Self-Awareness and Race Process Goals

Regional Development Programme

Sport Psychology

Swim England Swimming

Today’s Learning Objectives

- Understand what process goals go into swimming a successful swimming race
- Increase self-awareness of what we are good at and where we need to improve

What is Sport Psychology?

Helping you create optimal mental state for wellbeing and performance

Combination of discussion, reflection, and psychological skills

What makes a great swimmer?

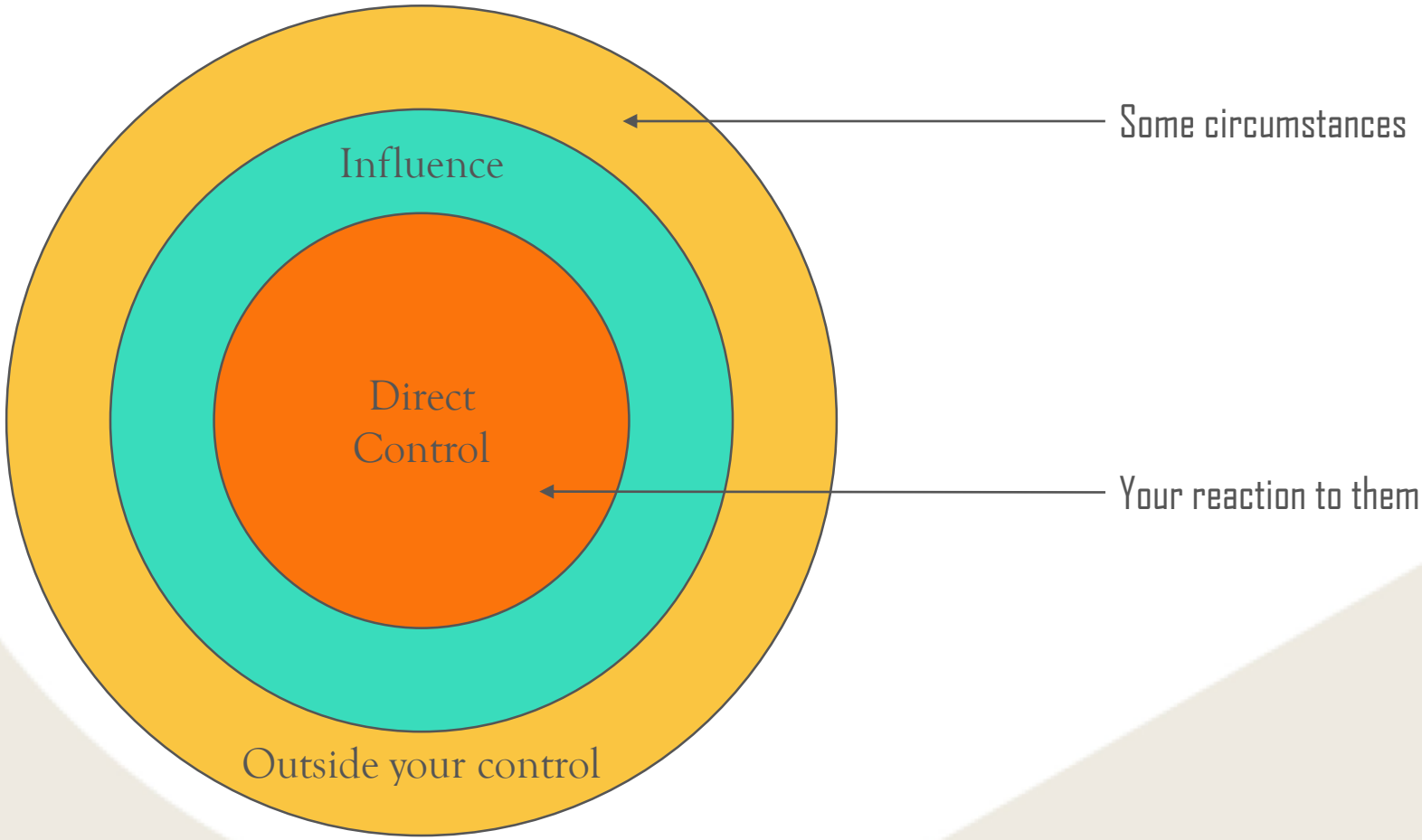
Technically, tactically, emotionally… In training

Technically, tactically, emotionally… On race day

Activity 1:
What makes a great swimmer in training?

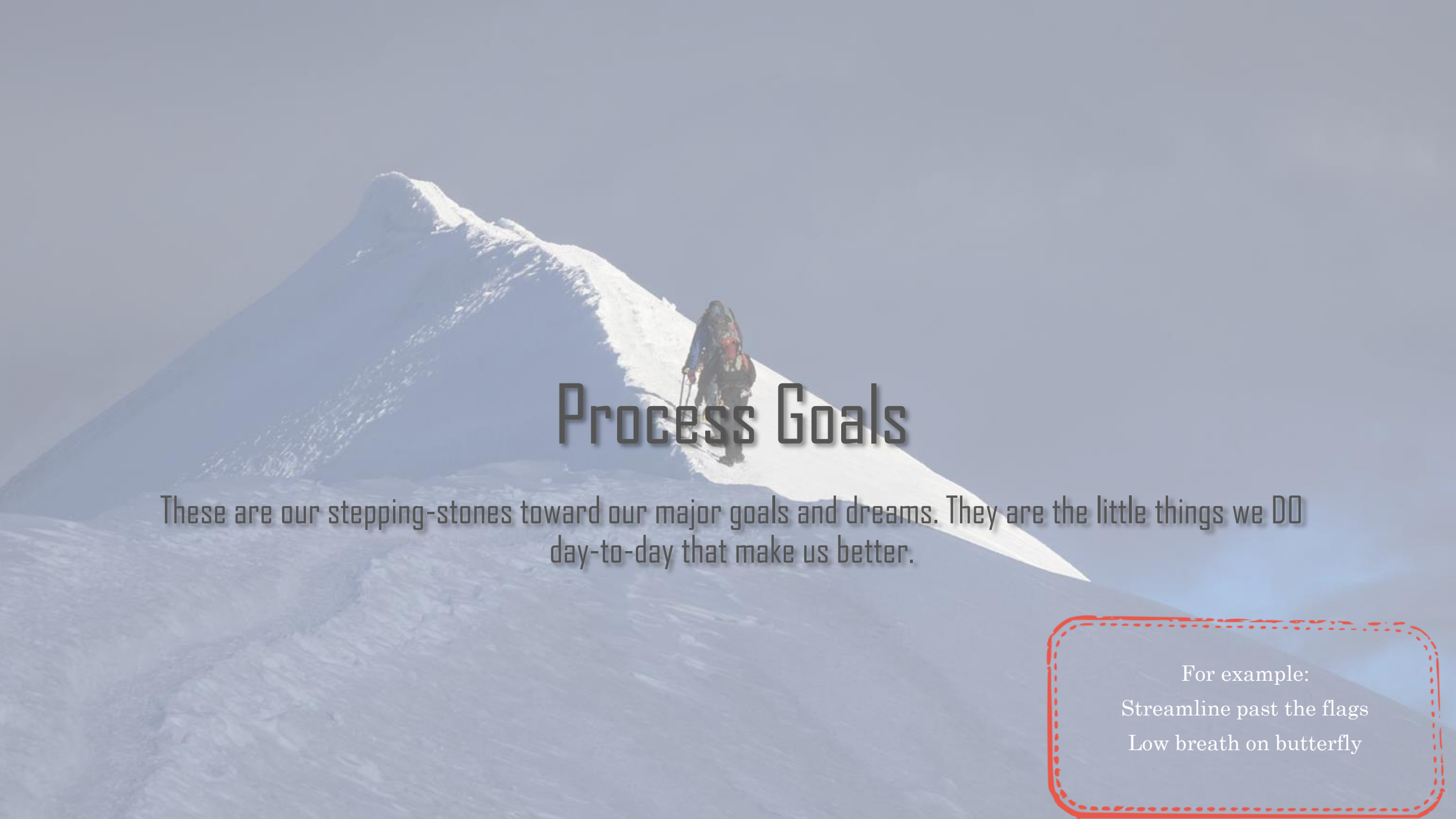
Activity 2.
What makes a great swimmer on race day?

Control the Controllables



Activity 3:
On race day… what can you control?

Activity 4:
On race day… what is out of your control?



Process Goals

These are our stepping-stones toward our major goals and dreams. They are the little things we DO day-to-day that make us better.

For example:

Streamline past the flags

Low breath on butterfly

Process

Outcome

“If you do what you did, you get what you got”

What do you think this quote means?

Reflection:

What are some of things you do well on race day?

What are some of the things you can improve on race day?