

# The Day Of A Swim Meet - The Perfect Attitude

Most race results and times at a meet will be determined *before each swimmer even gets into the pool*.

Why? Because their mental attitude *towards* the race will determine the quality of performance they can *expect from their body*. This mental aspect becomes obvious when you see just how many thousands of *technically* brilliant swimmers there are out there - but whose *best* times only ever seem to occur in training, and *rarely* in the important meets. On the other side of the coin, there are many technically *average* swimmers who perform *brilliantly* in the meets.

You see, if a swimmer's mental attitude is *negative* going into a race, then it simply *doesn't matter* how good their strokes are - because their performance is (purely and simply) going to be average!

Why? Because their mind controls their body, and this will determine the result - every time. There are really only *two* mental attitudes - the positive attitude, and the negative attitude. (And no surprises which one brings home most of the medals).

For example, two swimmers can walk into the pool area and both look at the very *same* pool - and yet, because of their outlook, they see two *totally different* things. For instance, Negative might look at the pool and think "oh no this is a *slow* pool! ... There won't be any fast times in this pool" - while Positive might look at the pool and simply think, "hey, this is great! This is where it's all going to happen for me today. OK, I'm off to the warm-up pool now....".

The same sort of mental process happens in the marshalling area. Negative will be worrying about the race with a steady stream of negative thoughts. E.g. "Oh my god - look at the size of this girl - she's going to be in the lane next to me! ...Where are my goggles, oh no.... I've left them in the change room! Oh there they are, they were right here all the time." Meanwhile, Positive has not even *noticed* the size of this large swimmer, because they will be doing their warm-up exercises, working on staying relaxed and thinking about the race ahead. Remember that this is the general difference between how both Negative and Positive approach everything at the swim meet, the entire day.

You see, often it can seem just so *easy* to allow your mind to *whine and complain* about things that we would like to change, than to make the constant *effort* to remain positive. Maybe this is why it's always only a small number of those who truly succeed, because these are the ones who make the *conscious choice* to think positively, while the remainder take the easy, negative road.

So make a conscious effort to *make* yourself think positively before your races - *regardless* of what the conditions are like. It doesn't matter what happens, *choose* to see it as being *to your advantage*. If it's cold, say to yourself "this is great, it's cold!" If it's hot, say "this is great, it's hot!"

Another way to do this is to regularly ask yourself "*what's great about this?*" This question forces your mind to look for, and focus upon, only the positive aspects of your meet - instead of looking for all that things that could go wrong!

So remember, how you "see" the race and the swim meet in your mind - in comparison to your competitors, may be the very difference that *separates* you from them - and the difference between a good swim meet, and a *great* one.