

TOP TIP #10

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

To help sustain your motivation and continue to have fun in swimming, it is important to normalize the “daily grind” and disappointments. Just like life, no performance improvement is perfectly linear, and in order to get to the next level, performance plateaus and unwanted outcomes are a necessary and natural part of the process.

From a psychosocial perspective, it is important for all athletes to understand some of the key principles of practice and success:

1. If you don't train, you don't gain. Commitment to practice attendance and practicing with effort and intentionality is key.
2. Not all practices should be easy. Some practices should feel “bad” (hard), some just OK, and some “great” (easy).
3. Performance gains are dependent on what happens in and out of the pool, physically and mentally.
4. Sometimes, especially during growth spurts, maintaining times IS progress.
5. There is more than one staircase to the same destination.
6. Commitment to the steps is the best path to give yourself a best chance of success.

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).

