

Flipturn

On the Mental Side of Things Indicators

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I asked my assistant coaches to run the first half of practice and John and I had a good talk. Here is how it went:

John: Coach I am really worried that I am not going to hit my goal times at the Senior meet.

Coach: John, what makes you think that?

John: I feel really bad in the water and I am not sure if I am in shape.

Coach: What do you mean, "feel bad"?

John: I feel low, my legs hurt, my timing is off and I am tired.

Coach: OK John, let's look at the reason you feel this way.

I proceeded to explain to John that the body is temporarily adapting to the reduced work load and he will start to feel great again in a few days.

John: OK Coach, now I understand that I just need to be patient, but the little voice in my head keeps telling me that I am not in shape and not good enough.

Coach: Let's examine the facts or the indicators of your training this season.

Fact: (you are stronger). This is the first season that you have been really dedicated to strength training. Indicator: Last season you were able to do 5 pull ups. Two weeks ago you set the team record at 33.

Fact: (you have trained more). Last season you only came to one morning practice a week. This season you have averaged 3 mornings a week. Indicator: With two extra mornings, you averaged 13,000 yard a week more that last season.

Fact: (your legs are in better shape). Your kicking has improved. Indicator: Last season you could only hold 5 x 100 free kick on a 1:40 interval. Since December you have been able to hold 5 x 100 free kick on a 1:20 interval.

Fact: (you have more speed). You have more easy speed at the beginning of your races. Indicator: Last year you best 100 free standup was :47.9 tapered. This season you have already been :48.0 unrested.

Fact: (you are in better shape). You are better able to finish your 200 free and have improved your 500. Indicator: Your best average sets are 2 seconds per hundred faster than last year and you are able to hold tighter intervals on your sets.

Fact: (you are ahead of where you were last season). You are close to your life-time best times unrested. Indicator: In January of last year you went 1:45.6 in the invitational and this season you went 1:42.6 at the same meet. When you shaved and tapered for the Senior meet last year you dropped 4 seconds off your unrested 200, so you can expect at least the same improvement this season. You should expect a 1:38.6.

Coach: What is the little voice saying now?

John: What voice?