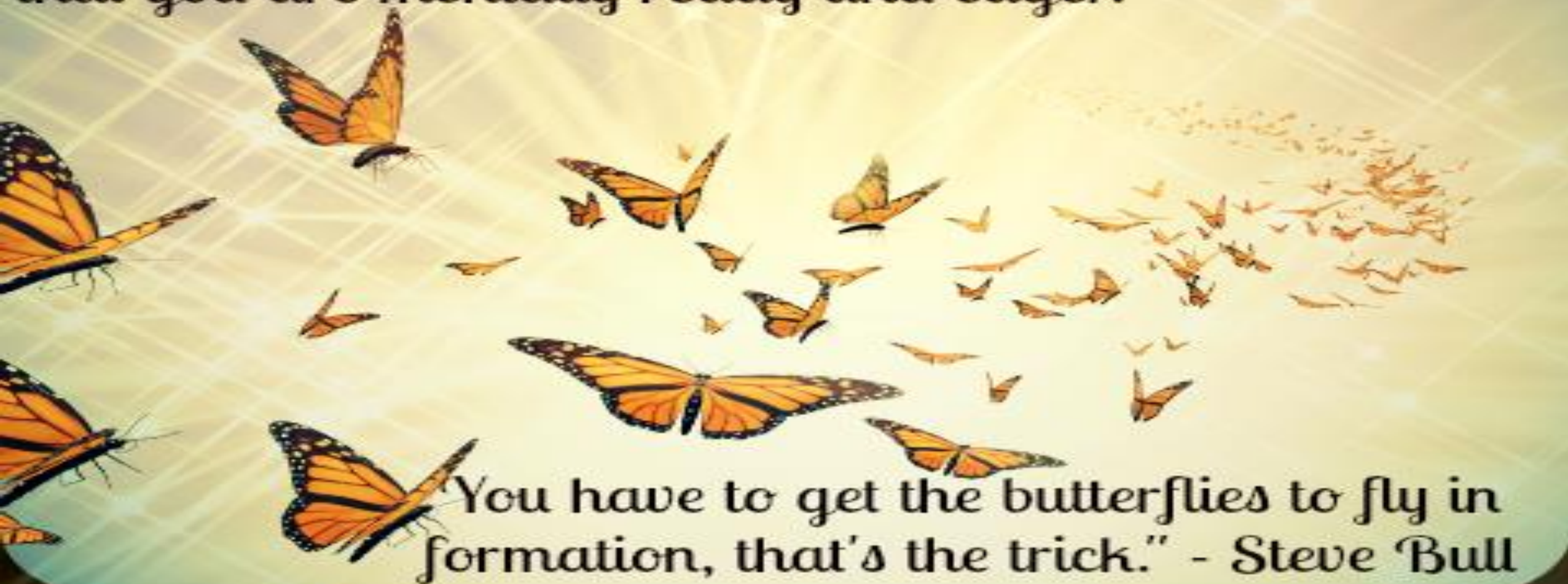
Frequent "pit stops"

Sweating

"What ifs"



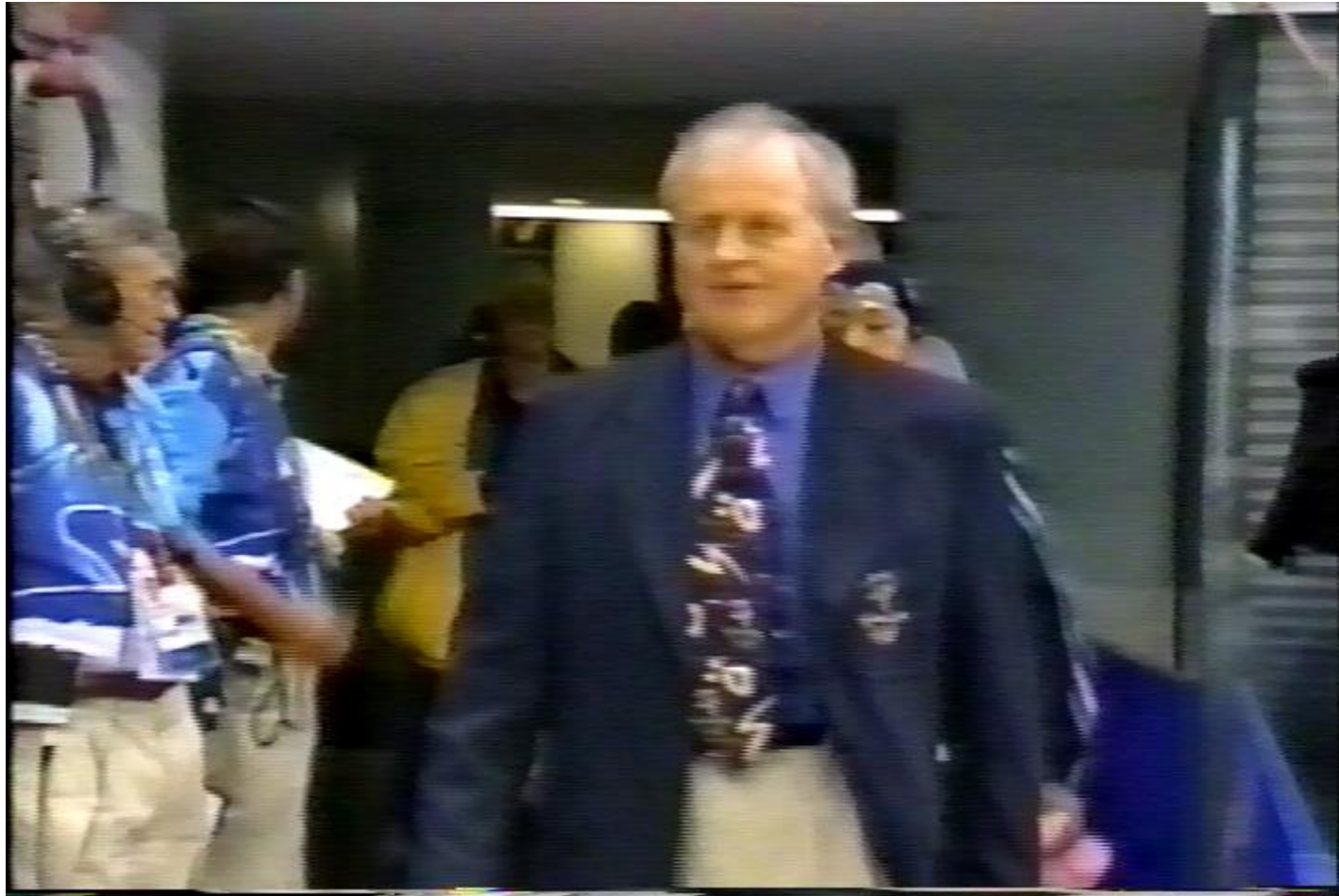
"Nerves and butterflies are fine- they're a physical sign that you are mentally ready and eager.



"You have to get the butterflies to fly in formation, that's the trick." - Steve Bull



PRE-RACE JITTERS



WHAT IFS

What if I die?

What if I don't win?

What if I am not as good as I think I am

What if I am too slow to get recruited?

What if I disappoint my coach/parent?

What if I don't go fast?

What if it hurts?

What if so and so beats me?

What if I miss my cut?



OLYMPIAN WHAT IF'S

What if I let everyone down?

What if my hard work doesn't pay off?

What if I embarrass myself?

What if it hurts?

What if so and so beats me?

What if I'm not good enough?



W.O.L.F.

Wake Up! – What am I thinking?

Own It! – It's OK to be afraid.

Loosen! – Tense & Release

Flip it & Focus on your truth! – What do I know to be true? What will I do in the race?



Coach Christen Shefchunas –The Confidence Coach

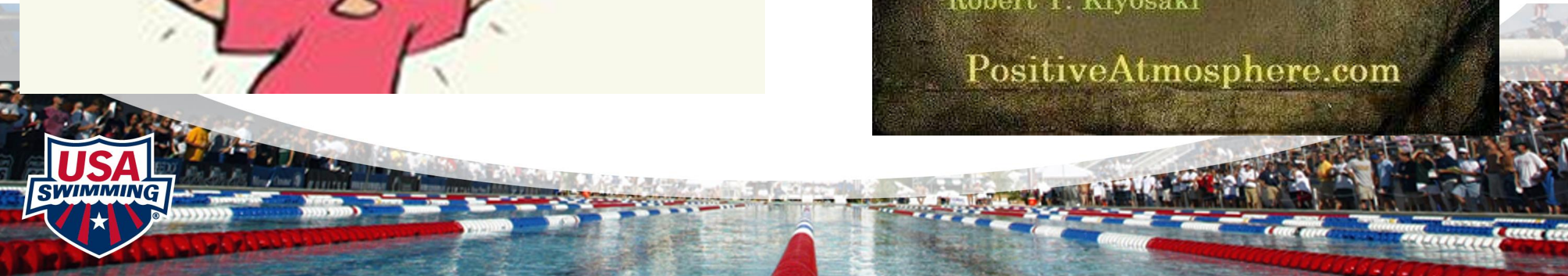
WAKE UP & OWN IT!



It's not what you say
out of your mouth that
determines your life,
it's what you whisper
to yourself that has
the most power.

-Robert T. Kiyosaki

PositiveAtmosphere.com



IF YOU ARE TEMPTED TO SAY
"I CAN'T"
HAVE THE COURAGE TO ADD
"YET"





“Champions are able to produce a ‘normal’ performance under extraordinary circumstances”

– Bill Sweetenham



LOOSEN!

1. SIT
ON A CHAIR...



2. "SCRUNCH"
UP YOUR
FACE...



THEN...
RELAX
IT...



3. TENSE
YOUR
ARMS...



THEN...
RELAX
THEM



4. TENSE UP YOUR
SHOULDERS
AND CHEST...



THEN...
RELAX
THEM



5. TENSE UP
YOUR LEGS...



...THEN RELAX!

6. BREATHE
IN
RELAXATION...



...BREATHE OUT
TENSION

BREATHE!

Special Forces 4 X 4 Breathing

1. Close your eyes
2. Inhale for a 4 count
3. Hold for a 4 count
4. Exhale for a 4 count
5. Hold for a 4 count
6. Repeat



FLIP IT!

I am ready!

I am courageous!

I am determined!

I am a fighter!

I am enough!

I am powerful!



AFFIRMATIONS

“Perfection is unachievable but excellence is. Excellence is the brilliant execution of all I can control”

“When I compete I am difficult to beat”

“I am improving _____ to reach my goal”

My strong, steady freestyle makes me a successful distance swimmer.



FOCUS ON RACING

We are looking for certainty of ACTION...
not result

Streamline your brain with cue words

What is working? Today or in the past

What is possible? How have I trained

What's essential? Must do skills



Showing Up To Make A Cut

Focus on outcome & results



Uncontrollable



Tight, tense tentative



Self- Doubt



Performance Suffers

Showing Up To Race

Focus on skills/little things



Controllable



Calm & Relaxed



Confident



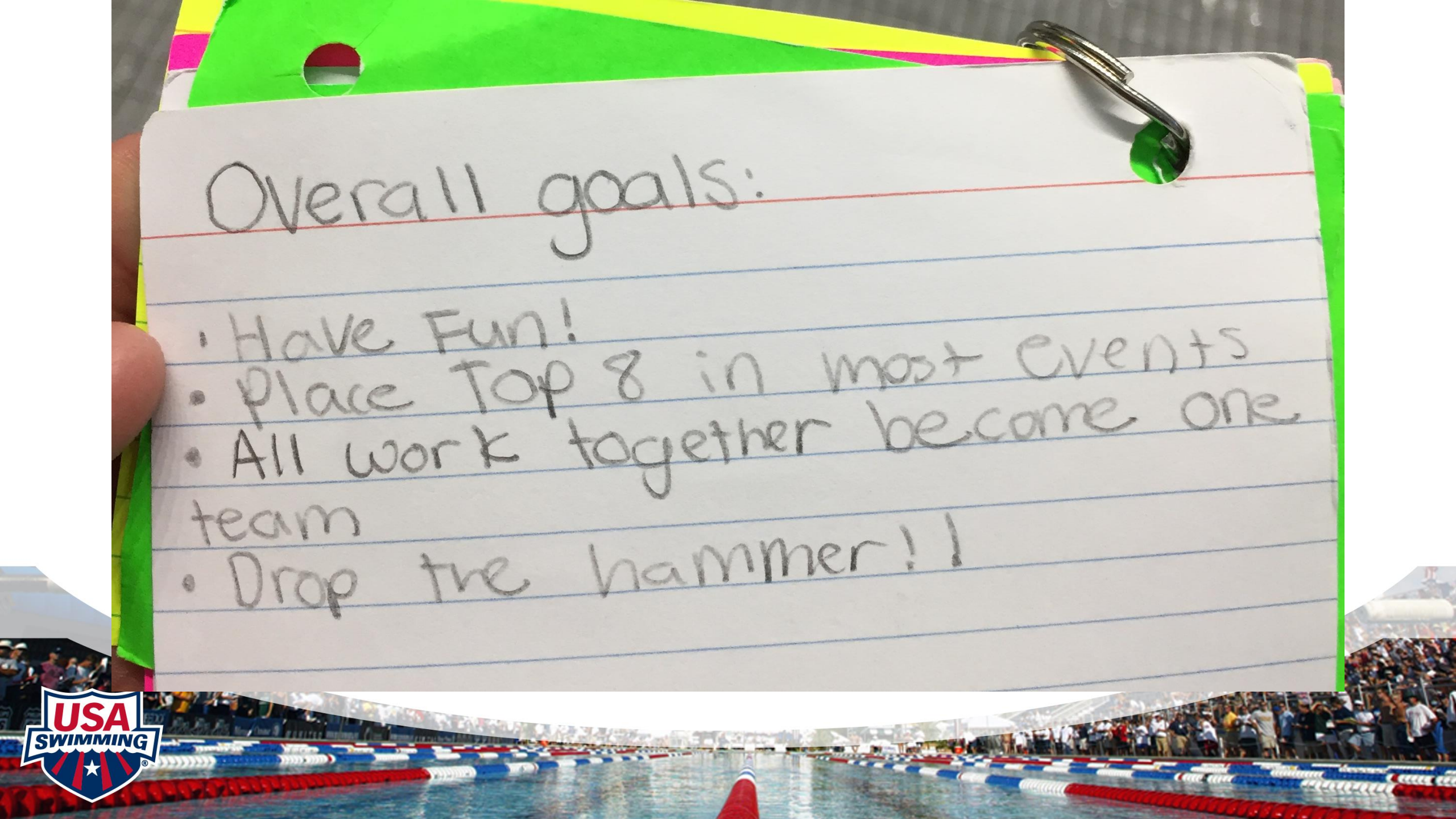
Performance Enhanced



Dr. Jerry Lynch

Overall goals:

- Have Fun!
- Place Top 8 in most events
- All work together become one team
- Drop the hammer!!

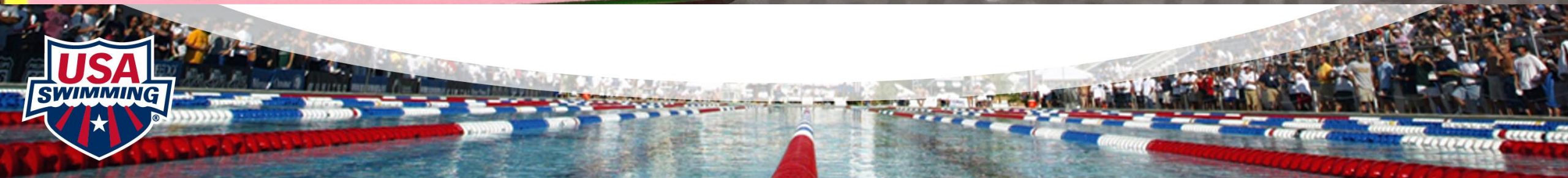


Event + 59 200 IM

- go out strong but controlled
- 1.2 or 1.3 back tempo
- get head into line / Kick!
- Sprint + Free

Warmup:

200 Free overload
200 Kick / drill IM order
25 V sprints IM order



Remember:

- You are an IMer
- You will not die on the Fly
- your breaststroke is good



One race at a time!!

7/19/18

State

Process

50 Fly: SPRINT, stay strong, visualize, positive self-talk = You can do it, this is my race, etc., listen to music, think of team

400 Free: Revisit Strategy, visualize, positive self talk, listen to music

100 Fly: Revisit strategy, visualize, positive self talk, music

200 IM: Revisit strategy, visualize, positive self talk, music, don't worry about crossover!

Medley Relay: SPRINT, for Team

200 Fly: Strategy, visualize, positive self talk, music

200 Free: Strategy, visualize, positive self talk, music

Free Relay: SPRINT, for Team

NEXT

Important →



VISUALIZE VIVIDLY



sight

The tiny red ant
climbed up the
broken twig.

smell

The sweet smell of
freshly baked apple
filled the air.

taste



One bite of the
sour lemon caused
my lips to pucker.



sound

The car squeaked
every time I hit
a bump in the road.

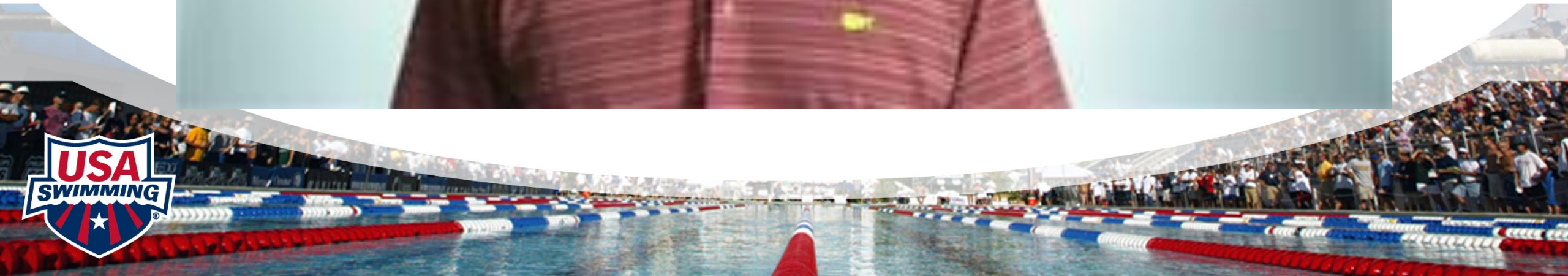
touch



The sharp edge of
the paper cut my
finger and made
it sting.







POSITIVE IMAGERY

"Imagination is everything."

-Albert Einstein



WHEN TO PRACTICE MENTAL SKILLS?

All the time!

During practice

After practice

Before practice

At home, during “down time”

At meets



RACE DAY

Knowledge is POWER

Warm-up times

Who makes finals?

Am I on a Relay?

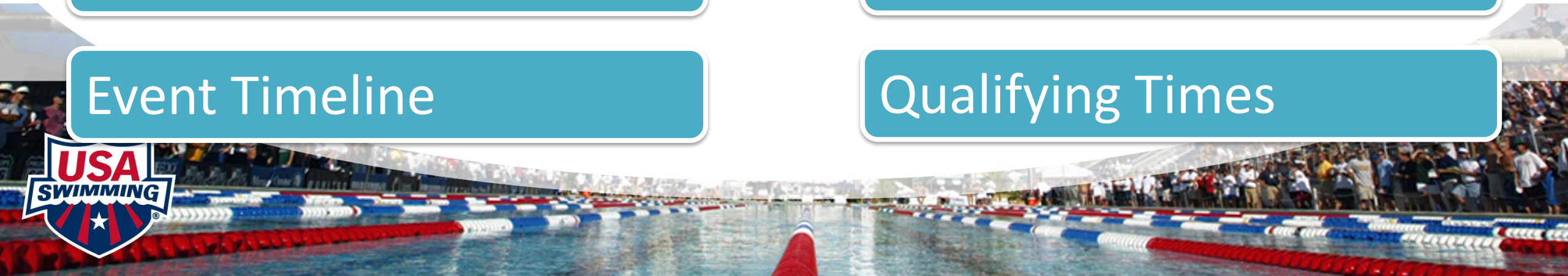
When To Shave Down?

Race Strategy

Fueling & Hydration Plan

Event Timeline

Qualifying Times



Eliminate Distractions

Arrive Early

Team “Uniform”

Extra Towels

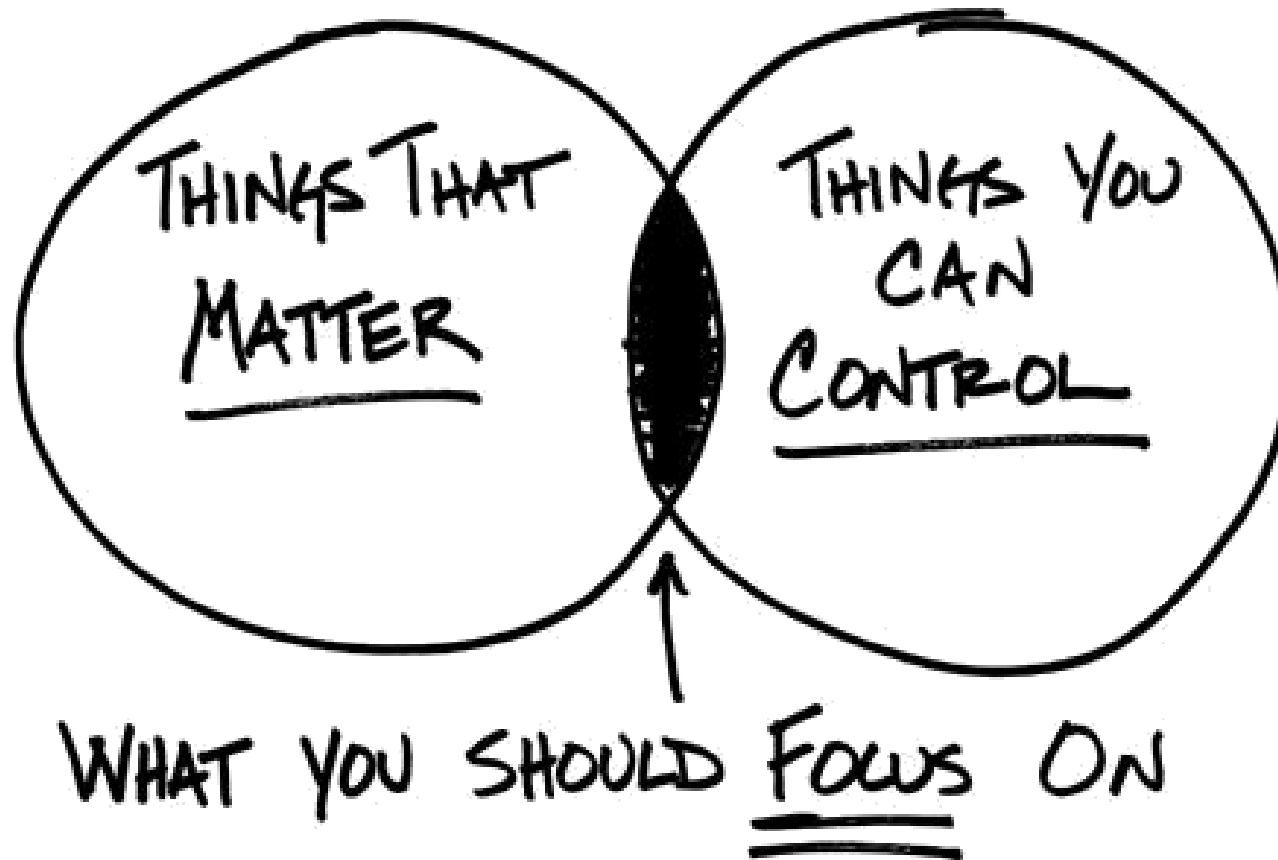


Spare Cap

Two pairs of goggles to the blocks



ANXIETY CONTROL



BEHAVIORGAP.COM



Let go of the UC's

Automaticity

‘Bulletproof’ your skills to perform without thinking



For the Meets

Develop a 10-15-minute pre-race routine



What About Big Meets?

Special plan or just another meet?





The best have become comfortable in the most uncomfortable situations.



Showing Up To Race

Focus on skills/little things



Controllable



Calm & Relaxed



Confident



Performance Enhanced

