



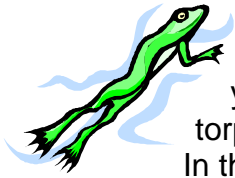
Building A Mental Toolbox

2: IMAGERY

Our year-round, multi-level aquatic programs emphasize
Personal Achievement, Team Unity & Competitive Excellence

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Exercise 6: Act Like...



Often times imagining a specific image (object, animal, person) can aid in your creation of images. You've probably heard your swim coach say something like "Streamline like a torpedo off the wall" or "Kick your legs like a frog in breaststroke." In the following space provided pick a skill you are working on in practice and choose an image to pair with that skill.



Skill:

Image:

How this image will help:

Skill:

Image:

How this image will help:

Skill:

Image:

How this image will help:

Sample Imagery Script for Swimming Race Simulation

(100 meter freestyle race...you may adapt this as needed for other events)

As you enter the pool, you immediately recognize the familiar smell of the chlorine...You scan the scene...taking in the overall layout of the pool deck and it's inhabitants...You notice the sounds of the pool...the coaches and the swimmers talking...the sound of the water splashing...the periodic beep of the start, as other heats go off before you.

You imagine yourself getting ready for the race...getting into your suit...spending some time stretching...and going over last minute details in your head...This is your best race...you're well prepared for this event and you are feeling mentally strong...

The official calls your event...Imagine yourself on the blocks...the starter commands "take your marks"... you bend down into the starting position... At the sound of the beep you take off...A strong powerful dive into the water...neat, clean and streamlined...a powerful kick to propel you to the surface...As you surface you begin strong beautiful strokes...You feel the water slipping off your skin...the sound of the water splashing as you move quickly through the water.

Each stroke you begin to feel stronger and stronger...moving through the water with speed...You notice another swimmer near you...you put him out of your mind ...and strive to race your own race...Even more you concentrate on each stroke... as you approach the first turn...You come to the wall quickly...start the turn... throw your legs over your head ...and push off hard into a tight streamline...You take several quick kicks and again surface...attacking the second half of your race.

As you begin your swim home, you are still feeling very strong...you've trained all year for this race and it feels great...stroke after stroke you propel yourself forward...with about 35 meters to go, you kick it into over drive...more on the legs...faster...faster...As you pull towards the finish...you feel your speed increasing...You are completely focused on your stroke...your breathing...you are doing everything as it should be done...with poise and purpose...With each stroke you dig into your reserves...pushing yourself above and beyond your expectations...Pulling, propelling...surging forward...you move yourself forward...put your head down and lunge towards the wall.

You immediately look up at the scoreboard...a best time...and a win on top of that...You slowly begin to regain awareness, colors come into focus, you hear the roar of the crowd...you realize you've achieved your goal...you get out of the pool and dry yourself off...you become aware of the feelings of excitement and accomplishment...pride builds inside you...you have succeeded...you are a great swimmer.

How to Track Your Imagery Skill Improvement

There are a number of ways to measure your imagery skill development. The most basic is to track the time you practice each day. As described in Chapter 1, keeping logbooks of both practice and competition are important, add a section for imagery to your workout/competition logbook.

Another possibility for tracking your improvement include seeing how long you can consistently hold an image, by timing yourself throughout an imagery session. Imagery takes a lot of concentration, and you may find that you cannot hold an image for very long at first, but you can develop this part of your skill with consistent effort.

Good luck!!!

If at any time the formatting does not come up correctly, please email us and we will send a copy of any chapter as an attachment.

