

SWIMMER'S CHECKLIST

FOR AN EPIC SEASON

GOALS

- Dream big
- Set goals that are realistic
- Write them down
- Build an action plan
- Evaluate regularly
- Pick an accountability buddy

PRACTICE

- Regularly set goals for training
- Use positive self-talk during hard workouts
- Technique, technique, technique
- Get focused by counting your strokes
- Find small opportunities for excellence
- Take care of yourself between workouts
- Celebrate moments of success
- Self-monitor your effort and focus
- Write out your practices

COMPETITION

- Build a pre-race routine
- Reframe anxiety as excitement
- Have a race strategy
- Use visualization to prepare mentally
- Focus on execution of your race
- Remember the joy of competition

TEAM

- Peer mentor younger teammates
- Cheer like crazy at swim meets
- Be a positive voice in practice
- Don't complain during tough sets
- Help take the lane ropes out
- Thank your coaches, parents and officials