



Presented By:

Jay Chambers

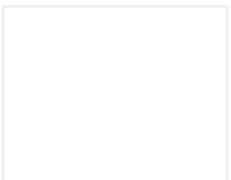
Manager, Performance Development



Coach Jay Chambers is a Sport Performance Consultant for USA Swimming with 41 years of coaching experience at the Club, High School and NCAA D I levels. He has coached in Ohio at the Athens Swim Club and Ohio University, but most of his experience was in Indiana. There he coached at the Indianapolis Athletic Club, Tippecanoe Swim Team, Harrison HS, Zionsville HS, Carmel Swim Club & Carmel HS, Washington Township Swim Club, Fishers Area Swimming Tigers & Fishers HS, where he coached National Champions and Record holders.

Jay holds a Masters degree in Physical Education.

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Success Is A Choice



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Excellence is a Habit

We are what we repeatedly do. **Excellence,**
then, is not an act, but **a habit.**
-Aristotle



Skill Acquisition





"If you are not willing to learn, no one can help you.

If you are determined to learn, no one can stop you."

-Anonymous



The Importance of Choice

- This leads to personal responsibility
- Ownership
- Accountability
- This is teaching athletes to be coachable
- This will determine your Team Culture





What are BAD Choices?

Impulsive, Autopilot, Resistant Behavior

Produces “Just OK” Results > Failure





Blame

What's a BAD Choice?





What's a BAD Choice?





What's a BAD Choice?



Choose Success!

Intentional, Focused, Skillful Behavior

Produces Winning Results



Requires No Special Talent

Being On Time

Strong Work Ethic

Relentless Effort

Body Language

Positive Energy

Thanking a Coach

Great Attitude

Passion

Being Coachable

Doing Extra

Being Prepared

Being a Leader






*“If you run into a wall, don’t
turn around and give up.
Figure out how to climb it, go
through it, or work around it.”*
– Michael Jordan





Caeleb Dressel 
@caelebdressel

Perseverance is a great substitute for talent.

2/7/18, 7:38 PM



Event + Response = Outcome

“Get Comfortable being Uncomfortable!”

(That’s where everything happens)





Culture Blueprint

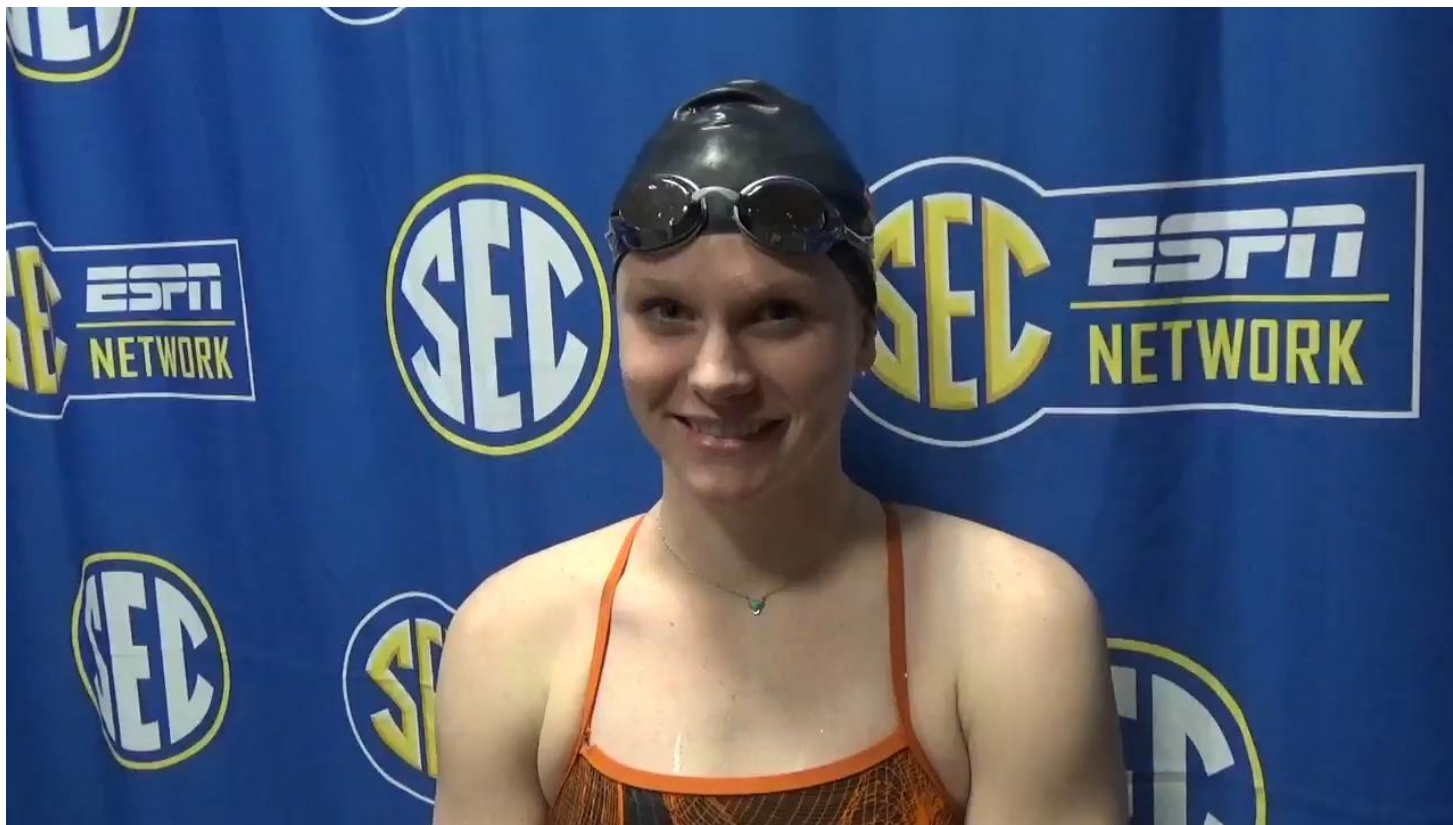
Leaders create culture

Culture Drives Behavior

Behavior Produces Results



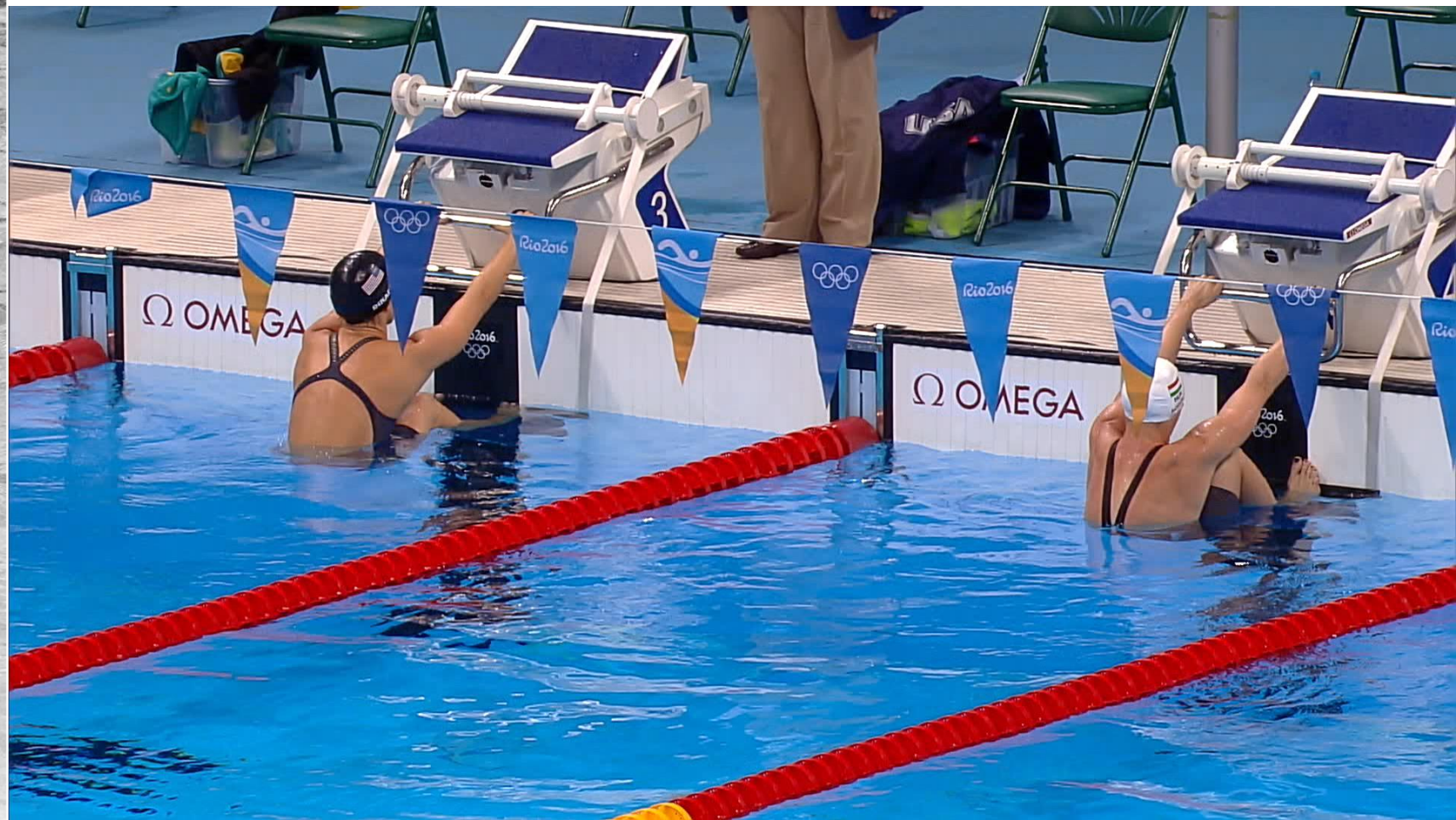
Culture Blueprint



Erika Brown, U. of Tennessee



Culture Blueprint



Maya DiRado vs Katinka Hosszu



Grit

Relentless Effort (not talent or intelligence) is the key to achieving great things in life.

Struggle is part of the process

It is hard and often painful



What is Grit?



Dr. Angela Duckworth, 2013



Grit – The “Difference Maker”

Perseverance with Passion

Keep focused on your goal

Despite Adversities

For the “Long Haul”

Best Predictor of Success!



<http://angeladuckworth.com/grit-scale/>

Grit Scale

Here are a number of statements that may or may not apply to you. There are no right or wrong answers, so just answer honestly, considering how you compare to most people. At the end, you'll get a score that reflects how passionate and persevering you see yourself to be.

1. New ideas and projects sometimes distract me from previous ones.

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all





Grit

Elite is not about how talented you are

Elite is about how tough you are

Success is cumulative and progressive

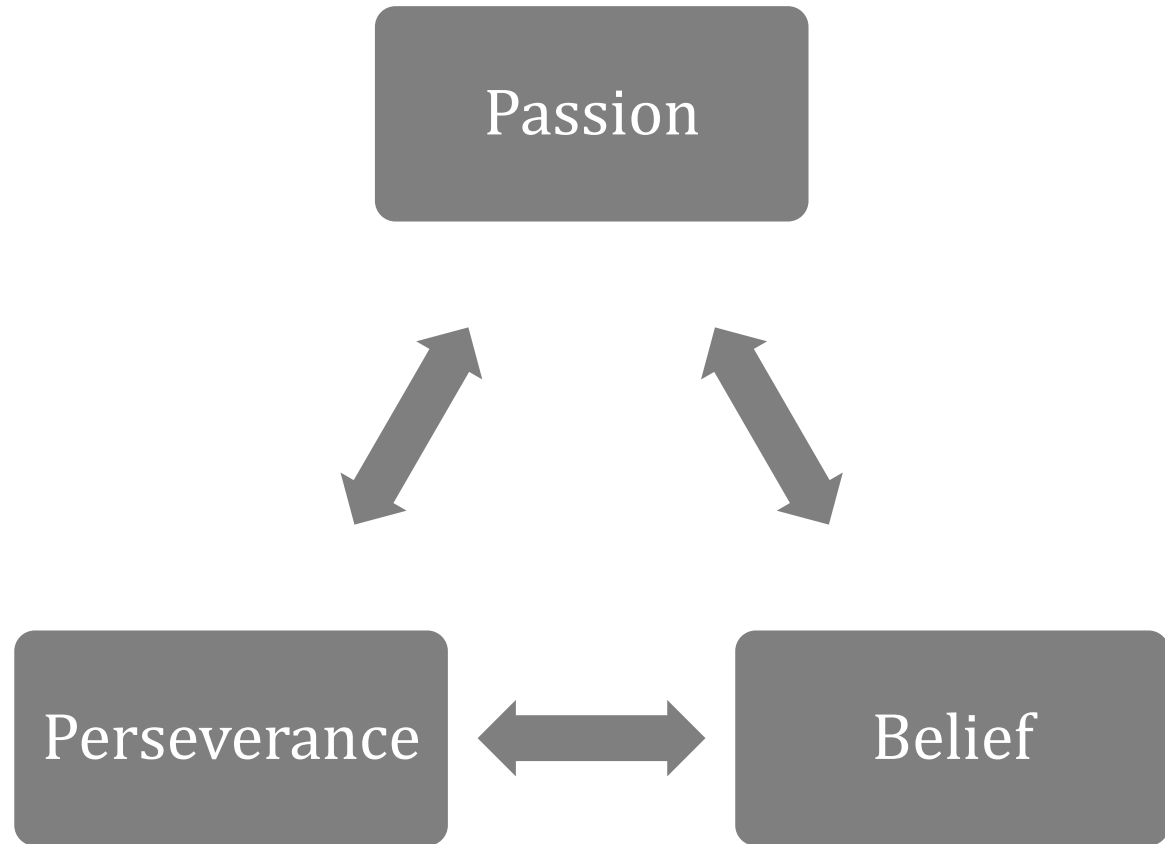


Grit and Growth Mindset



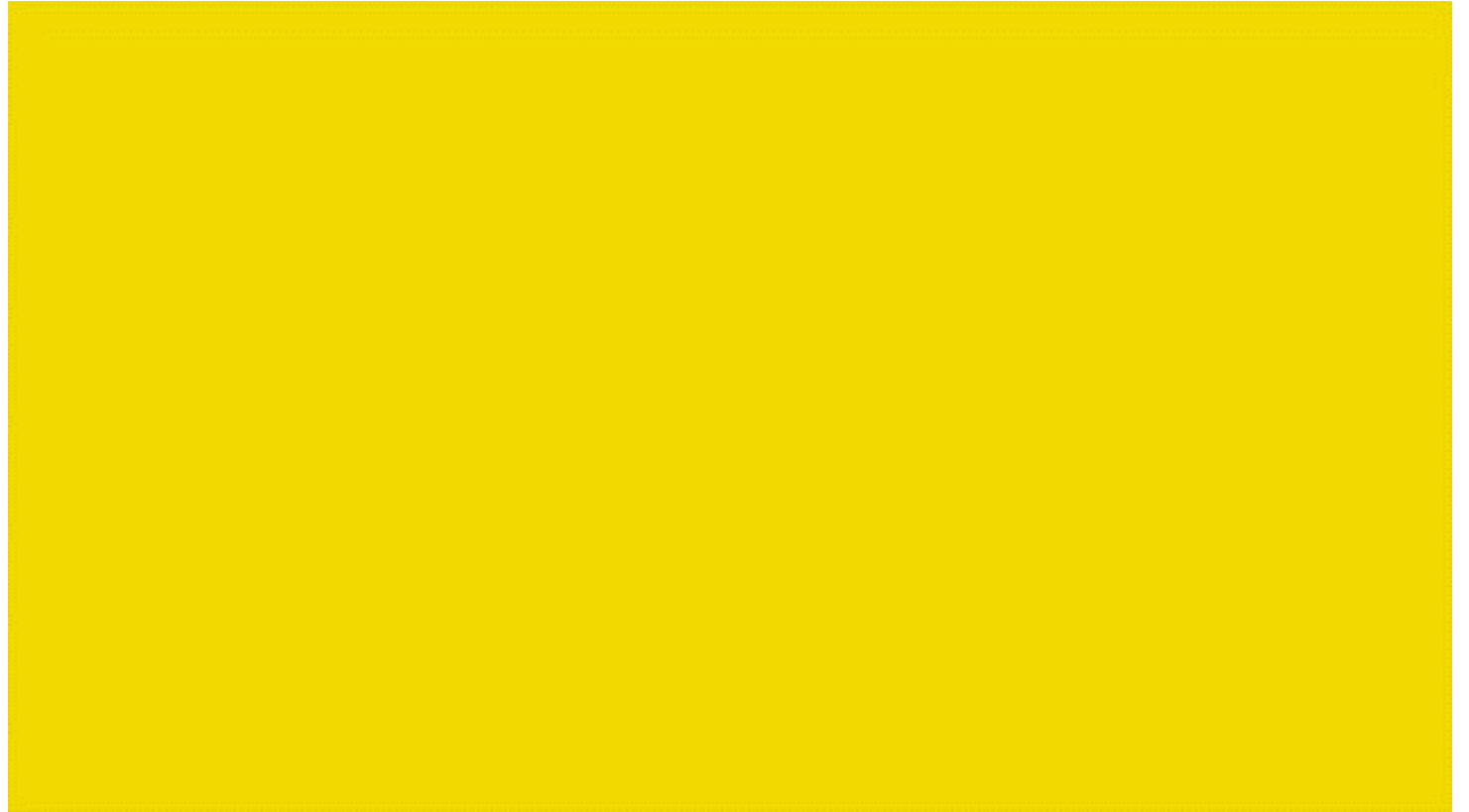


Growth Mindset





Growth Mindset



Dr. Carol Dweck



“Failure” is an “Option!”

The events of your life give you experience. Your failures give you wisdom.



“Failure” is an “Option!”

“I never lose, I either win or I learn.”
- Inspower.co



Grit and Mindset

FIXED MINDSET

Intelligence is static

Leads to a desire to LOOK
smart/good

GROWTH MINDSET

Intelligence is developed

Leads to a desire to LEARN
and be great



Grit and Mindset

FIXED MINDSET

Avoid Challenges

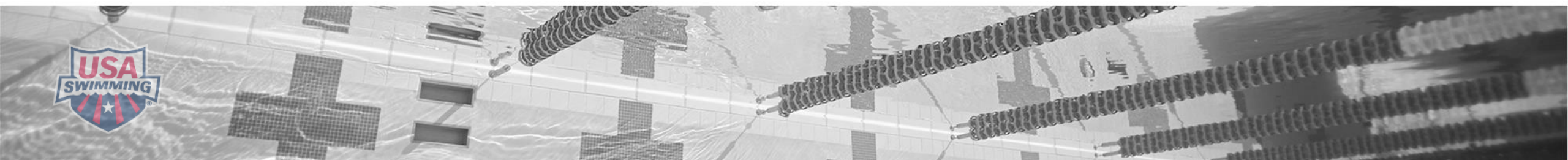
Give Up Easily

GROWTH MINDSET

Embrace Challenges

When things are tough?

Persevere to Mastery



Grit and Mindset

FIXED MINDSET

GROWTH MINDSET

Ignore Useful

Feedback

from Criticism

Threatened
Success

Others Succeed

by Others'
Success



Grit and Mindset

"Failure is an opportunity to grow"

GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things"

"Failure is the limit of my abilities"

FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like to be challenged" "I can either do it, or I can't"

"My potential is predetermined"

"When I'm frustrated, I give up"

"Feedback and criticism are personal"

"I stick to what I know"



Grit and Mindset



Grit and Mindset



Grit

If you want to win in the future...

You must win the grind today...

And tomorrow and the next day and the next...



**“Pain is inevitable.
Suffering is optional.”
- Haruki Murakami**



Grit

Enjoy the grind!



***PRACTICE
LIKE A
CHAMPION***





Competitive Excellence

Drive and Discipline

Drive to do the work necessary to prepare

Discipline to work correctly





Competitive Excellence

Elite performance requires elite preparation

How you practice, is how you'll compete

Every Repeat Counts!

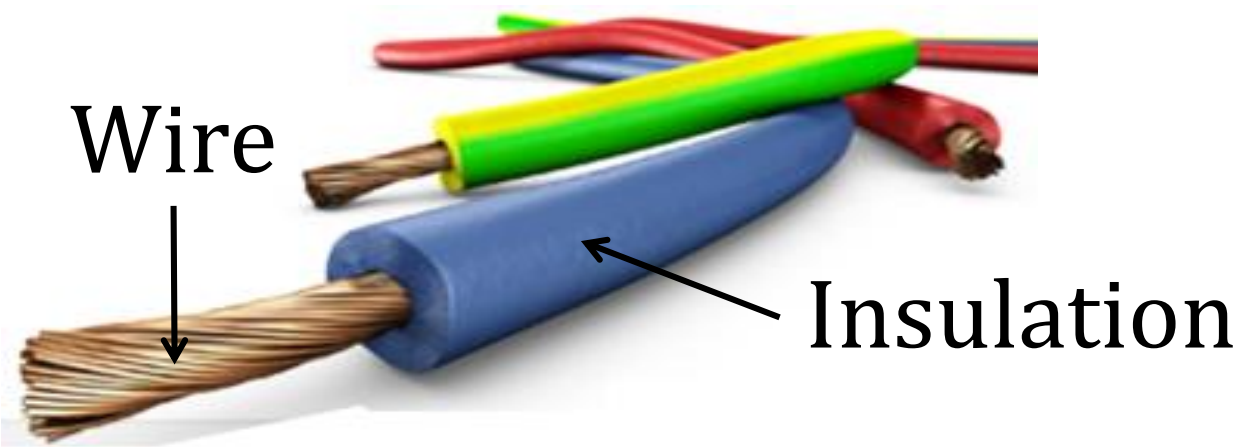


Competitive Excellence

Developing skill requires lots of reps

Developing skill requires lots of CORRECT reps

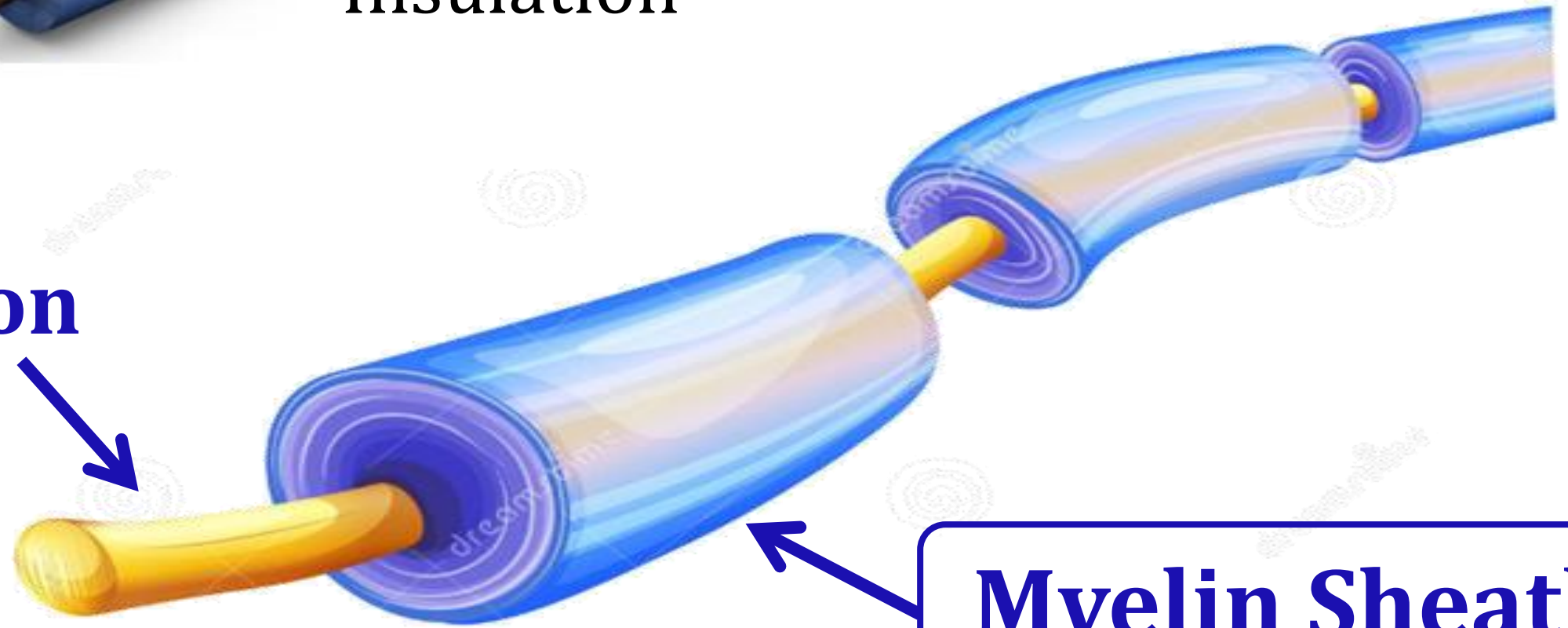
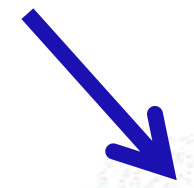




Wire

Insulation

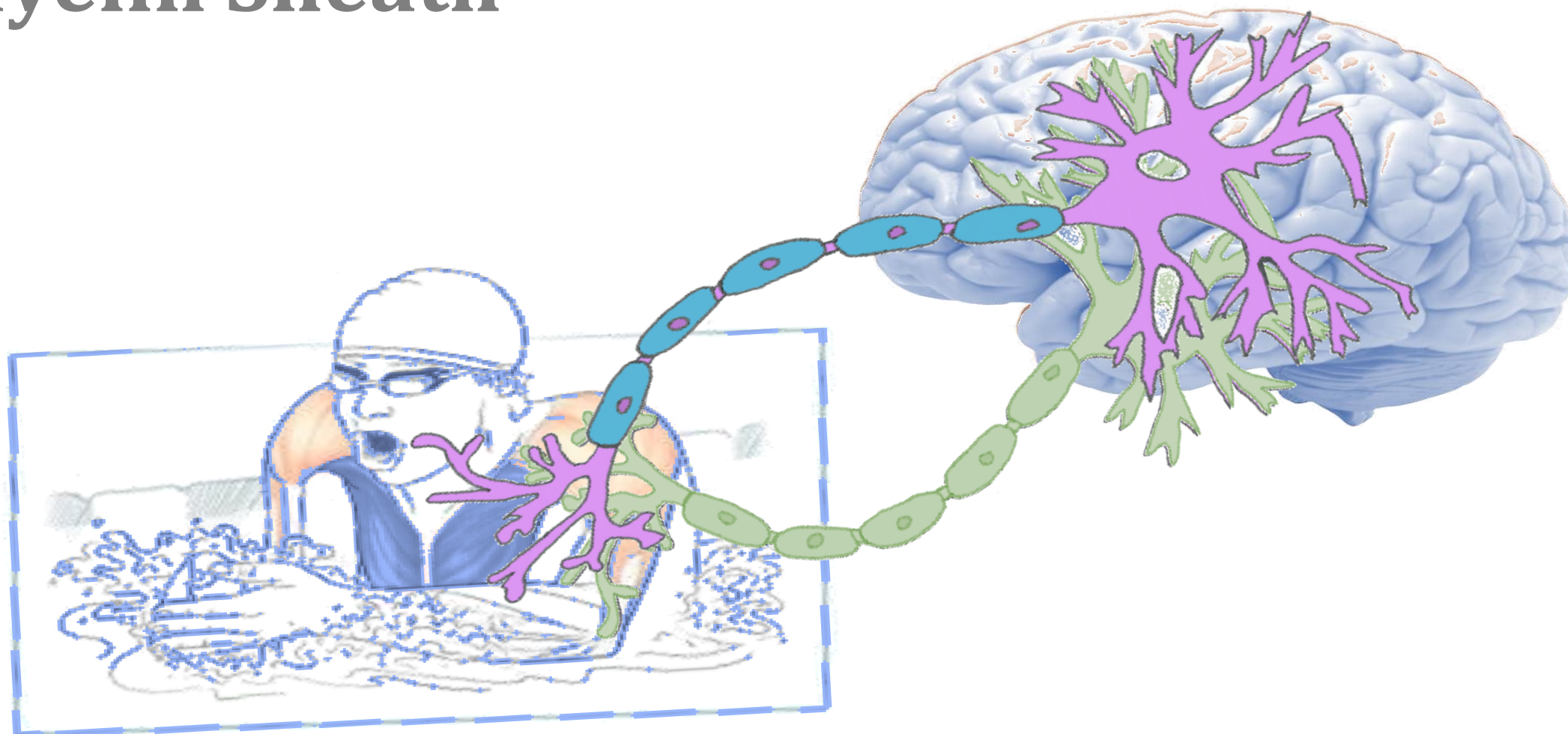
Axon



Myelin Sheath



Myelin Sheath



Deliberate Practice

Two basic factors for skill acquisition:

1. Deep, deliberate practice (building circuits)

2. Be motivated to **ALWAYS** be deliberate



Deliberate Practice





**YOU DON'T
HAVE TO**

*hold a position
in order to*

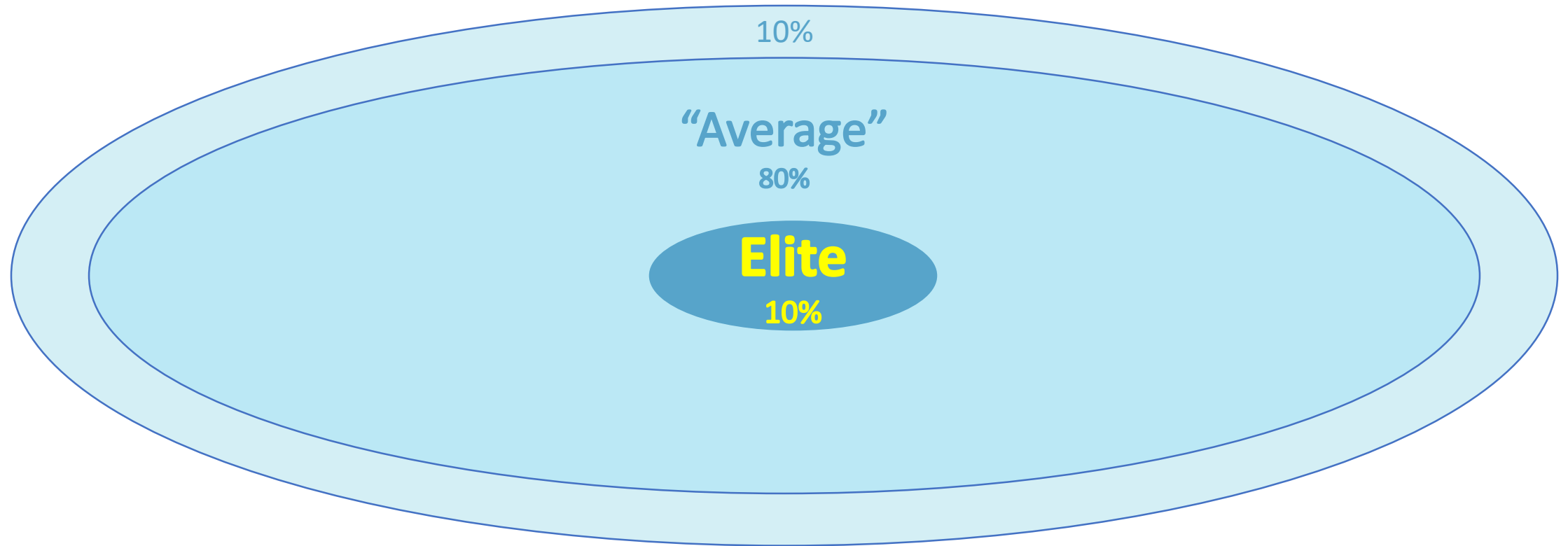
**BE
A LEADER.**

Henry Ford

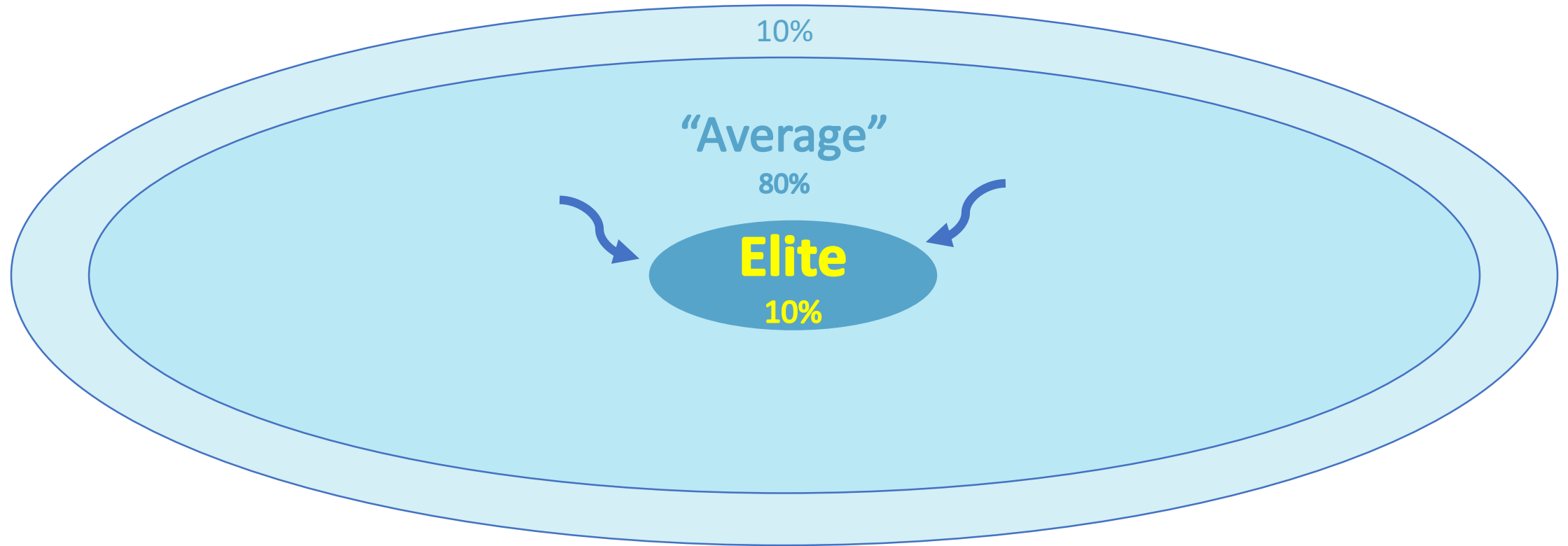
CURATED QUOTES



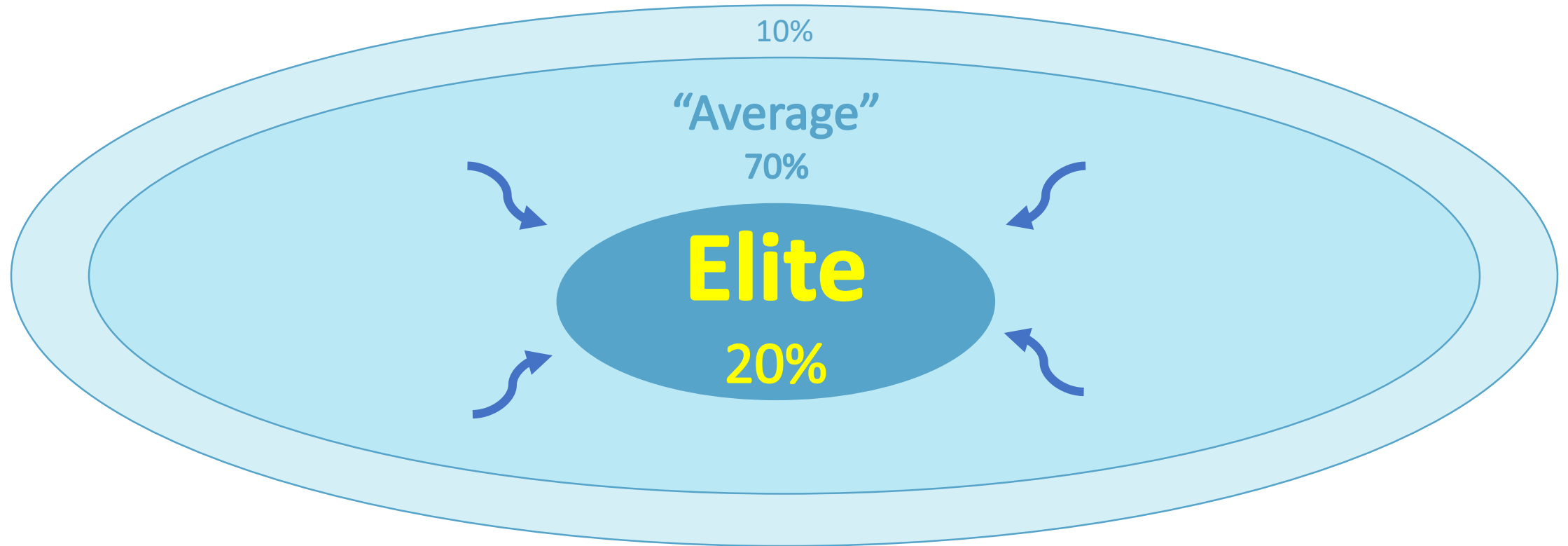
“10-80-10”: Where are You?



“10 - 80 - 10”: Where Are You?



“10 - 80 - 10”: Where Are You?



Alignment

Align yourself with the Coach

Align yourself with the top 10%

Align yourself with your goals





Belief

Believe aligning with top 10% is worth it

Believe that the ability to learn and grow is not fixed. That it can change with your effort

If your habits don't reflect your goals, change your habits, or your goals



Belief

Highest performances require deepest beliefs

Belief creates vision

Belief creates strength of will



Belief

Belief creates resilience

Belief ignites and activates

Under competitive pressure, strong belief will pull your performance up (weak>down)



Belief

Shared belief empowers a team to operate at full capacity



18 THINGS MENTALLY STRONG PEOPLE DO

