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10 THINGS SWIMMERS DO TO SABBOTAGE THEIR PERFORMANCE

1. Want something for which you won't make any sacrifices. 'Those who want to go to heaven, have to be prepared to die.'
Reality: pay the price for the privilege you want.
2. Tell yourself "if I don't do IT by such and such a time, I'll give up". People who dream properly, don't set time limits, they set goals. Timeless goals.
Reality: Just say, "I will accomplish it" No time limits. Then set out to do it.
3. Don't live like an athlete away from the pool. Let your lifestyle choices as a young adult ruin your in water hard work. Burn the candle at both ends...see how long it can last.
Reality: Proper rest and taking care of your body is almost as important as proper training in improving performance.
4. Bribe your parents.... or your coach...by negotiation..."I'll do that if I can just do THIS, for the next five repeats". Compromise yourself to mediocrity.
Reality: Achievement means doing something better today than you have ever done before. Something little or something big. But do Something Better.
5. Stay up till all hours before a meet, for the social fun that can be had in that setting. "I DESERVE to have a good time, I work so hard at this". Yes, you work hard.
Reality: The reward is good performance, not outside entertainments.
6. Don't listen and learn good technique from coaches trying to help you. It's a technique-limited sport.
The Reality: Without great coaching, none of us go anywhere in any area of life. Learn to be "coachable."
7. Don't be honest with yourself about when you are working and when you are cruising.
Reality: Swim Meets and the timing clock always expose our real work habits.
8. Don't thank your teammates for all they bring to your enjoyment of the sport and your improvement. Think that you did it all by yourself.
Reality: We all get where we do because good people surrounded us and support us and lead us onward. Say thanks. Often.
9. Don't thank your coach for their support in your sport.
Reality: The best reward a coach can get is when an athlete says thank you.
10. Don't thank your parents for their support in your sport.
Reality: Be mature enough to recognize and say thanks to your biggest fans on deck unless they are working the meet in an official capacity. And then thank them later too.



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10 THINGS COACHES DO TO SABBOTAGE THEIR SWIMMERS PERFORMANCE

1. Allow them to talk you into compromising the training.
Reality: You can't compromise your way to great.
2. Allow them to overcome your willingness to coach with their unwillingness to learn. (Keep talking, keep teaching, and keep trying.)
Reality: It's the thousandth time you say something that it may penetrate. Don't quit on 999.
3. Fall into the trap of trying to make them "feel better" after a swim in which they did not perform correctly.
Reality: Young people need "truth tellers". Not people who know how to blow smoke at them. Tell them where they are, and what they need to get better. They need coaching, not just kind words. Tell them how to get BETTER; don't just commiserate. Be direct and blunt in your assessments. The feather touch does not create change.
4. Coach for the short-term reward rather than the long term good of the athlete. Allow parent pressure to influence you in this regard.
Reality: if we all 'coach as if the child will be with us forever", then all the children will be well cared for.
5. Fail to get the athlete's parents educated on the sport. Nothing will fail faster than undereducated sport parents.
Reality: Take the time to educate parents. It will pay off!
6. Worry about "getting speed" into the 10 and under athlete. (11 and 12 athlete, 13 and 14 athlete). Endurance based training has a 60 year history of success. But you want to be an experiment. Hohoho. You'll look like Santa Claus, of course "bringing more for less work", but then a day of reckoning will show up around age 13-15.
Reality: our goal should be speed at later mature ages. To do so requires endurance based training. Give it to them.
7. Argue with the athletes parents about what diet the child should be on. Or whether they should go to church on Sunday or not. Or whether a family vacation is more important than the Fairport "A" meet.
Reality: How would you like every parent on your team to provide his/her input on your training plans? They have parental areas, and you have coaching areas. Allow them domain over their areas. Discuss the "gray areas" with the child's best interests at heart.
8. Fail to "Listen" to...the athlete...the parent... other coaches.... just fail to listen, period.
Reality: You can only learn with your mouth shut. Seek to understand first, and then be understood. (Apologies to Steven Covey).
9. Copy someone else's coaching.
Reality: You can try. Most fail. Develop your own style.
10. Reinvent the wheel and fail to learn from anyone who coached in the 60 years of age group swimming before you started.
Reality: Honor all that has been learned about age group swimming before you came on the scene by learning about it. Learn from experience, your own and that of other coaches.