**TTSC Preparing for compete AND succeed**

Everyone wants to win on race day. Everyone stands behind the blocks wanting to win. Some hope. Some pray. Some cross their fingers. Some rub their rubber ducky.

Some – not many – enjoy the quiet confidence of knowing that winning is possible because of the time and effort spent preparing for race day.

Everyone wants to **WIN THE RACE**but…
How many want to **WIN THE WORKOUT** just as badly?

**Winning tomorrow starts by winning today.** To win tomorrow’s race, first win today’s practice. Will you be a better swimmer tomorrow because what you did today in practice?

How to “win” workouts

1. Whenever possible, arrive earlier than everyone else.
2. Be the first swimmer in the pool.
3. Finish every repeat (including drills) with a race quality finish. In FLY and FR, this means no breathing inside the flags; FLY and BR means explosive two-hand touch; BK, no looking at the wall and strong kick.
4. If swimming in a lane next to other swimmers doing the same stroke, make a conscious effort to race them from the flags to the wall on every repeat to practice your ability to win close races.
5. Swim your warm up and warm down with the same attention to detail as you would demand in the main set. Quality, explosive starts, aggressive turns, no breathing inside the flags, never breathing first or last stroke in FL and FR, full underwater pull for every length of BR, etc. Warm up and warm down means – **GREAT SKILLS AND EXCELLENT TECHNIQUE DONE SLOWLY**
6. Challenge someone faster than you every workout (the other person need not even know).
7. Work on your weaknesses
8. When swimming in training, ask yourself four questions:
	1. Could I do this with fewer strokes?
	2. Could I do this with fewer breaths?
	3. Could I do this with better technique?
	4. Could I do this with better starts, turns, and finishes?

If you want to be the best swimmer you can be, be the best swimmer in your lane. **HOLD YOURSELF TO A HIGHER STANDARD** than everyone else in your lane.

“***I can’t*** usually means ***I am not prepared to try in case I fail.***”
Prepare yourself for success each and every day. Believe that anything is possible. You can do personal bests in training.

There is no guarantee for success. You can, however, increase the likelihood of success by making training more demanding than you ever thought possible, attempting the impossible, in the pool, at least once every day and aiming to **WIN EVERY WORKOUT.**

Remember that practicing and racing are all about **MINDSET**

**WARM UP/RACE PREPARATION**

* No good or bad tapers… only good or bad seasons… good or bad outlooks; no such thing as missing one’s taper… only missing one’s season.
* When warming up for a big meet **never** place a subjective evaluation on *how you feel…* or *how you will race…* because it **does not matter**
* Never equate feeling good with swimming well
* Do pace work or tempo work with a coach – always touch base with someone you trust

**ATTITUDE/MIND SET**

* Approach a race with the ‘idea’ that you are going to come away with something of value; once you’ve determined that *which you know you KNOW you can achieve* – the valued outcome­ – allow yourself ***the freedom to create*** with no restrictions. Don’t allow a *doubting attitude* to cloud your *simple truth* (which, again, is the *valued outcome* you know you can achieve)… in effect compromising your ‘achievement’ potential.’ Your competition is there simply to aid the process; use it to **your** benefit.
* NEVER deal with doubts
* As you taper your body… taper your thoughts
* Put your energy into believing… positive in and positive out
* The role of the human spirit in performance: A powerful tool!
* ***Never let what you cannot do get in the way of what you can do!***
* Don’t think of telling yourself you are anything but ready – it’ll only be your imagination
* Practice the “as if” philosophy: act
	+ …as if you are the best;
	+ … as if you just won;
	+ … as if you are confident;
	+ … as if you are number one

**UNDER A THREAT vs. FOR A CHALLENGE**

* One can either live one’s life **UNDER a threat** or **FOR a challenge**. Which are you, and why? No doubt, there are a lot of perceived threats that can reduce us in stature, making us feel small, insignificant, and powerless.
* It’s sometimes so easy to live one’s life threatened by the outcome, we deaden our senses to the process, content to simply occupy *time and space,* satisfied with a ***half-life*** of sorts.
* Ask yourself the following questions:
	+ Do you have the capacity to see “the challenge” in any situation?
	+ Do you have the discipline to stay awake, maintain focus, and prepare for “the challenge?”
	+ Are you willing to risk predictability in pursuit of the “the challenge?”
	+ If “the challenge” is your truth in any particular endeavor, swimming or otherwise, can you really be threatened?
* Risk waking up to see your world for what it truly is *–* ***a playing field of limitless challenges designed for your personal edification and enlightenment.***
* That being the case – and it is – what threat, if any, awaits us? Only one. ***Not playing the game.***

**RACE STRATEGY**

* Keep it simple and live in the present
* Swim fast without tension
* Swim within yourself… accelerate & charge home on the end
* Let your stroke carry you… never force your stroke to feel good… feel good afterward
* Suppress extraneous stimuli and bring it home
* Keep ONE thought in mind… charge home!!!
* Race to the finish
* All competitive races of 100 yards or more can very simply be broken down into four parts
	+ ***PACE***
	+ ***PACE***
	+ ***BUILD***
	+ ***CHARGE***

**TTSC AS A TEAM**

* Move as a TEAM… express familiarity… show support for one another
* On deck, display a ***wall of Blue and Green***
* Draw inspiration from the TEAM
* Rise to the occasion as an individual… and we rise to the occasion as a team
* **Live in the present**
* Going into a championship meet receptive and relaxed activates the rest & motivation within you