

BONUS TOP TIP

Be a goldfish, not an elephant.

There is no greater feeling than finishing a race and achieving your goals and beyond. And there is nothing more heart wrenching than the opposite. Hard part of any sport is to process the disappointments.

Remember, there is NO one way to process mistakes or disappointments. It is OK to (a) take time to process it, (b) letting go of it, and (c) move on. Ultimately, sport is just sport, and part of its appeal is the unpredictability of the outcomes. The important part here is “not to let the same race beat you twice” (Badger Swim Coach Yuri Suguiyama, 2024).



“Hey Sam, come here a sec. You know what the happiest animal on earth is? It’s a goldfish. You know why? It’s got a 10-second memory. Be a goldfish, Sam.”

(Ted Lasso, Season 1, Episode 2)

SCIENCE FACT:

Contrary to Ted Lasso’s famous saying, “be a goldfish”, Oxford university researchers have found that goldfish are not so dumb at all and do have a memory longer than 3-10 seconds and have the ability to navigate their surroundings.

Nevertheless, the IDEA behind “be a goldfish” is a great one – it is important to learn to let go of mistakes and disappointments rather than hang on to them for years like an elephant, and, as Dory famously stated – just keep swimming, just keep swimming (Dory, 2003).

Just keep swimming... just keep swimming...

