



Presented By:

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Coach Jay Chambers is a Sport Performance Consultant for USA Swimming with 41 years of coaching experience at the Club, High School and NCAA D I levels. He has coached in Ohio at the Athens Swim Club and Ohio University, but most of his 41 years of experience were in Indiana. There he coached at the Indianapolis Athletic Club, Tippecanoe Swim Team, Harrison HS, Zionsville HS, Carmel Swim Club & Carmel HS, Washington Township Swim Club, and Fishers Area Swimming Tigers/Fishers HS, where he coached National Champions and Record setters.

Jay holds a Masters degree in Physical Education.

Success Is A Choice



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Excellence is a Habit

We are what we repeatedly do. **Excellence**, then, **is** not an act, but **a habit**.

-Aristotle



Skill Acquisition



Teach the importance of choice

- This leads to personal responsibility
- Ownership
- Accountability
- This is teaching athletes to be coachable
- Do not assume this is or isn't being taught at home
- This will determine your Team Culture



Choose Success!

Intentional, Focused, Skillful Behavior

Produces Winning Results



Requires No Special Talent

Being On Time

Strong Work Ethic

Relentless Effort

Body Language

Positive Energy

Thanking a Coach

Great Attitude

Passion

Being Coachable

Doing Extra

Being Prepared

Being a Leader



Event + Response = Outcome

“Get Comfortable being Uncomfortable!”

(That’s where everything happens)



13 Things Mentally Strong People Don't Do

1. They don't waste time feeling sorry for themselves
2. They don't give away their power
3. They don't shy away from change
4. They don't waste energy on things they can't control
5. They don't worry about pleasing everyone
6. They don't fear taking calculated risks
7. They don't dwell in the past
8. They don't make the same mistakes over and over
9. They don't resent other's success
10. They don't give up after the 1st failure
11. They don't fear alone time
12. They don't feel the World owes them anything
13. They don't expect immediate results

By Amy Morin, LCSW



Culture Blueprint

Leaders create culture

Culture Drives Behavior

Behavior Produces Results



Grit

Relentless Effort (not talent or intelligence) is the key to achieving great things in life.

Struggle is part of the process

It is hard and often painful



What is Grit?



Grit – The “Difference Maker”

Perseverance with Passion

Keep focused on your goal

Despite Adversities

For the “Long Haul”

Best Predictor of Success!



<http://angeladuckworth.com/grit-scale/>

Grit Scale

Here are a number of statements that may or may not apply to you. There are no right or wrong answers, so just answer honestly, considering how you compare to most people. At the end, you'll get a score that reflects how passionate and persevering you see yourself to be.

1. New ideas and projects sometimes distract me from previous ones.

- ☐ Very much like me
- ☐ Mostly like me
- ☐ Somewhat like me
- ☐ Not much like me
- ☐ Not like me at all



Grit

Elite is not about how talented you are

Elite is about how tough you are

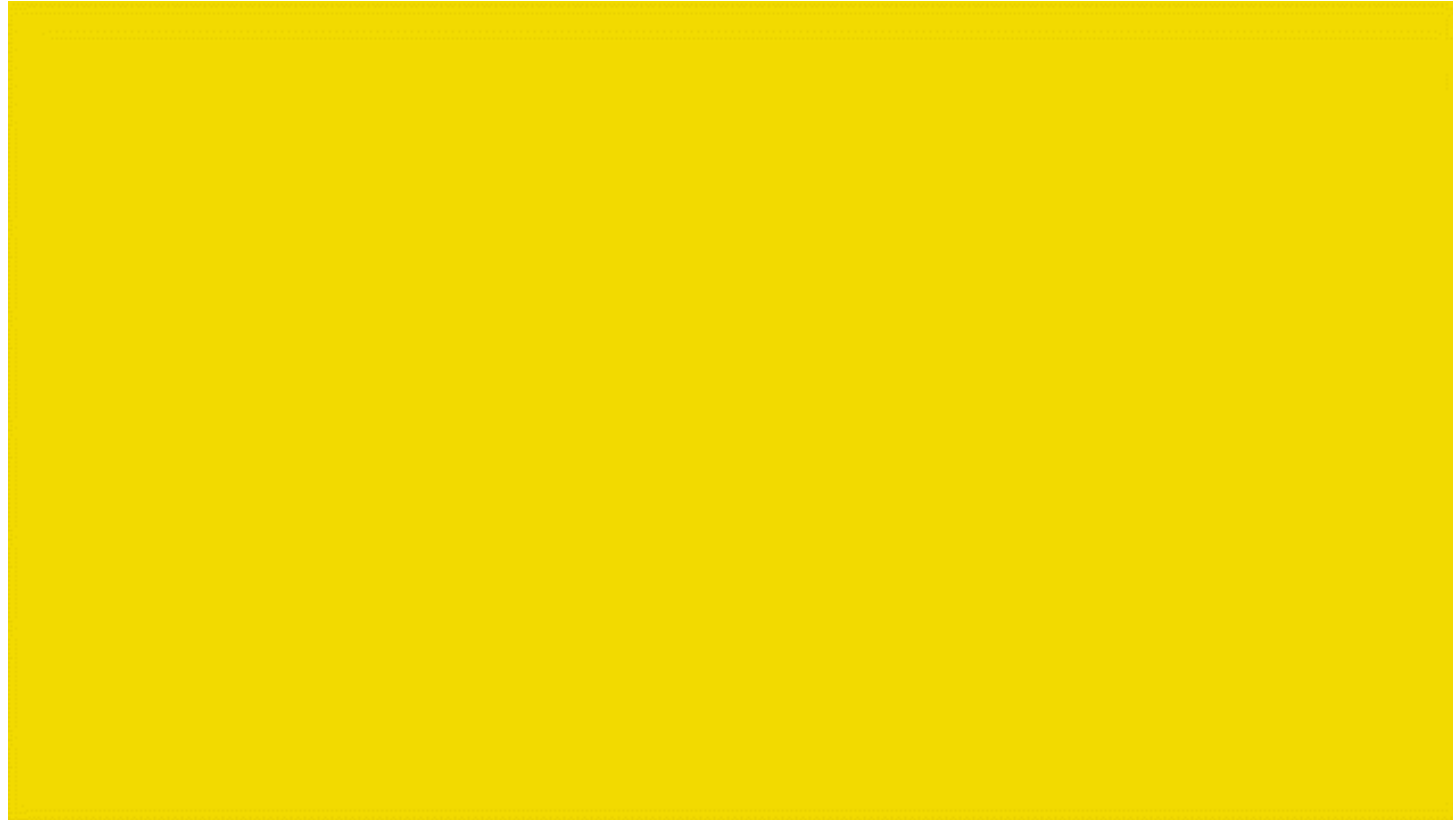
Success is cumulative and progressive



Grit and Growth Mindset



Growth Mindset



“Failure” is an “Option!”

The events of your life give you experience. Your failures give you wisdom.



“Failure” is an “Option!”

“I never lose, I either win or I learn.”

- Inspower.co



Grit and Mindset

FIXED MINDSET

Intelligence is static

Leads to a desire to LOOK
smart/good

GROWTH MINDSET

Intelligence is developed

Leads to a desire to
LEARN and be great



Grit and Mindset

FIXED MINDSET

GROWTH MINDSET

Avoid Challenges

Embrace Challenges

Give Up When things are tough?

to Mastery



Grit and Mindset

FIXED MINDSET

GROWTH MINDSET

Ignore Useful

Feedback

from Criticism

Threatened
Success

Others Succeed

by Others'
Success



Grit and Mindset

"Failure is an opportunity to grow"

GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things"

"Failure is the limit of my abilities"

FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like to be challenged"

"I can either do it, or I can't"

"My potential is predetermined"

"When I'm frustrated, I give up"

"Feedback and criticism are personal"

"I stick to what I know"



Grit and Mindset



Grit and Mindset



Grit

If you want to win in the future...

You must win the grind today...

And tomorrow and the next day and the next...



Grit

Enjoy the grind!



PRACTICE
LIKE A
CHAMPION



Competitive Excellence

Drive and **Discipline**

Drive to do the work necessary to prepare

Discipline to work correctly



Competitive Excellence

Elite performance requires elite preparation

How you practice, is how you'll compete

Every Repeat Counts!



Competitive Excellence

Developing skill requires lots of reps

Developing skill requires lots of CORRECT reps



Wire

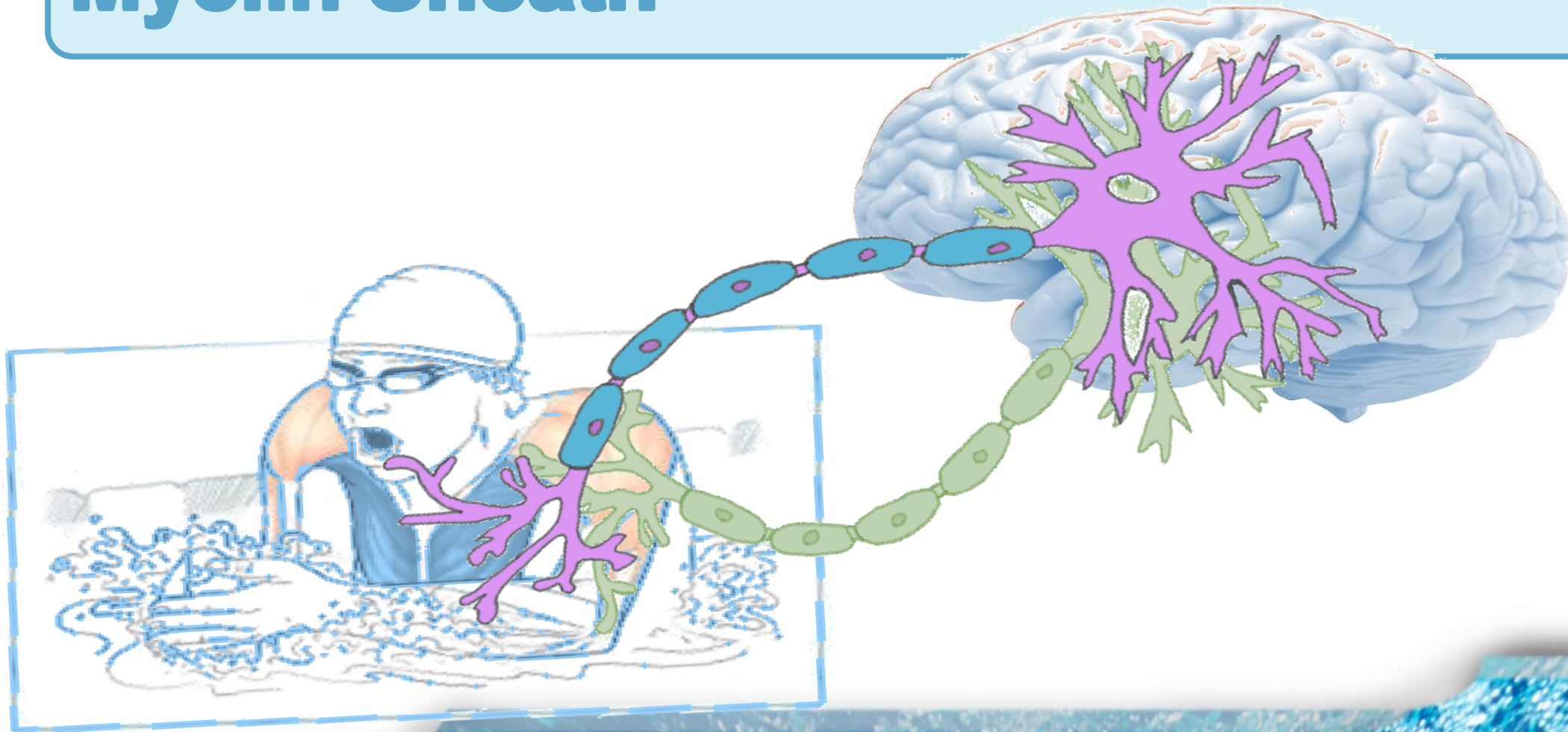
Insulation

Axon

Myelin Sheath



Myelin Sheath



Deliberate Practice

Two basic factors for skill acquisition:

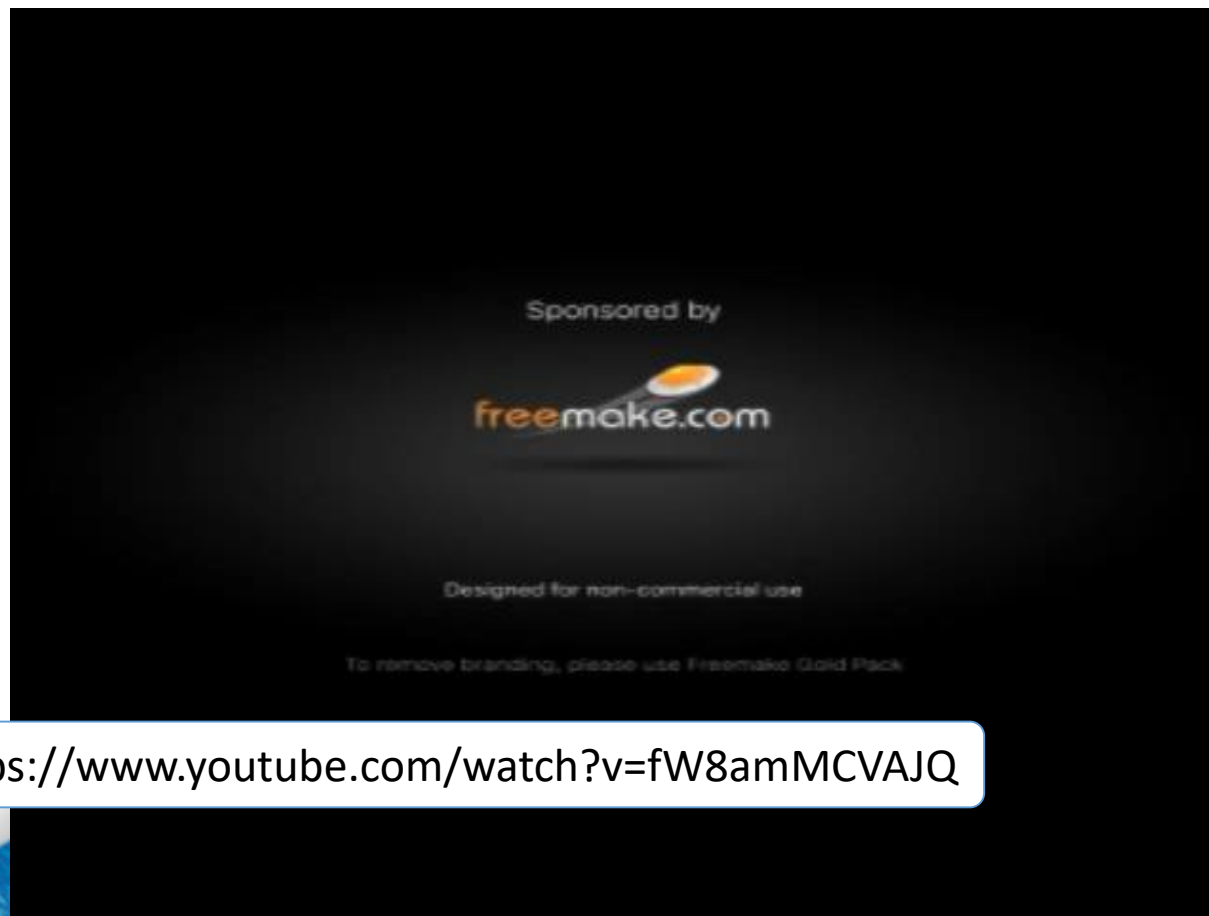
1. Deep, deliberate practice (building circuits)
2. Be motivated to **ALWAYS** be deliberate



Deliberate Practice

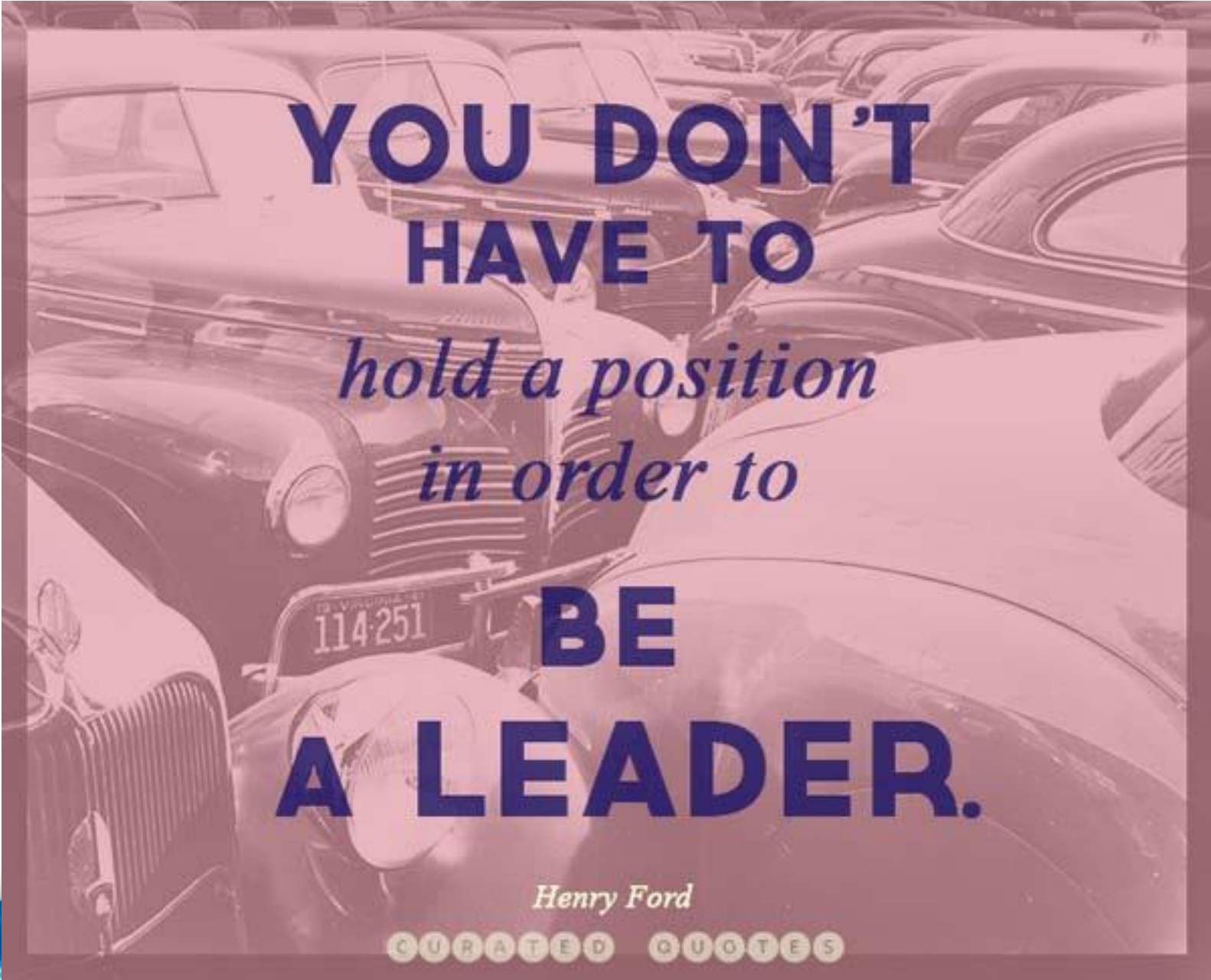


First Follower Leadership



<https://www.youtube.com/watch?v=fW8amMCVAJQ>





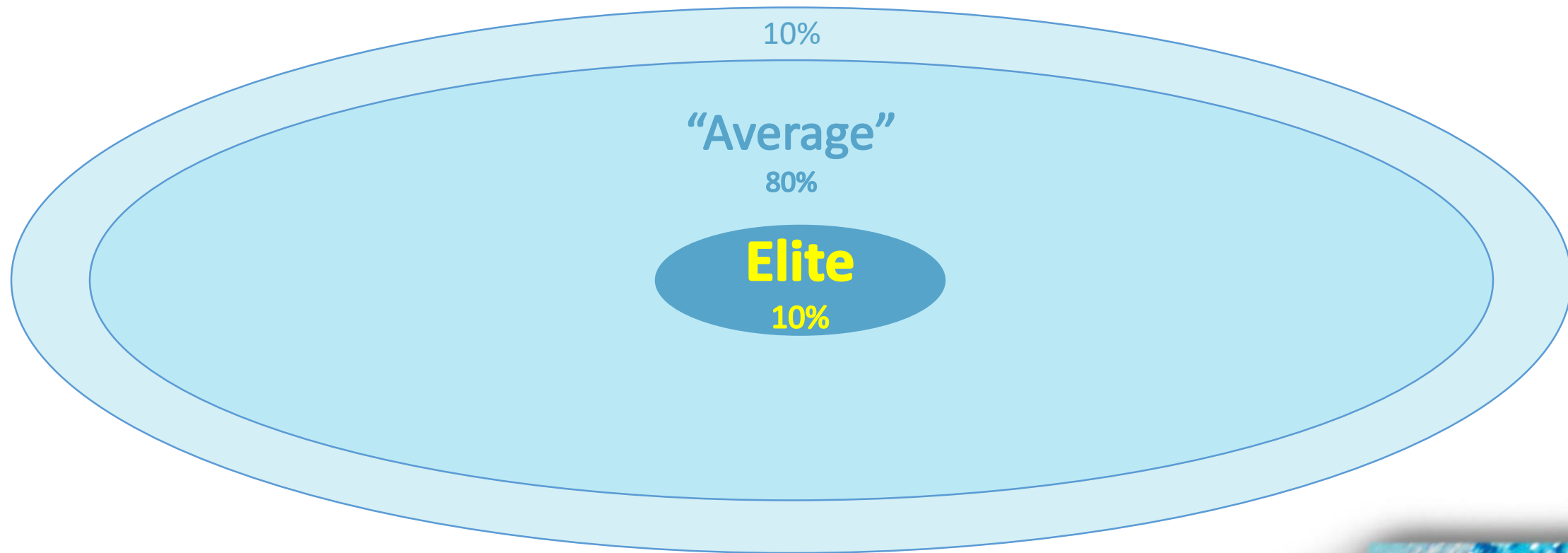
**YOU DON'T
HAVE TO**
*hold a position
in order to*
**BE
A LEADER.**

Henry Ford

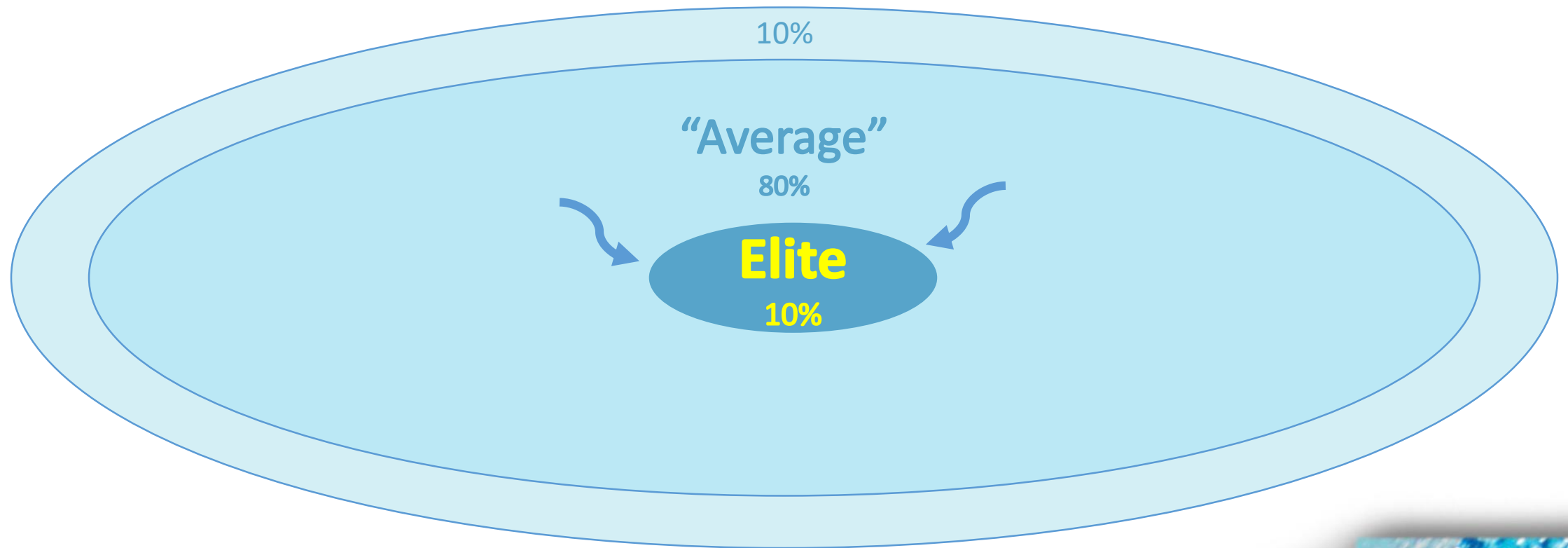
CURATED QUOTES



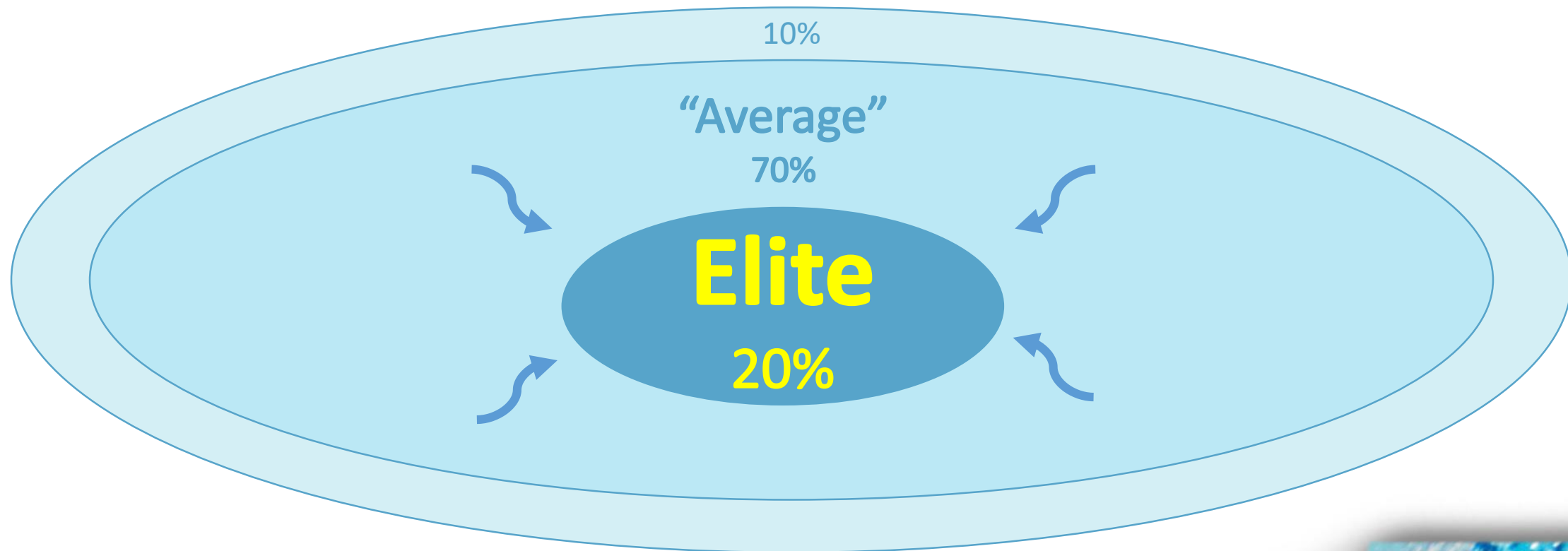
“10 - 80 - 10”: Where Are You?



“10 - 80 - 10”: Where Are You?



“10 - 80 - 10”: Where Are You?



Alignment

Align yourself with the Coach

Align yourself with the top 10%

Align yourself with your goals



Belief

Believe aligning with top 10% is worth it

If your habits don't reflect your goals, change
your habits, or your goals



Belief

Highest performances require deepest beliefs

Belief creates vision

Belief creates strength of will



Belief

Belief creates resilience

Belief ignites and activates

Under competitive pressure, strong belief will
pull your performance up (weak>down)



Belief



Conclusions

Event + Response = Outcome

Culture Blueprint defines expected behaviors

Grit Determines Success



Conclusions

Growth Mindset develops grit

Competitive Excellence requires
Relentless Practice of the
Correct Skills



Conclusions

Be a “10-Percenter”

Pull “80 Percenters” to the 10 Percent

Above all, always...





Strive to Choose Success



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18 THINGS MENTALLY STRONG PEOPLE DO

