

Goal Sheet: SCY 2009 – 2010

The look of Memphis Thunder has changed dramatically in the last year and will continue to do so in the future. New faces bring new opportunities for new friendships, new teammates, and new sources of motivation in practice everyday. As this team continues to grow, we have an opportunity to compete at a much higher level and against teams that previously out swam us in the past. On a daily basis, a larger team calls for certain changes to be made. Now, with two Black Groups, we are able to provide a practice group that meets the needs of more swimmers.

The coaches realize that everyone has different swimming goals and different levels of commitment to the sport. Some swimmers put swimming as their top and only commitment. Others place swimming beside or below other commitments, other sports, music, activities, etc. The first questions you need to answer are, “What is my commitment to swimming this year? Will it be my only commitment or do I want to do other things?” The coaches will respect whatever you decide. The next question you need to ask yourself is, “What sacrifices will I make for swimming?” Everyone wants to swim fast, but not everyone is willing to put in the work daily to ensure they swim fast at the meets. It is difficult for anyone to turn down a friend’s birthday party to go to a Friday evening or Saturday morning practice. It is quite a commitment to find a team to train with while on vacation over the holiday break. These are only a couple of examples of differences between swimmers ready to make a commitment and those who say they want to swim fast.

Once you have made your commitment, the next important commitment you must make is your attitude. What will your thoughts and behavior be on a daily basis? Will you focus on the positive or dwell on the negative? Will you be the aggressor in practice, always competing to get to the wall first, or will you be content to drift to the back of the line and go through the motions? Will you be a supportive teammate or someone who socializes with a few others and closes everyone else out? Will you complain about the difficulty of sets or accept a set as a challenge to make you better regardless of how difficult it seems?

Ultimately, your attitude will have a much larger impact on your performance at meets than your physical attendance. Simply being at practice 70, 80, or 100% of the practices matters very little if you carry a poor attitude into all of these practices.

Again, it is easy to sit here in this meeting, or as you’re reading this, to say you’re going to make a commitment and have a good attitude, but the season is a marathon, not a sprint. As the Greek philosopher, Aristotle, said, “We are what we repeatedly do. Excellence, then, is not an act, but a habit.” Your commitment and attitude must continue throughout the season. Be consistent and the results will come. Focus on the process (your attitude), not on the outcome (your times and your group assignment).

Good luck and swim fast!

Coach Scott