

ADOPTING A HEALTHY SWIM PHILOSOPHY FOR SUCCESS: TOP 10 TIPS FROM SPORT SCIENCE

#1: Being an athlete is like riding a see-saw.

#2: You train hard for six months to be great for three days.

#3: Race confidence comes from well executed physical and mental practices.

#4: Commitment to swimming does not guarantee objective performance outcomes.

#5: Aim for excellence, not perfection.

#6: It is super hard to compete against someone who's having fun.

#7: COVID-19 has caused unprecedented mental health concerns in sport.

#8: Your body talks to you, if you are willing to listen.

#9: There is no harm in seeking mental health or mental performance support.

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

BONUS: Be a goldfish, not an elephant.