

## Random Thoughts by Dick Hannula

**W**hatever makes swimmers and coaches better able to achieve faster swims should be material for another NISCA Journal article.

The trick is to be able to present new and interesting information. Most of our information is recycled and not entirely new. The result is usually a reminder that we did a particular procedure at one time but had forgotten to use it recently. Hopefully, I will be able to contribute a couple of useful ideas for your swimmers and for each of you coaches in this article.

I put this list regarding successful swimmers together for a large group of camp swimmers last summer. It should have some application for swimmers on every team.

### Successful Swimmers:

\*Practice to be able to do their best under the worst possible conditions.

\*Practice and race great all of the time. (Racing great isn't always at your fastest)

\*Add self discipline to talent to create a total athlete.

\*Are not the most talented but are the best prepared talent.

\*Are not those with the will to win, but are those with the will to prepare to win.

\*Are always enthusiastic.

\*Are confident of giving their best in competition because they have always been consistent in giving their best in practice.

### Every swimmer can:

\*Execute perfection in stroke drills.

\*Count strokes over 50's within the training session.

\*Contribute a positive team attitude.

\*Practice great turns at every wall.

\*Finish all b'fly and free style repeats without a breath after the backstroke flags.

\*Torpedo streamline off every turn.

\*Take the first arm pull off the turns with the bottom arm in free and back.

\*Keep the head down until touching the wall at the finish.

\*Race every turn, start, and finish.

\*Kick in and out of all turns.

\*Accelerate into every turn.

\*Make consistency, persistence, confidence, and enthusiasm your recipe for success.

### Relationship with your coach:

\*Communicate!

\*Learn.

\*Trust but question when necessary.

### Reacting to failure:

\*Failure is only temporary non-success.

\*Use it to learn what is necessary to rise above a temporary non-success.

\*A necessary event along the road to a major success.

### Helpful Hints:

\*Be responsible! Look for reasons and NEVER make excuses.

\*Enjoy training and competition.

\*Make your training challenging.

\*Keep a written log of pertinent training sets and competitive performances.

**\*\*Make industriousness and enthusiasm the cornerstones of your personal success formula!** (John Wooden, UCLA basketball coaching legend)

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“Be quick, but don’t hurry”. This is one of many great quotes by John Wooden. What could this mean for the swimmer? I believe it would mean to be fast but in control. Swimming fast but out of control is speed that can’t be sustained. Swimming fast but in control is a swimming speed that can be better sustained. “Be quick, but don’t hurry”.

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Bill Nelson, a former Australian Olympic Coach, who is now a motivational speaker in Australia has a website that swim coaches should consider subscribing – [www.totalperformance.com.au](http://www.totalperformance.com.au) and click on newsletter at the top of the page. It is a free subscription.

One of his recent e-mail newsletters had good application for coaches. He emphasizes that individuals should be happy but not content. The opportunity to enjoy the things that life has to offer can’t be overstated. You continually search for the new, the exciting, the motivating, and the challenging.

It is quite possible that the outcome or goal that is being pursued is the entire draw card. It is from this perspective that a perception is developed that the outcome is the only source of true reward, excitement, and

enjoyment. In actual fact nothing could be further from the truth. There is the opportunity to have great fulfillment, excitement, and accomplishment as you pursue your success as well as when you achieve it. The journey presents great opportunities to enjoy the experience, to acknowledge the successes, and to have fun and understand the opportunities of “now”. “Success is a journey and not a destination, enjoy the ride”.

Goals are the measurable objectives of a journey. The pursuit of goals comes from a variety of wants, needs, and desires. It is imperative that there are reasons and strong ones as to why you want to push forward.

The initial stage in goal setting is to set the reward or the outcome desired. What will the outcome be? A clear identification of what it is you want at this stage is critical to the longevity of these pursuits.

The second stage is the strategy on the “how”. How will you attain this goal or goals? What is the process, the road map? How will you get to where you want to go?

The third and final stage of the journey is to move forward to the reason or to why you want to attain the goal. Why you are pursuing this outcome. It is important to have very strong reasons for continuing the journey through to the outcome. I believe that this 3<sup>rd</sup> stage of goal setting to be critical to the chances of success in attaining goals.

Bill Nelson’s newsletter comes once a month and usually signs off with simple strategies for success. An example: “Be true to yourself, your standards and your ideals.” “Know those around you that can help you and those that hold you back.” “Base your decisions on facts.” “Don’t be late for anything.”

