

"American College Connection is a great resource for all levels of swimmers. It is the most comprehensive service I know of and has provided me with excellent insight as I go through the recruiting process."

Ted Knapp

Former Head Coach

Stanford University



# Flipturn

## Mental Health Lessons from Michael Phelps for Your Kids: "It's OK to Not Be OK"



By María Inés Flores  
Olympic Gymnast  
Nutritional Coach  
www.letsbefittoday.com

You probably admire Michael Phelps for being the most decorated athlete in the history of the Olympic Games, having participated in 5 Games and won 28 medals, 23 of which were gold.

But are you aware of his work in pro of water conservation? And, most relevant if you have a young athlete who's working hard and entering a more and more competitive environment, did you know how much Phelps has struggled with mental health issues including depression, and that to this day, he is consistent with his therapy so he can remain well?

[Here](#) is an interview with Phelps that I think you can get a lot out of (or scroll down, I have summarized it below for your convenience!)

I encourage you to watch it with your kids and to have honest conversations about feeling stressed or under a lot of pressure. Make sure they know that "it's OK to Not Be OK" and to learn to ask for help when they need it.

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## Quick Tips for June 15th



By Melynda Nash  
Academic Advisor/  
Coordinator of  
Recruiting Education

On June 15th, you will most likely be hearing from colleges coaches who have you on their radar. Keep in mind that NOT ALL coaches will sit down and call recruits on this date, but it is extremely important you are well prepared. You want to make sure you set yourself apart from all of the other recruits who are hoping for a phone call. These are some of the ways you can prepare:

- Be sure to have a professional message on your voice mail
- Plan ahead by writing down questions you can ask the coach
- Make sure your social media account is appropriate (they will check!)
- Sell your potential by giving the coach specific goals for your events



Many of us well-meaning parents have high expectations of our kids' performance. Face it: we are pretty deeply vested in their success. And of course, they want to succeed, too.

I happen to believe that a huge part of success means they absolutely love and enjoy their sport or whatever it is that they do and they develop self-awareness and the skills needed to take care of their physical and mental health. So a great way for us to continue to love and support our children is by making sure they have the opportunity to develop those skills. If you'd like to have a conversation, [book](#) a call here.

### Summary of the video (Michael Phelps' comments):

- \*We are creatures of habit. When my routine and habits get thrown off, I'm a completely different person. So, figure out what you can control and do that.
- \*I tend to compartmentalize... I isolate myself so then I climb deeper into a hole and have trouble climbing out. So, become aware of what triggers you and learn to ask for help
- \*I prefer not to talk to my wife or brother about my struggles/problems. Some people feel better talking about these topics with a person outside of their direct circle. It could be a trusted person or a professional specializing in this who can provide on-going support, but the most important thing is to get support and not be alone.

*"Have an athlete about to go to college? Or simply wanting to learn about better nutrition to perform well this summer and thereafter? **The Power of Nutrition Summer Program** starts on June 7! Email or book a call to learn more. Ask for the ACC Recruits client discount!"*

*María Inés Flores is an Olympic gymnast and Certified Nutritional Coach.*



Test your nutrition knowledge- take the 2-minute health quiz!  
<https://letsbefittoday.com/health-quiz-v1/>

Division II  
 Are allowed to offer swimming/diving scholarships- 8.1 for women and 8.1 for men. Less than half of the D-II programs are full funded. Like D-I coaches, the D-II coaches like to help the recruits find academic aid first.  
 Some of our best college coaches are at this level.



As long as you feel pain, you're still alive.  
 As long as you make mistakes, you're still human. And as long as you keep trying, there's still hope.  
**NEVER GIVE UP** on yourself and never abandon your dreams.

Former College Swim Coaches helping Swimmers get Recruited  
[www.ACCRecruits.com](http://www.ACCRecruits.com)