

## TOP TIP #10

### There is no failure in sports. it's just steps to success (Antetokounmpo, 2023)

Parents play an important role in normalizing the “daily grind” and disappointments in sport. Just like life, no performance improvement is perfectly linear, and in order to get to the next level, performance plateaus and failures are a necessary and natural part of the process.

From a psychosocial perspective, it is important to help young athletes to understand some of the key principles of success:

1. There is no failure in sport. It is just steps to success.
2. Race confidence comes from well executed practices.
3. If you don't train, you don't gain. Commitment to practice attendance and practicing with effort is key.
4. Not all practices should be easy. Some practices should feel “bad” (hard), some just OK, and some “great” (easy).
5. Performance gains are dependent on what happens in and out of the pool. Sleep, nutrition, prehab, and rehab play a huge role in how much benefit are gained from practices.
6. Sometimes, especially during growth spurts, maintaining times IS progress.

#### HELPFUL DEFINITION:

**Goal setting** is a process by which people set targets that will help them to achieve desired outcomes, such as winning a swimming competition or learning a new skill (McCarthy & Gupta, 2022).



#### Useful information on how to set basic goals:

<https://completeperformancecoaching.com/2016/08/25/goal-setting-confident-swimming>

#### SCIENCE FACT:

The best way to set and monitor steps to success is through systematic goal setting. Recent systematic review and meta-analysis revealed that Process goals had the largest effect on performance compared to performance goals and outcome goals (Williamson et al., 2022).

