

MENTAL TOUGHNESS TRAINING MANUAL FOR SWIMMING

David R. McDuff, M.D.
Nikki Kett, MA

BASIC PRINCIPLES

MENTAL TOUGHNESS TRAINING – WHAT IS IT?

THINK LIKE A WINNER – COGNITIVE STRATEGY

IMAGERY TRAINING FOR PRIME PERFORMANCE

GOAL SETTING STRATEGIES

SWIMMING IN THE ZONE – COMPETITIVE ROUTINES

SWIMMING IN THE ZONE – INTENSITY REGULATION

SWIMMING IN THE ZONE – ATTENTIONAL FOCUS

TEAM BUILDING – THE POWER OF THE GROUP

MENTAL TOUGHNESS TRAINING MANUAL FOR SWIMMING: BASIC PRINCIPLES

You are not just a swimmer

Swimming is just one of the many things that you do well. Not hitting the time you wanted, not winning a race at championships, or one bad race does not make or break you as a swimmer or a person.

You have friends, family, and other interests and skills. You're an athlete, student, young adult, community volunteer; perhaps a sister or a brother.

You cannot control everything

You cannot control how other people will swim, what pool you will be swimming in, how you feel in the water that day, or who your competition will be.

You cannot control the mindset of the other swimmers—what attitude they will bring on that particular day, or what preparation they have done before the meet.

Focus on what you can control: get up early, eat a good breakfast, and make sure you warm up properly. Swimming is an individual sport. When it comes down to it, it is just you and your lane. Focus on your lane and on your own actions and thoughts.

Staying positive is not enough

Staying positive is a good goal, but not realistic all the time. Self-talk including self-criticism happens to everyone. You cannot easily stop these thoughts, nor should you try. You can develop strategies to manage self-talk more effectively.

Stuff happens

Swimming is just a part of life. Life doesn't always go your way. Sometimes lousy things happen: a friend gets injured or moves away; a family member gets sick; a relationship is strained or ends; a recurring injury get worse. All of these aspects of life and more can impact on your swimming performance. Keep perspective and remember that problems are temporary and that things change.

CHAPTER 1: MENTAL TOUGHNESS TRAINING – WHAT IS IT?

Mental toughness is more than just mental. It's also physical and emotional. In order to be mentally tough on the board, both in practice and in competition, you must have talent and be in peak physical condition. You have to race well, be competitive, and swim efficiently. Mental

toughness training allows swimmers to tap into emotional and mental resources in order to keep performances at peak consistently.

Jim Loehr (1993) is a noted sport psychologist who has worked with many top athletes over the last twenty years. He suggests the following for toughness: “Toughness is the ability to consistently perform toward the upper range of your talent and skill regardless of competitive circumstances.” Loehr describes four emotional markers of mental toughness.

Emotional flexibility – The ability to handle different situations in a balanced, non-defensive manner. Emotional flexibility also speaks to the skill of drawing on a wide range of positive emotions – humor, fighting spirit, pleasure.

Emotional Responsiveness – You are emotionally engaged in the competitive situation, not withdrawn

Emotional Strength – The ability to handle great emotional forces and sustain your determination and a fighting spirit no matter what the circumstances.

Emotional Resiliency – Being able to handle setbacks and recovering quickly from them.

Like other aspects of mental toughness, these skills can be learned. It is not something genetic. For some athletes it comes more easily than for others. In general, to swim at a high level, you probably have many of these skills already. However, for many swimmers there is room for improvement.

By being mentally tough you can consistently bring all your skills and talent to life. Being able to use your emotional life effectively will help you perform at your prime. The use of thinking skills, imagery, confidence building and other skills described later can be powerful techniques in reaching a high level of mental toughness.

CHAPTER 2: BUILDING SELF CONFIDENCE

WHAT IS IT? Self-confidence is the belief that you can handle the demands and challenges of swimming. It is based, in part, on how you have performed in previous meets and practices. It also depends on how well you manage your inner critic and the way you think and feel about swimming.

WHY BOTHER? Self-confidence comes more easily to some athletes than others. When you feel confident you swim better. You’re more focused, better able to handle adversity and overcome debilitating fear.

MAKING IT WORK FOR YOU. At times, even the most confident swimmers have lapses; they begin to doubt their abilities. In order to give your self-confidence a boost here are three practical and useful approaches.

(1) Develop a list of personal affirmations – Write down a number of positive statements about yourself. Start with a few and add to it over time. These are meant to be general sport-related affirmations. For example: “I have made great progress this year;” “I am mentally tough;” “I love the challenge of critical situations;” “I focus well under pressure.”

Once you have come up with a number of affirmations, write them down on an index card and repeat them on a regular basis. They should include important aspects of your swimming that have meaning for you and can be repeated during practice, in the locker room, on deck during competition, or even in preparing for a swim. It is useful to add to or change this list over time.

(2) Develop a list of achievement reminders – Three British sport psychologists, Bull, Albinson, and Shambrook recommend having this second list which speaks to your best previous performances (1996). For example:

“I went an in-season best time last week”

“I qualified for nationals last year”

“I improved all of my times at championships”

“I’m swimming better in practices than ever before”

Don’t worry about being modest. This is for your eyes only. Like the personal affirmations list, you can update and change this list as needed. Try to be specific, listing smaller achievements than winning a meet. These are personal, you could even list that you have improved your stroke technique and efficiency. List what is personally meaningful for you and feel free to review the list as often as necessary.

(3) Personal pep talks/inspirational quotes – Recall some of the most useful things a coach or a friend ever said to you about swimming or even life. Remember how their words affected you and how you were able to use those words and that support. Repeat them to yourself. Add to the list and develop it. Write it down or just focus on it when you need to.

CHAPTER 3: THINK LIKE A WINNER – COGNITIVE STRATEGY

WHAT IS IT? Cognitive strategy involves the relationship between thoughts and athletic performance. The way you think directly affects feeling and behavior. Even though your best performance often occurs with no conscious thinking (“being in the zone”), this does not happen all the time. Developing these cognitive strategies can help limit distractions and aid performance.

WHY BOTHER? The pressure of swimming and competition can lead to self-criticism and negative self-talk especially because of the individual nature of the sport. This will likely affect your performance. It is possible to alter this self-talk in a way that benefits performance.

MAKING IT WORK FOR YOU: USING SELF TALK. Self-talk is the way one makes perceptions and beliefs conscious. What we say to ourselves can be positive or negative. The first step is making it conscious.

(1) Awareness – First you need to be aware of your inner voice. You may be very conscious of your internal dialogue. If not, pay attention. Recall your best and worst meet and remember what was going through your head during each meet. Many swimmers find that they do best when they focus on what they're doing (like "hit my turns," "increase my tempo," "stay tight on my streamlines," "use my legs") rather than the outcome ("win the race," "make finals"). Doing this will not only help the situation at hand, but also help you in future high-pressure or competitive situations by focusing on you did in those good and bad situations rather than concentrating on their result.

(2) Focus – **Certain words can help you regain or sharpen your focus**; these words could come from you or from remembering words said to you by your coach, for example, "race," "catch," "breakouts." You need to know what works for you.

(3) Building Confidence – **Self confidence has to do with your expectation for success**-included in this is how you define success: is it placing in a meet? or reaching the next level in competition? **Self-talk can either boost or undermine your confidence.** Since you can control self-talk, keep it focused on performance, not outcome or your sense of self. For example, instead of saying to yourself "don't die on the last lap," instead focus on the correction that will lead to you doing the skill correctly like "strong kick all the way home." Or when swimming a race you're scared of instead of saying to yourself "don't add time," say, "go for it."

(4) Changing bad habits – **Self-talk can be an aid in correcting technical errors.** For example, your underwaters are not feeling great. Talk yourself though it based on the corrections given to you by your coach. If you've been having trouble with your underwaters because you haven't been getting your tempo up fast enough, you may say to yourself "fast tempo" or "good kickouts". This is especially helpful right before beginning a race because it will ingrain the correction in your mind during the swim and prepares you mentally to make the correction. Changing bad habits through self-talk is probably one of the most important training techniques used in sport.

(5) Taking it up or down – There are many times you want to pump yourself up or cool yourself down. This depends on the competition and your internal state. Certain words like "explode;" "hit it;" or "let's go" can energize, where words like "focus;" "relax;" and "stay calm" can have a more relaxing effect. Knowing which words have which effects is important because chances are you will not always be in the ideal frame of mind during competition and will want to alter your emotional state.

MODIFYING SELF-TALK. We all have an internal critic. It's the voice that comes out of nowhere and is negative, critical and seems to want to make you choke. The following techniques will help you deal with internal conflict.

(1) Staying positive is not enough – **Staying positive and upbeat is great, but not realistic all the time.** It's a myth to think that you should always be positive and if not, something is wrong. Instead, listen to your inner critic and put it to work for you in a positive way. There are four steps to managing the critic.

Listen without debating – Note what is being said.

Example: “You will never swim fast in preliminaries.”

Examine the statement – Use facts, reason and rational thinking.

Example: “I have been swimming fast in morning practices and afternoon practices, how is this different? I got up 3 mornings a week and was always ready to have a great session, why should this be any different? I also have been swimming much faster in the morning at all of my in-season meets, so I should be able to do it at championship meet and make finals”

What can you learn – Once you have explored the reality of your self-criticism, what can you gain from this?

Example: “The best morning swims and practices I have done are when I wake myself up, and get excited to swim. If I am able to get pumped up for my morning swim and hold nothing back, I should swim fast.”

What else can I work on – How can I make this a good learning experience?

Example: “By working on swimming fast in the morning in practices, this will lead to higher confidence in swimming fast in the morning when it matters the most.”

(2) Reframing – This involves putting a different meaning on the criticism or experience.

For example, you find out that you are within seven points of the meet leader and you have one swim left. As you climb on the board you can feel your heart racing, your legs feel weak and you begin to think up worst-case scenarios for the outcome of this swim. Your critic says “Oh no I can’t do a swim like this, I am going to screw up and ruin my chances of winning.” Counter this sentiment with “Breathe, focus, let go and just do swim automatically with good tempo.”

(3) Thought stoppage – This is for a particularly troublesome criticism that keeps coming up. In order to do this you can use verbal (e.g. stop), visual (e.g. look at your lane or coach) or physical cues (e.g. clearing breath, dynamic stretch, perform the swim start in slow motion).

CREATING A PLAN. You may already do some of these things well, however, each skill can be further refined and developed. Remember, this manual is just a starting point. After trying some of these cognitive strategies, consider creating a self-improvement plan with a performance specialist.

CHAPTER 4: IMAGERY TRAINING FOR PRIME PERFORMANCE

WHAT IS IT? Imagery training is the mental practice of a skill or a given task without actually doing it. Imagery training involves more than visualization – it includes other senses as well.

WHY BOTHER? Imagery is a powerful tool when used correctly. It can provide an edge in enhancing physical performance and is useful in both pre-competitive and competitive situations.

MAKING IT WORK FOR YOU. Imagery is probably associated most with Olympic track and field athletes or gymnasts, but it is an ideal tool to use for swimming. Imagery training, which is also called “visualization” in swimming, is especially useful for skill related

performance, which is the nature of swimming. These six skills are foundations for using imagery as a part of training.

(1) Practice – Just like developing any new skill, imagery requires practice. It requires commitment and should become a part of daily routine. Fortunately, imagery can be practiced while traveling, during warm-up or during a meet.

(2) Relaxation – Generally, imagery works best when you're relaxed. When relaxed, you can focus more easily on a positive image. When learning it can help to practice visualization right before you go to sleep at night, because you are likely to be relaxed and able to focus wholly on this task.

(3) Timing and Control – For the most part, imagery is optimal when used in real time. This may be difficult to do at first. Many swimmers say that when they begin to try to visualize swims they can only see themselves swimming slowly. If this happens it is helpful to slow down the images until you can see or feel the swim going well and then speed it up little by little until you can see it in real-time. Slowing down the images can also be useful to help analyze certain techniques or make specific corrections. Remember that you have control over all these images. So if you have trouble seeing yourself swim fast, ask yourself what seems off about it and then concentrate on fixing that aspect of the image, much like you would while practicing your own swims.

(4) Using internal and external perspective – Depending on your own style, you will tend to imagine scenes from inside your self, or from outside as if watching a performance on a screen. It is ideal to be able to do both so try practicing imagery in steps. First, visualize another swimmer swimming the race. Choose someone who you train with who swims a similar race as you do. It could be a famous swimmer who you see swim the race perfectly. (this may require you to begin in slow motion). Next replace that swimmer with a picture of yourself. In this stage you are looking at yourself performing the same swim as the "role model" swimmer just did. The last step is to place yourself inside your body and see and feel what you would while doing the swim. Pay attention to visual cues, timing and body placement. Being able to use both internal and external perspective is useful because it allows you to translate ideal performance to your own performance. Although you will tend to use one form over another, try to be able to use both internal and external perspective.

(5) Using all five senses – Imagery is more than just visualization, try using your sense of smell, hearing, touch and even taste. It works best when you see what you would see, feel what you would feel, hear what you'd hear and even taste what you would taste. The object is to get the sensation as true-to-life as possible. This means that if you are visualizing for a specific meet, picture yourself in the meet situation in the actual pools in which you'll be competing. Here are some examples of how to use your senses while visualizing

Smell: Take a deep breath and smell the chlorine

Hearing: Hear the murmur of people in the stands and the announcement of your race.

Feel/movement: Feel yourself walk up to the blocks. How does the block feel when step up for a start? How does it feel when you get off the block? Once you hit the water, how does it feel around your body and how do you move? How does it feel to pull the

water and how does your core move? Combine seeing and actual slight core movement allowing the tempo to flow from the center to your arms and legs.

Taste: Taste the chlorine, taste your sports drink as you take one last sip before heading up to the blocks to swim your race.

(6) Triggers – Triggers can be certain words or phrases that call up specific images of performing a skill well. Triggers are often associated with a strong emotion. *For example* “reach” may be used to explain how you want to embrace each stroke. “Streamline” may be used to remind you to stay tight off of all your walls to carry your speed in and out of the turns. These often come from corrections given to you by your coach. Music can be used in the same way. You can try listening to the same song or verse to get you in the competitive mind-frame. Triggers are very personal, so find what works for you.

American Swimmer Megan Quann, who won the gold medal in the 2000 Sydney Olympics, brought a stopwatch into her bed with her every night during preparation for the Olympics. She would visualize the race stroke by stroke. She imagined the tiles at the bottom of the pool, heard the crowd cheering, and could taste the water (Zouareg, 2007). Imagery is a good competition tool and can be very useful in helping to prepare the mind so the environment doesn’t seem brand new when you get to the competition. It is like a lead-up for your head.

Athletes from a wide range of sports have found imagery to be extremely valuable in enhancing performance. It is important to recognize that it works best when combined with actual practice of the skill; imagery is not a replacement for regular swim practice, but instead, it is enrichment.

Your imagination can have powerful effects in shaping your reality. You may be surprised at how helpful it is to imagine yourself being successful in meet situations that have been difficult in the past. The more you practice and rehearse these skills in your head, the more likely it will affect your actual performance.

USE YOUR BODY. Another aspect of imagery is combining it with “practicing” your swims in slow motion. After you visualize your swims, try pairing that visualization with movements that replicate each swim. For example if you were doing a 100 breaststroke, do your pullout, and your breakout in slow motion. While you do this it is helpful to see and feel the movement through core activation of the swim at the same time.

MAKING A PLAN

1. Before starting an imagery program it is important to review the benefits and limitations of imagery. It can be useful, but it is not a magic bullet.
2. It will work best if you are committed and fully integrate imagery into your regular training routine.
3. You may need assistance to help develop, refine and evaluate an imagery-training program.

CHAPTER 5: GOAL SETTING STRATEGIES

WHAT IS IT? Goal setting means achieving a specific level of performance in a certain amount of time. Goals usually focus on improving a measurable skill, such as “I will achieve and NCAA time standard this year” or “I will break the school record this year” or “I will place in the Top 8 at the NCAA Championships.”

WHY BOTHER? This is a valuable, widely used technique in sport psychology. Goal setting results in a higher level of performance and provides focus, facilitates effort and leads to new skills.

MAKING IT WORK FOR YOU. In general, the following five strategies provide the basis for utilizing goal setting as a way for improving performance.

(1) Challenging yet realistic – Finding the right balance between pushing oneself without setting yourself up for failure. For example, a realistic goal might be “Qualify for the Championship meet this year.”

(2) Be specific – “I will commit myself to improving my starts and turns or I will engage in training habits that lead to quality meet performances”

(3) Breaking it down – Use short-term goals as stepping- stones towards long term goals.

Example: Summer:	Develop a strength and conditioning program
	Work on flexibility and imagery
Fall/Winter	Work on body position and stroke technique
	Get stronger
	Develop a strong aerobic base
Spring	Focus on race strategy in strongest events
	Fine tune – good technique and aggressive racing on each race attempt.
	Visualize my swims once a day

(4) Implement strategies to achieve goals – In order to reach your specific goals you must develop specific action steps for achieving them. This can be separated into four separate times of the year:

Summer (pre-season)

Work on flexibility and develop a weight-training program focusing on the core and legs
Begin to visualize swims, including those you wish to learn in the coming year
Talk to your coach about his/her performance and outcome goals for you
Review basics such as technique, turns, starts

Fall / Winter (in season)

Begin analyzing necessary splits for each of your best races
Deal with issues of fear

Use smaller meets as practice for big ones to come-take each one as an opportunity to race and learn
Listen to, understand and execute the corrections given-be coachable
Refine race strategies

Spring

Fine tune swims, perfect race strategy and technique
Focus on consistency and attitude on a daily basis
Continue to be coachable
Decide which swims are worth doing in the meet; how will you best earn points?
Increase visualization and mental preparation for pressure situations

(5) Chart it – This is absolutely critical and needs to be a part of your daily routine. Become obsessive. For example, use index cards or make a chart. Some swimmers find it helpful to keep a swimming binder that includes sheets from each meet, long-term and short-term goals, past goals, a new swim log, weight training log, and any team expectations or team guide that might be provided by a coach. Having all relevant material in one, organized place makes keeping track of goals, progress and successes easier and more fulfilling.

(6) Evaluate – It is crucial to continually evaluate and assess the effectiveness of goals. Goals can change and so evaluating them with input from others, such as coaches, trainers and performance specialists, is important. It is helpful to establish regular meeting times with these individuals for the purpose of evaluating goals. This way you can ensure that your goal remain both challenging and realistic.

SETTING A PLAN

- 1) Before beginning a program it is important to set your goals in writing with input and assistance from others.
- 2) Don't do too much all at once. Keep it manageable by starting with one or two goals.
- 3) Take it seriously and make it a part of your training. Regular reevaluation of goals is critical for this to be successful.

CHAPTER 6: SWIMMING IN THE ZONE – PART I

WHAT IS IT? Think about those times when you've been "in the zone." It's amazing-as if you can do no wrong. You've probably swam your best when "in the zone." This section is about helping you get into the zone more regularly. Miracles don't happen, but there are things you can do to help move toward a higher level of consistent performance.

WHY BOTHER? Clearly you swim your best when performing at your peak. However, many swimmers don't realize there are specific mental skills you can use that help you move towards peak performance.

MAKING IT WORK FOR YOU. There are three critical areas for achieving more consistent performance: (1) Developing a consistent pre-competitive routine; (2) keeping your intensity level and balanced under pressure; (3) Being aware of your attentional state and the way it affects performance.

PRE-COMPETITIVE PERFORMANCE. Virtually every athlete has had the experience of being in the zone. Research has shown that for most athletes the experience occurs spontaneously and is generally short-lived. Being well prepared every time you get into the pool will set the stage for a consistent, high-level of performance.

(1) Develop a consistent pre-competitive routine – Being prepared eliminates problems and increases the likelihood of success. This involves everything you do the day of the meet from the time you wake up until your first swim in the meet.

Your routine will vary depending on whether your event is towards the beginning or the end of the day's events and at home or away. Remember that these routines are not rituals and so they are adaptable; you can adjust them depending on the situation. Unlike routines, rituals are superstitions; they tend to control you and can get in the way of prime performance.

There are three stages in a pre-competitive routine: pre-meet, arrival at the pool and final preparation. Each phase of your pre-competitive routine should address both physical and mental preparation. The pre-game stage should also address equipment.

PRE-MEET

Equipment – Make a checklist of everything you need for the meet. A possible list could include:

Racing Suit	Towel (or two)
Sneakers	iPod
Warm-up suit	Snacks
Gatorade / Water	Warm Ups

Physical – What time do you wake up? What do you eat for your first meal? What other obligations do you need to take care of before going to the pool? When is your morning warm-up and how much do you need to swim? If you have a morning warm-up and then a couple hours until your event warm-up what will you do with that time? It is important to address all of these obligations and develop as consistent a routine as possible.

Mental – This may involve visualizing all your swims in the meet setting or reviewing your goals for that meet. This also might include talking with your coach or finding time alone. You should know in what mental state you swim best, so begin to get in that frame of mind. Some athletes engage in relaxation, meditation or reviewing or writing in a journal whereas others may listen to music to focus or build or reduce intensity.

ARRIVAL AT THE POOL

What time do you arrive? How much time do you need between arriving at the pool and your event warm-up? Are there team meetings or meetings with coaches or the trainer you have to attend before competing?

Equipment – What equipment needs to go on deck with you while you compete? Gather everything and find a place of your own to put your equipment during the meet. It is useful to choose a space that is easily accessible and give you your own space to go to during the meet if you so choose. Gather everything you will need and put it there all at once. The equipment may include:

Racing Suit	iPad
Drink	Towel
Warm Up Suit	Sneakers
Warm Ups	

Physical – Do you need to eat something before the meet begins? What will you do to warm up, do you need to do something aerobic and do you need to stretch? Note if there are any specific skills you need to work on in warm-up, like turns, starts, breakouts, or streamlines. Do you need to work with any physical problems or injuries? Are you too hot or too cold?

Mental – Become comfortable with your surroundings. Find out how many heats there are of each event and how long you will have between each swim. Decide whether it helps to watch them or not and then act accordingly. Assess your intensity level. Do you need to increase or decrease it? How is your focus and concentration? Are there any distractions you have control over? If yes, fix them, if no find a way to combat them.

FINAL PREPARATION

This is the time for any fine-tuning. Do you need to do any specific stretching before the race begins and your heat is called? Check to make sure you have all of your equipment and you have a place to settle during the meet. Do you need to talk to your coach before the meet begins? How is your focus and concentration? It is necessary to make adjustments on thinking, imagery or relaxation strategies?

Bull, Albinson and Shambrook (1996) divide the final preparation phase into three distinct phases – preparation, focusing and execution. Before discussing these it is important to understand the use of attentional cues since they are used sequentially in each phase.

Attentional cues can be verbal, visual or physical. These concentration cues help you intensify, relax and concentrate. There are no set cues, only unique groups that work differently for each athlete.

Visual cues involve intense focus on something specific in the environment. For example, the water, your team logo, the swimming pool or even the officials getting into place.

Physical cues require doing something. For example, splashing water on your body, walking or jumping, closing your eyes.

Verbal cues are a single word or phrase that you repeat silently. For example: relax, focus, power, glide, get ready, my lane-my swim.

(1) Preparation phase – Use physical cues to tune in attention. Three clearing breaths to help relax upper body.

Occurs during warm-up and before the meet begins. Some swimmers find listening to music helps sharpen concentration during this time. Think about visualizing swims and racing.

(2) Focusing phase – Occurs right before you actually do your swim. For swimmers this has two parts, before you're on the block and while you're on the block. While you wait to do your swim, while another heat is going or you're waiting for yours to be announced, visualize one final time. Keep your body in its ideal mental state. Breathe and clear out all extra tension, doubt, or distractions

(3) Execution phase – Repeat a positive physical cue. Perform. You are now standing on the block. It could be argued that these last few seconds are the most important in the meet. Repeat a cue word such as streamline, reach or kick; your triggers may be helpful here. Breathe and go.

CHAPTER 7: SWIMMING IN THE ZONE

PART II INTENSITY REGULATION – STAYING COOL UNDER PRESSURE

Intensity is the way your mind and body become energized. How to reach the best intensity level for each prime performance differs for each swimmer. One key goal is to identify an idea level of intensity and achieve it.

Utilized the Goldilocks principle, find the right amount of intensity, neither too much nor too little. **Over-intensity** is when you get “too up” for the meet. You can feel this affect your body, such as “butterflies,” sweating, hear racing, shaking legs or hands and/or shortness of breath. You may also find yourself agitated, tense and distracted. This can also involve negative self-talk.

Sport psychologist Jim Taylor (1996) identifies five major causes of **over-intensity**:

1. The demands of the situation
2. Your resources to manage the demands
3. Consequences of the situation
4. The meaning placed on the consequences
5. Recognition of bodily reactions

For example, Joe was competing in a race he had never before done in a meet (demands) and he felt very unsure of his ability to race it well (resources). He was convinced he wouldn't know how to pace himself (consequences) and this would ruin his chances of placing well (meaning).

Focusing on consequences and exaggerating the meaning of one meet or one swim in a meet can lead to problems with over-intensity. It can be useful to monitor any irrational thinking and modify it in order to keep your perspective.

External social issues, such as the expectations of coaches, other swimmers, fans, the media, or family can cause overintensity. Worry over meeting the expectations of others can trigger a fear of loss of respect, support or love. Fear of failure that is at times just outside of conscious awareness is common among swimmers.

Environmental factors also contribute to the intensity level. This involves unexpected or uncontrollable events. For example, quality of the pool, quality of the competition, injury or sickness

Under-intensity is not as common, but does happen. These are the times when it is difficult to “get up” for the meet. You are dragging and lack your usual energy. This could result from an obvious physical event such as a long commute or sickness. It can also be psychological in nature such as overconfidence, an early sign of over-training and burnout or under-confidence to meet goals.

GETTING TO PRIME INTENSITY. Remember that there is no magical formula for achieving prime intensity. It will be different for each swimmer. Also, each athlete requires different things in order to reach prime intensity. **Figuring out your best intensity level is the first step.** This requires a close look at what you do before and during the meet. This is done at three levels – **Physical, Thinking/Feeling, and Social/Environmental.** It is important to look at these factors from one of your best and worst meets.

(1) Your physical state – How did you feel before the meet and during the meet? How relaxed were you and how did your body feel? Did this change when you got onto the blocks?

(2) Thinking and Feeling – What was going on in your mind before and during the meet? What were you feeling? Did this change when the meet started?

(3) Social and Environmental Causes – Were you swimming at home or away? Did you have to sleep someplace other than at home the night before? Was your event in the morning or afternoon? Was the event at the beginning of the meet or at the end?

CHANGING YOUR INTENSITY LEVEL. To get to your prime intensity level you must focus on three areas – **physical, thinking/feeling and control.**

PHYSICAL

Breathing – Most of us pay little attention to how we breathe. However, when you’re in a high-pressure situation, pay attention to your breathing. When you begin to tense up you begin to take short, shallow breaths in thru your mouth. Some athletes even hold their breath without even realizing it. This makes tension worse. To relax, breathing out slowly, consistently and long is key because it will loosen you up. It is important to feel you breath clear all the way out then

feel the fill start way down, deep into your abdomen and move up just to the level of your collarbone. After your lungs fill fully from the bottom to the top breathing in through your nose or sides of your mouth, then you are ready for a long clear thru pursed lips. This is an easy skill to develop and it works (McDuff, 2102).

Deep muscle relaxation – When you feel yourself tighten up this can make you feel heavy or stiff and bring your intensity or confidence down. To counter this tightness, clear all the air out of your lungs then as you breath in thru your nose tighten the entire body if standing by arching back and rotating the arms out or if sitting then tightening a specific muscle group on one or both sides. Once the lungs are filled then hold the tightness for about seven counts then clear the air and release the tension to the pull of gravity. This approach can also be used in a progressive manner-tightening and relaxing of all muscle groups throughout your body-from head to toe or the reverse. This helps you feel the difference between tense and relaxed muscle groups and allows you to loosen in any situation.

Centering – Combine this with relaxation breathing. This involves standing in a slightly flexed position of strength, as if trying to keep someone from pushing you over. You focus on your center of breath and gravity and your feet against the floor. You use relaxation breathing by taking in fresh air and clearing out carbon dioxide with a key word to reset or reboot.

THINKING AND FEELING

Guided Imagery – This involves the ability to visualize a peaceful scene, such as the beach or the mountains and really get into the details of it. Music can be used with imagery if it helps you settle down. Swimmers often choose a certain song or set of songs to play before and during a meet to help guide this.

Thinking Skills – Two important skills are reappraising and key words. Reappraising refers to the consequences and meaning we attach to certain meets or situations. When you evaluate things in a negative or exaggerated fashion, your intensity level tends to shoot up. It is important to carefully evaluate you situation and your performance skills accurately.

Key words – Certain words can be used as triggers or cues to help modify your intensity. The first set of words is for bringing down your intensity, these include: settle down, cool, easy does it, focus, relax, breathe and stay loose. The next set is for pumping up your intensity: explode, get pumped, hustle, aggressive and fire up. Choose which words work best for you or choose your own.

Acceptance – Lets get real. There are times when everyone gets nervous, especially before a competition. A well-known swimming coach used to ask his swimmers who got nervous before the meet. He found that those who admitted they had nerves actually swam better. The coach said that he actually got more nervous about the swimmers who said they didn't get nervous than those who did. Keep in mind that nerves are a part of sports (the stress circuit) and are one way that your body gets pumped and prepared to perform well. These skills are excellent ways to use this energy and channel it to improve your performance.

CONTROL

Satchel Paige, a famous baseball pitcher once said **“If it’s outside your control, ain’t no use worrying, ‘cause it’s outside your control. And if it’s under your control, ain’t no use worrying, ‘cause it’s under your control.”** Right on Satchel!

Just worry about what you can control. Make a list of the things you can control, such as what you eat, how you handle yourself on deck, what you do in warm-up, your swims. On the other side make a list of the things you can’t control such as officials, temperature of the pool, pool conditions, other swimmers. Focus on the “control” side of the list.

Unexpected events and unfamiliarity are also outside of your control. It is useful to identify the things that can go wrong prior to or during the meet and develop strategies for handling them. For example a traffic jam gets you to the pool late. How can you shorten your preparation time to fit this situation, while still being effective? It may be useful to make a list of unfamiliar events that could occur and effective strategies for handling them.

When you find your optimal intensity level, remember what it feels like and how you got there. This way you will be better able to recreate the feeling for another meet.

CHAPTER 8: SWIMMING IN THE ZONE PART III – ATTENTIONAL FOCUS

Sport Psychologist Robert Nideffer (1992) believes that playing in the zone and choking are both examples of altered states of consciousness (ASQ).

According to Dr. Nideffer it all depends on the way you focus your attention. An altered state of consciousness occurs when you experience a change in the sense of time, perception of the world or ability to think and remember.

An example of time distortion occurs when seeing an enjoyable movie and being surprised that two hours have gone by. This is known as time compression. A perceptual distortion can occur when dreaming. During the dream, common objects can take on strange qualities, shapes and sizes.

The same thing can happen in swimming. When you are swimming well in both a meet and practice everything feels more natural, you can ride the water well and swims feel smooth. When you are not swimming well each stroke feels out of time and labored. If you have ever swam “in the zone” or you have choked, you have the ability to alter your state of consciousness.

In order to do this we need to look at four different types of concentration or attentional focus. (Nideffer, 1992)

(1) Broad internal focus (mental or feel) – This involves thinking, planning and analyzing or scanning your entire body for tension. This can happen when you are studying other swimmers or when you are standing prior to practice or a race. You are focused on making sense of a lot of information or detecting tense areas in your body.

(2) Broad external focus (visual) – This happens when you have to look out at what is going on around you. For example, you look into the stands, out to the pool or you see people you know and watch other races.

(3) Narrow internal focus (mental or feel) – This means rehearsing all or part of a performance before you do it or focusing on a narrow area of the body like your center. For example, you practice the swim you are about to do or your focus on your center of breath or balance during a clearing breath.

(4) Narrow external focus (visual and feel)– This is about seeing what is possible and reacting or performing. For example you lock into your lane or you realize you had a bad start and went a little deep on your pullout, but angle yourself upwards to break out at the surface and continue to swim.

Typically you constantly move from one attentional focus to another. Playing in the zone happens when you're immersed in either an external or internal focus of attention. Generally, swimming well shifts your attention less frequently. Your focus is more external and you spend little time "in your head." Athletes often describe the experience as if they're not thinking, "it just happens." In contrast, a poor performance often happens when your focus is mostly internal-thinking negatively of feeling the heaviness or burn in your legs.

When your attentional focus is external performance seems automatic. As a result, you can stay focused on task relevant cues, which allow you to do the task at hand, which is completing one swim at a time. At these times you feel more in control and almost as if you know what will happen next.

When you choke, your focus is probably too much inside your head. Things don't seem clear, it's harder to anticipate well, and attention is difficult.

Keep in mind that these categories are not rigid boxes, but places on a continuum. Your goal is to move steadily toward a narrowing, external focus. Even when swimming well or in the zone, this is not necessarily your upper limit.

In order to help you move along the continuum toward a narrow external focus, you need to develop ways to stay out of your head. This involves identifying distractions and refocusing attention. No athlete is able to stay in the zone all or even most of the time. The goal is to help you keep your momentum toward the development of concentration skills and the ability to quiet distractions.

Sport Psychologist Shane Murphy suggests using the "four R's" when you get distracted: react, relax, reflect, renew. All of this should only take a few moments and can be used in virtually any situation.

REACT – When you make a mistake you get upset with yourself. Don't ignore it, but don't let it become so big that it messes up every aspect of your meet. Allow yourself the emotional reaction, but just keep it in perspective.

RELAX – Use one of the methods described earlier to help you settle down. Keywords, breathing, imagery, centering or muscle relaxation are all useful tools to use.

REFLECT – Figure out what interfered with your performance, and then move on. Talking to your coach in between swims will probably help with this. Ask him or her to give you a correction on the swim you just completed and then give you something small to think about for the next swim.

RENEW – Let yourself refocus. Take each race one at a time; concentrate your efforts on the next swim. Imagine yourself getting out of your head and shifting to a narrow, external focus, like before you had a bad race.

CHAPTER 9: RELATIONSHIP BUILDING TEAM BUILDING AND COACHES

THE TEAM

WHAT IS IT? Swimming is primarily an individual sport, but chances are you are part of a team. While the team can't help you do a particular swim, it can help your performance by creating a mutually supportive atmosphere. It is important to recognize that your attitude can greatly impact your teammates and theirs can have a strong impact on you. Groups are powerful and the team can influence your performance in both subtle and obvious ways.

WHY BOTHER? The idea of a team in swimming is peculiar because the act itself of swimming is very individual. There are however, instances when your performance affects team standings in meets, where you are expected to perform as a team, not just as an individual. By learning how groups function, you can better appreciate how the team affects you and how you can use the power of the group to improve your individual performance. For example, swimming in a supportive environment, knowing that people are behind you and pulling for you to do your best can help your mental and emotional state. Other swimmers understand the difficulties of the sport, what causes frustration and how easily things can go wrong. Use their understanding as a source of support.

MAKING IT WORK FOR YOU. There are many ways to understand groups. The functioning of the group depends on many different factors, such as leadership style, morale and cohesion, social dimensions and success rates.

It is often difficult to have a team mentality during a meet because maximizing your performance may not allow you to encourage or watch your teammates or even help them reach their optimal emotional state. This is OK. Focus on how you can be a part the team before and after meets. Team dynamics in practice are crucial to creating a supportive environment; learn from your

teammates. Talk about the sport, talk about likes, dislikes and fears. This way is you take care of your self, act as a member of the team and contribute to a healthy training and competing atmosphere.

One important area to highlight concerns the roles of different swimmers on a team and how these affect the team. All groups tend to assign roles to different individuals. There are formal roles based on ability level or age, as well as informal roles. (Carron 1988) Informal roles are important and come about in ways that have more to do with one's personality style rather than ability and technique. For example, informal roles are team clown, team leader, moody swimmer, and perhaps wimp.

According to Dr. Carron, three conditions are necessary in order for there to be a link between individual roles and team effectiveness. These are role clarity, role acceptance and role performance.

Role Clarity – This concerns the extent to which athletes are clear what their formal role is on the team. A lack of clarity can lead to confusion, reduced confidence and increased conflict among coaches and other swimmers.

Role Acceptance – This is the extent to which athletes are satisfied with their assigned role. It is possible to be clear about your role, yet be unhappy with it.

Perceived Role Performance – This concerns how well athletes are performing their specific roles. Even if one is clear and accepting about their specific role, without adequate performance, over all team cohesion may suffer.

Often times, other team members may be unaware of the unique challenges of a specific role, which can lead to undue criticism. Sports psychologists have found that when individuals on the team have a full appreciation for the demands of different positions or skill levels, they are usually more cohesive. This can be achieved by simply talking more to each other about your specific role.

COACHES

Coaches play an important role in any sport, but especially in swimming. Having a good, working relationship with a coach is essential for success in the sport. So much of swimming is based on trust-trust in yourself and trust in your coach. Trust is so essential in swimming because of the anxiety and fear involved. When a coach says you are ready to compete, it is essential that you believe him or her. This is also true when your coach corrects your swim; you must believe what is said and be willing to trust it enough that you will try to make the correction. If you do not have a high level of trust with your coach, then think about talking to him or her.

Coaches and swimmers develop strong bonds and mutual trust and respect. Therefore swimmers have an extra special resource to use. Your coach will often know your mind and body as well as you do. Having someone this focused on your success and this in tune to your ability is

incredibly helpful. Talk to your coach regularly and honestly regarding swimming goals, fears, etc., this way both of you are on the same page when it comes to practices and meets.

Also, swimming affects life outside of the pool and life outside of the pool affects swimming. Some swimmers find it useful to inform their coach of what's happening in their lives outside the pool. This does not mean you should relate private information, but rather keep him or her abreast of things like how school is going or whether or not you've been feeling sick. This can increase the level of understanding between coach and swimmer

THE SWIMMING COMMUNITY

In most cases, members of the swimming community are mutually supportive. Swimmers and their families recognize the difficulty of the sport and respect the work and dedication that the sport requires. This shared sense of community can provide some comfort during the pressure of competition. It can help to know that if you have a bad race, add time, or do not qualify for finals, it happens to everyone at one time or another and that other swimmers understand that. In a way, the community surrounding swimmers can be seen as a secondary team.

Even though swimming is primarily an individual sport, it is important to remember to utilize the supportive resources of the coach and the swimming community.

REFERENCES

- Bright, Deborah (1995). Is staying positive merely enough? Sport Science for Tennis, Winter, 1995.
- Bull, Albinson and Shambrook (1996) The Mental Game Plan. Eastbourne, United Kingdom: Sports Dynamics
- Carron, A. V. (1988). Group Dynamics in Sport. Eastbourne, United Kingdom: Sports Dynamics.
- Hardy, Lew (1997). The Coleman Roberts Griffith Address: Three myths about consultancy work, Journal of Applied Sport Psychology. 9: 277-294.
- Heil John (Ed.) (1993). Psychology of Sport Injury. Champaign, IL: Human Kinetics.
- Loehr, James (1994). The New Toughness Training for Sports. New York, New York: Penguin Books.
- Louganis, Greg and Marcus, Eric (1995) Breaking the Surface. New York: Random House

McDuff D (2102) Sports Psychiatry: Strategies for Life Balance & Peak Performance, American Psychiatric Press, Washington DC.

Murphy, Shane (1996). The Achievement Zone. New York, New York: Berkley Books.

Nideffer,- Robert (1992). Psyched to Win. Champaign, IL: Leisure Press.

Steadman,, J. Richard (1993). A Physician's Approach to the Psychology of Injury. In Heil (Ed.) Psychology of Sport Injury (pp. 25-32). Champaign, IL.: Human Kinetics.

Taylor, Jim (1996). Intensity Regulation and Athletic Performance. In Van Rallte, J. and Brewer, B. (Eds.) Exploring Exercise and Sport Psychology (pp. 75 -106). Washington, D.C.: American Psychological Association.

Ungerleider, Steven (1996). Mental Training for Peak Performance. Emmaus, PA: Rodale Press, Inc.

Van Raalte, Judy and Brewer, Britton, (Eds.) (1996). Exploring Exercise and Sport Psychology. Washington, D.C.: American Psychological Association.

Zouareg, Nordine (2007). Mind Over Body: The Key to Lasting Weight Loss Is All In Your Head. New York, New York .: Springboard Press