

Forest Grove Dragons



1. Vision – If you don't know where you are going, you're never going to get there.
 - What is it that you want to create?
 - How are you going to create it?
2. Goals – Turn your vision into Goals
 - The “how” are your goals, how to achieve your vision
 - Create achievable goals
 - Create short term and long-term goals
 - Create Practice Goals
3. Process – What tiny step will you take?
 - What's your process?
 - What are your series of actions or steps you will take in order to achieve your goals
4. Habits – Create good habits.
 - Pool habits – practice and meets
 - Land habits
 - When we create good habits then the most important actions for achieving our goals become automatic.
5. Healthy Lifestyle
 - Eat well
 - Live well – Family, School, Friends, Swim
 - Sleep well – this is the most underestimated and neglected component -- your body is healing and your mind is making new connections
 - Be Honest about your efforts
6. Passion & Purpose – Passion is not something found outside
 - Passion is found inside of you
7. Know your strengths & improve your weakness
 - What are you good at?
 - Are you willing to turn a weakness into a strength
8. Be Resilient
 - Setbacks happen
 - Setbacks can't become road blocks
 - Failure is an opportunity to learn
 - Learn to hurdle your road blocks
9. Be a Great Teammate
 - Together Everyone Achieves More
 - Surround yourself around people that will help you in pursuit of your Vision, Process, Habits, Lifestyle, Passion & Purpose.
 - Support others in their pursuit of their Vision, Process, Habits, Lifestyle, Passion & Purpose.
10. Belief -- Have an unwavering belief in your ability to achieve your goals
 - You are all champions in your own right. Is your goal to be good or to be great
 - Are you happy being a competitor or do you want to rise and become a champion?

The Magic of The Water: A Celebration of Swimmers

<https://swimswam.com/the-magic-of-the-water-a-celebration-of-swimmers/>

A goal without a plan is just a wish.

“Some people want it to happen, some wish it would happen, others make it happen.” Michael Jordan

**“Excellence is not a singular act but a habit. You are what you do repeatedly.”
Shaquille O'Neal**

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Reading is a wonderful way to pass time during meets and between practices. Books can also offer swimmers tips to improve and better themselves both in and out of the pool. From compelling biographies to useful training tips, there's a book for every swimmer! Here are five books to help you become a student of the best sport:

1. *Gold in the Water: The True Story of Ordinary Men and Their Extraordinary Dream of Olympic Glory* by P.H. Mullen

Focusing on the Santa Clara Swim Club, this story follows the journeys of **Tom Wilkens** and **Kurt Grote** as they aim for the 2000 Olympics. Documenting their intense training regimens, this book highlights the sacrifices and victories they experience along the way. With a focus on the viewpoints of individual athletes, this story causes its readers to question the true meaning of success while also illustrating the lessons learned from failure. *Gold in the Water* is a great read that shows the intense and personal journeys of elite swimmers.

2. *No Limits: The Will to Succeed* by Michael Phelps and Alan Abrahamson

Written after his performance at the 2008 Olympics, *No Limits* shows the hard work **Michael Phelps** put in, both in and out of the pool. Despite setbacks in his youth, Phelps went on to become one of the most respected and successful athletes of all time. In this book, Phelps discusses the challenges he faced on his journey to Olympic success and how he overcame them. From having a positive mental attitude to believing in yourself and maintaining determination, *No Limits* is a great motivational read for any swimmer.

3. *Mind Training for Swimmers* by Craig Townsend

Another reference book, *Mind Training for Swimmers* focuses more on the mental side of swimming than the physical. This book provides insight on swimming and thinking with a positive attitude. Full of points to lead you to a more positive mindset, *Mind Training for Swimmers* is a great tool to help one fully enjoy the sport, even when under stress. Great for the athletes who tend to psyche themselves out before racing, *Mind Training for Swimmers* offers helpful advice and tools to reach an unshakable mindset both in and out of the pool.

4. *Silver Lining* by Elizabeth Beisel with Beth Fehr

Elizabeth Beisel, a three-time Olympic swimmer, two-time Olympic medalist, and Olympic Team captain for the United States, shares a raw and honest account of her journey towards becoming one of the best athletes in the world, and the successes and failures that came along the way.

5. *In the Water They Can't See You Cry: A Memoir* by Amanda Beard and Rebecca Paley

A memoir documenting **Amanda Beard's** struggle with clinical depression. After showing her rise to Olympic and modeling fame, the memoir goes on to show Beard's toxic relationships, substance abuse, bulimia and self-harm. Expertly hidden to the public eye, Beard's struggle can be used to help its readers, showing that even some of the most successful people suffer from mental illness. *In the Water They Can't See You Cry* illustrates Beard's recovery process full of emotion and truth.

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