

# Don't Give Up!



- When something doesn't go to plan (eg a training session or competition), it can be easy to feel like quitting
- However it's important you show resilience and get straight back to it!
- This means continuing with all your scheduled training sessions, coming back to the pool (if you decided to leave the session part of the way through), and not dropping out of any races at competitions (if the first race didn't go to plan but you still have more to go)

## Accepting Failure



- Failure is a part of life – you have to learn to accept it!
- It's unlikely you will PB in every race you do, medal at every competition and always have a brilliant training session
- Many factors can influence performance (eg nutrition, sleep, relationships, mood, effort, injury) – which can make it difficult to always perform at your best, even if you try your hardest
- Demonstrating resilience means coming to terms with failure, understanding why it happened, and thinking how to do better next time

## Resilience in Swimming

# Positive Attitude



- Having a positive attitude can help you remain resilient, even during the toughest times
- When you feel something isn't going to plan, take a few minutes to remember all the successful performances you've had to keep you feeling positive
- Before a competition take the time to replay all your best performances (where you got a PB and/or medalled) to remind yourself you can do it!

## Reset Yourself



- Sometimes things can start going wrong during training / competition – this can be stressful and cause you to lose focus, leading to further mistakes
- Try “resetting” yourself when things start going wrong (eg take some deep breaths, shake yourself off, follow your starting block routine)
- This can allow you to let go of the previous performance mistake, clear it from your mind and make you ready to go again!