

2007-2008 Swim Team Philosophies

The following quotes are from Olympic Swimmers. These are the quotes that apply to every aspect of our team and our training.

Performance:

"I am not going to allow myself not to perform well just because I don't feel well. I am bulletproof to the extent that a lot of things can be thrown at me, but it's about how much I am prepared to let them affect me".

Ian Thorpe

Set long term and short term goals:

"I can definitely take more off my world record - a lot more. I have no doubt about that. I'm by no means putting pressure on myself, **it's just the belief I have in myself**.....I'm not going to limit myself by nominating times or anything like that. I never thought I'd do 14:34 and I did. I thought I'd maybe do 14:38 or 14:39 that day, and I went nearly five seconds quicker so **I don't want to limit the possibilities**". Grant Hackett

Have Fun:

"Mainly, I like to have fun. **Swimming is all about having fun**, and I am firm believer that you should keep swimming as long as you are having fun, but I can say that it becomes much more fun as you get older and learn more about the sport, life, and especially more about yourself".

Scott Goldblatt

Always give 110%:

"For myself, losing is not coming second. It's getting out of the water knowing you could have done better. **For myself, I have won every race I've been in**".

Ian Thorpe

Find your focus:

"I always have on my headphones to block out all of the other distractions and I'm **just focused on doing the best that I can**.... There a few of them ... DMX Party Up ... Mack 10 BC and Ice Cube Connected for Life. I also listen to the Eminem CD ... whichever song really gets me going that night".

Michael Phelps

Be Prepared:

"Most of the preparedness happens during training every single day, so it's all about getting to a meet and being as relaxed as possible. Personally, I just try to stay in the crowd of people, just talking so my mind doesn't think only about swimming. That helps me to relax. And at this level, we all know what needs to be done once we jump in the pool".

Lenny Krayzelburg

Everyday, Every Practice, Every Meet:

Go hard or go home. Speedo advertisement

As swimmers on this team, you will perform your best everyday, set goals, have fun, give 110%, be focused, and be prepared. By doing all of these things, you are setting yourself up to succeed.

Pre-Season Workout

These workouts are to help get you in shape for the start of swim season. Our first practice will be November 15. The workouts we will be doing will be much more challenging than the workouts below. However, if you do the workouts below, you will be less sore as we start the season. Make sure you **stretch** before doing any of the following activities and that you drink plenty of water!!!!

"Perseverance is the hard work you do after you get tired of doing the hard work you already did." Newt Gingrich

Monday/Wednesday/Friday

3 Reps of:

30 Squats

30 Push-ups

30 Sit-ups

1-minute hold leg lift

Cardio:

20 minutes of one of the following (at least):

walking, running, biking, swimming, jumping rope

Tuesday/Thursday

3 Reps of:

30 Lunges

30 Monkey-Bends

30 Tricep Dips (use a chair)

1-minute hold wall sit

*"I wouldn't say anything is impossible. I think that everything is possible as long as you put your mind to it and put the work and time into it".
Michael Phelps*