## Table of Contents 2011 - 2012

Welcome Messages	About Tooele High Swin	nming	Goals and Records	
My Philosophy of Athletics         6         Team Goals         303           Why We Can Do It         8         Records and Goals Times         304           History of H. S. Swimming         9         Individual Progress Sheet         306           Swimming Tradition         13         Your Success         307           Composite Team Record         15         Achieving Your Potential         308           Protecting Your Health         16         To Achieve Your Dreams         310           Suits and Equipment         18         Top 25 Times         311           Toocle High Swimming         20         The "Hoberman Sphere"         315           My Coach         21         Don't Quit         316           Pyramid of Success         23         Lettering and Awards         24         Mental Training           Frequently Asked Questions         26         Guide to Mental Toughness         401           Value of Success         23         Lettering and Awards         24         Mental Training           Frequently Asked Questions         26         Guide to Mental Toughness         401           Value of Success         23         Lettering and Awards         24         Mental Training           Frequently Asked Questions		ĭ	Our Purpose and Goals 30	)1
Why We Can Do It         8         Records and Goals Times         304           History of H. S. Swimming         9         Individual Progress Sheet         306           Swimming Tradition         13         Your Success         307           Composite Team Record         15         Achieving Your Potential         308           Protecting Your Health         16         To Achieve Your Dreams         310           Suits and Equipment         18         Top 25 Times         311           Tooele High Swimming         20         The "Hoberman Sphere"         315           My Coach         21         Don't Quit         316           Pyramid of Success         23         Lettering and Awards         24         Mental Training           Frequently Asked Questions         26         Guide to Mental Toughness         401           Top Ten Mental Tips         404         Cope With Stress         405           What is a Practice Help         Cope With Stress         405           What is a Practice Other         To Mental Training         406           Than Swimming         102         Using Failure         406           What We Practice Other         103         The Optimist Creed         409           Thread Tares So of th	Thanks	4	Goal Setting 30	)2
History of H. S. Swimming   9	My Philosophy of Athletics	6	Team Goals 30	)3
Swimming Tradition	• •	8	Records and Goals Times 30	)4
Swimming Tradition	History of H. S. Swimming	9	Individual Progress Sheet 30	)6
Composite Team Record   15	<del>_</del>	13	Your Success 30	)7
Protecting Your Health   16	•	15	Achieving Your Potential 30	80
Tooele High Swimming	•	16		10
Tooele High Swimming	Suits and Equipment	18	Top 25 Times 31	11
My Coach         21         Don't Quit         316           Pyramid of Success         23         Lettering and Awards         24         Mental Training           Frequently Asked Questions         26         Guide to Mental Toughness         401           Top Ten Mental Tips         404         404           What is a Practice of Inder Than Swimming         101         Using Failure         406           What We Practice Other Than Swimming         102         Build a Bulletproof Brain         407           Cardinal Rules of Practice         103         The Optimist Creed         409           The Target Zone         104         I Can         410           Three Phases of the Season         105         Are You a Winner or a Loser         411           "Cue" Words         107         Self-Defeating Behaviors         412           Stroke Tips         113         The Power of Belief         414           Who Am I?         119         Risks & To Excel         416           The Magic Touch         120         Thoughts and Stories           Swimming Meets         201         Trust         502           Bus Rules         205         A World View         504           Splits Needed         206         The		20	The "Hoberman Sphere" 31	15
Lettering and Awards   24   Frequently Asked Questions   26   Guide to Mental Training   404		21		16
Lettering and Awards   24   Frequently Asked Questions   26   Guide to Mental Training   404	Pyramid of Success	23		
Practice and Stroke Help		24	Mental Training	
Practice and Stroke Help		26	<del>_</del>	)1
Practice and Stroke Help         Cope With Stress         405           What is a Practice!         101         Using Failure         406           What We Practice Other         Value of Time         406           Than Swimming         102         Build a Bulletproof Brain         407           Cardinal Rules of Practice         103         The Optimist Creed         409           The Target Zone         104         I Can         410           Three Phases of the Season         105         Are You a Winner or a Loser         411           "Cue" Words         107         Self-Defeating Behaviors         412           Stroke Tips         113         The Power of Belief         414           Who Am I?         119         Risks & To Excel         416           The Magic Touch         120         Thoughts and Stories           Thoughts and Stories           Meets, Diet, & Winning         Rules for Being Human         501           Swimming Meets         201         Trust         502           Bus Rules         205         A World View         504           Splits Needed         206         The Essence of a New Day         505           Question To Ask Yourself         Women – Bi			Top Ten Mental Tips 40	)4
What We Practice Other Than Swimming         102         Build a Bulletproof Brain         407           Cardinal Rules of Practice         103         The Optimist Creed         409           The Target Zone         104         I Can         410           Three Phases of the Season         105         Are You a Winner or a Loser         411           "Cue" Words         107         Self-Defeating Behaviors         412           Stroke Tips         113         The Power of Belief         414           Who Am I?         119         Risks & To Excel         416           The Magic Touch         120         Thoughts and Stories           Meets, Diet, & Winning         Rules for Being Human         501           Swimming Meets         201         Trust         502           Bus Rules         205         A World View         504           Splits Needed         206         The Essence of a New Day         505           Question To Ask Yourself         Women – Biochemistry         506           When Competing         207         Live In Awe & He Never Gave Up 507           The Taper         208         The Garden of Life         508           Nutrition for Training         The Garden of Life         508	Practice and Stroke H	lelp	· · · · · · · · · · · · · · · · · · ·	)5
What We Practice Other Than Swimming         Value of Time         406           Than Swimming         102         Build a Bulletproof Brain         407           Cardinal Rules of Practice         103         The Optimist Creed         409           The Target Zone         104         I Can         410           Three Phases of the Season         105         Are You a Winner or a Loser         411           "Cue" Words         107         Self-Defeating Behaviors         412           Stroke Tips         113         The Power of Belief         414           Who Am I?         119         Risks & To Excel         416           The Magic Touch         120         Thoughts and Stories           Thoughts and Stories           Meets, Diet, & Winning         Rules for Being Human         501           Swimming Meets         201         Trust         502           Swimming Meets         201         Trust         502           Sus Rules         205         A World View         504           Splits Needed         206         The Essence of a New Day         505           Question To Ask Yourself         Women – Biochemistry         506           When Competing         207	What is a Practice!	101	Using Failure 40	)6
Cardinal Rules of Practice         103         The Optimist Creed         409           The Target Zone         104         I Can         410           Three Phases of the Season         105         Are You a Winner or a Loser         411           "Cue" Words         107         Self-Defeating Behaviors         412           Stroke Tips         113         The Power of Belief         414           Who Am I?         119         Risks & To Excel         416           The Magic Touch         120         Thoughts and Stories           Meets, Diet, & Winning         Rules for Being Human         501           Swimming Meets         201         Trust         502           Bus Rules         205         A World View         504           Splits Needed         206         The Essence of a New Day         505           Question To Ask Yourself         Women – Biochemistry         506           When Competing         207         Live In Awe & He Never Gave Up 507           The Taper         208         The Garden of Life         508           Nutrition for Training         211         How High         511           Eating to Enhance Training         211         How High         511 <tr< td=""><td>What We Practice Other</td><td></td><td>Value of Time 40</td><td>)6</td></tr<>	What We Practice Other		Value of Time 40	)6
The Target Zone         104         I Can         410           Three Phases of the Season         105         Are You a Winner or a Loser         411           "Cue" Words         107         Self-Defeating Behaviors         412           Stroke Tips         113         The Power of Belief         414           Who Am I?         119         Risks & To Excel         416           The Magic Touch         120         Thoughts and Stories           Meets, Diet, & Winning         Rules for Being Human         501           Swimming Meets         201         Trust         502           Bus Rules         205         A World View         504           Splits Needed         206         The Essence of a New Day         505           Question To Ask Yourself         Women – Biochemistry         506           When Competing         207         Live In Awe & He Never Gave Up 507           The Taper         208         The Garden of Life         508           Nutrition for Training         Three Swimmers         509           and Competition         209         You Never Know         510           Eating to Enhance Training         211         How High         511           Ten	Than Swimming	102	Build a Bulletproof Brain 40	<b>)</b> 7
Three Phases of the Season         105         Are You a Winner or a Loser         411           "Cue" Words         107         Self-Defeating Behaviors         412           Stroke Tips         113         The Power of Belief         414           Who Am I?         119         Risks & To Excel         416           Thoughts and Stories           Meets, Diet, & Winning         Rules for Being Human         501           Thoughts and Stories	Cardinal Rules of Practice	103	The Optimist Creed 40	9
"Cue" Words         107         Self-Defeating Behaviors         412           Stroke Tips         113         The Power of Belief         414           Who Am I?         119         Risks & To Excel         416           Thoughts and Stories           Meets, Diet, & Winning         Rules for Being Human         501           Swimming Meets         201         Trust         502           Bus Rules         205         A World View         504           Splits Needed         206         The Essence of a New Day         505           Question To Ask Yourself         Women – Biochemistry         506           When Competing         207         Live In Awe & He Never Gave Up 507           The Taper         208         The Garden of Life         508           Nutrition for Training         Three Swimmers         509           and Competition         209         You Never Know         510           Eating to Enhance Training         211         How High         511           Ten Commandment of         Overcoming Limitations         512           Sports Nutrition         212         You Are         513           Winning Is         214         Pride         514	The Target Zone	104	I Can · 41	10
Stroke Tips         113         The Power of Belief         414           Who Am I?         119         Risks & To Excel         416           The Magic Touch         Thoughts and Stories           Meets, Diet, & Winning         Rules for Being Human         501           Swimming Meets         201         Trust         502           Bus Rules         205         A World View         504           Splits Needed         206         The Essence of a New Day         505           Question To Ask Yourself         Women – Biochemistry         506           When Competing         207         Live In Awe & He Never Gave Up 507           The Taper         208         The Garden of Life         508           Nutrition for Training         Three Swimmers         509           Nutrition for Training         Three Swimmers         509           Nutrition for Training         211         How High         511           Eating to Enhance Training         211         How High         511           Ten Commandment of         Overcoming Limitations         512           Sports Nutrition         212         You Are         513           Winning Is         214         Pride <td>Three Phases of the Season</td> <td>105</td> <td>Are You a Winner or a Loser 41</td> <td>11</td>	Three Phases of the Season	105	Are You a Winner or a Loser 41	11
Who Am I?         119         Risks & To Excel         416           Thoughts and Stories           Meets, Diet, & Winning         Rules for Being Human         501           Swimming Meets         201         Trust         502           Bus Rules         205         A World View         504           Splits Needed         206         The Essence of a New Day         505           Question To Ask Yourself         Women – Biochemistry         506           When Competing         207         Live In Awe & He Never Gave Up 507           The Taper         208         The Garden of Life         508           Nutrition for Training         Three Swimmers         509           and Competition         209         You Never Know         510           Eating to Enhance Training         211         How High         511           Ten Commandment of         Overcoming Limitations         512           Sports Nutrition         212         You Are         513           Winning Is         214         Pride         514           Characteristics of Peak         That's Not My Job         515           Performance         215         A Swimmer         516           <	"Cue" Words	107	Self-Defeating Behaviors 41	12
The Magic Touch         120           Meets, Diet, & Winning         Rules for Being Human         501           Swimming Meets         201         Trust         502           Bus Rules         205         A World View         504           Splits Needed         206         The Essence of a New Day         505           Question To Ask Yourself         Women – Biochemistry         506           When Competing         207         Live In Awe & He Never Gave Up 507           The Taper         208         The Garden of Life         508           Nutrition for Training         Three Swimmers         509           and Competition         209         You Never Know         510           Eating to Enhance Training         211         How High         511           Ten Commandment of         Overcoming Limitations         512           Sports Nutrition         212         You Are         513           Winning Is         214         Pride         514           Characteristics of Peak         That's Not My Job         515           Performance         215         A Swimmer         516           Swimmers Check List         217         Life Is A Reflection	Stroke Tips	113	The Power of Belief 41	14
Meets, Diet, & Winning         Rules for Being Human         501           Swimming Meets         201         Trust         502           Bus Rules         205         A World View         504           Splits Needed         206         The Essence of a New Day         505           Question To Ask Yourself         Women – Biochemistry         506           When Competing         207         Live In Awe & He Never Gave Up 507           The Taper         208         The Garden of Life         508           Nutrition for Training         Three Swimmers         509           and Competition         209         You Never Know         510           Eating to Enhance Training         211         How High         511           Ten Commandment of         Overcoming Limitations         512           Sports Nutrition         212         You Are         513           Winning Is         214         Pride         514           Characteristics of Peak         That's Not My Job         515           Performance         215         A Swimmer         516           Swimmers Check List         217         Life Is A Do-It Yourself Project         517           Winning is a State of Mind         218 <td< td=""><td>Who Am I?</td><td>119</td><td>Risks &amp; To Excel 41</td><td>16</td></td<>	Who Am I?	119	Risks & To Excel 41	16
Meets, Diet, & Winning         Rules for Being Human         501           Swimming Meets         201         Trust         502           Bus Rules         205         A World View         504           Splits Needed         206         The Essence of a New Day         505           Question To Ask Yourself         Women – Biochemistry         506           When Competing         207         Live In Awe & He Never Gave Up 507           The Taper         208         The Garden of Life         508           Nutrition for Training         Three Swimmers         509           and Competition         209         You Never Know         510           Eating to Enhance Training         211         How High         511           Ten Commandment of         Overcoming Limitations         512           Sports Nutrition         212         You Are         513           Winning Is         214         Pride         514           Characteristics of Peak         That's Not My Job         515           Performance         215         A Swimmer         516           Swimmers Check List         217         Life Is A Do-It Yourself Project         517           Winning is a State of Mind         218 <td< td=""><td>The Magic Touch</td><td>120</td><td></td><td></td></td<>	The Magic Touch	120		
Swimming Meets         201         Trust         502           Bus Rules         205         A World View         504           Splits Needed         206         The Essence of a New Day         505           Question To Ask Yourself         Women – Biochemistry         506           When Competing         207         Live In Awe & He Never Gave Up 507           The Taper         208         The Garden of Life         508           Nutrition for Training         Three Swimmers         509           and Competition         209         You Never Know         510           Eating to Enhance Training         211         How High         511           Ten Commandment of         Overcoming Limitations         512           Sports Nutrition         212         You Are         513           Winning Is         214         Pride         514           Characteristics of Peak         That's Not My Job         515           Performance         215         A Swimmer         516           Swimmers Check List         217         Life Is A Do-It Yourself Project         517           Winning is a State of Mind         218         Life Is A Reflection of You         518           The Will to Win	•		Thoughts and Stories	
Bus Rules 205 A World View 504 Splits Needed 206 The Essence of a New Day 505 Question To Ask Yourself Women – Biochemistry 506 When Competing 207 Live In Awe & He Never Gave Up 507 The Taper 208 The Garden of Life 508 Nutrition for Training Three Swimmers 509 and Competition 209 You Never Know 510 Eating to Enhance Training 211 How High 511 Ten Commandment of Overcoming Limitations 512 Sports Nutrition 212 You Are 513 Winning Is 214 Pride 514 Characteristics of Peak That's Not My Job 515 Performance 215 A Swimmer 516 Swimmers Check List 217 Life Is A Do-It Yourself Project 517 Winning is a State of Mind 218 Life Is A Reflection of You 518 The Will to Win 221 Work or Prison 519	Meets, Diet, & Winni	ng	Rules for Being Human 50	)1
Splits Needed 206 The Essence of a New Day 505 Question To Ask Yourself Women – Biochemistry 506 When Competing 207 Live In Awe & He Never Gave Up 507 The Taper 208 The Garden of Life 508 Nutrition for Training Three Swimmers 509 and Competition 209 You Never Know 510 Eating to Enhance Training 211 How High 511 Ten Commandment of Overcoming Limitations 512 Sports Nutrition 212 You Are 513 Winning Is 214 Pride 514 Characteristics of Peak That's Not My Job 515 Performance 215 A Swimmer 516 Swimmers Check List 217 Life Is A Do-It Yourself Project 517 Winning is a State of Mind 218 Life Is A Reflection of You 518 The Will to Win 221 Work or Prison 519	Swimming Meets	201	Trust 50	)2
Question To Ask YourselfWomen - Biochemistry506When Competing207Live In Awe & He Never Gave Up 507The Taper208The Garden of Life508Nutrition for TrainingThree Swimmers509and Competition209You Never Know510Eating to Enhance Training211How High511Ten Commandment ofOvercoming Limitations512Sports Nutrition212You Are513Winning Is214Pride514Characteristics of PeakThat's Not My Job515Performance215A Swimmer516Swimmers Check List217Life Is A Do-It Yourself Project517Winning is a State of Mind218Life Is A Reflection of You518The Will to Win221Work or Prison519	Bus Rules	205	A World View 50	)4
When Competing 207 Live In Awe & He Never Gave Up 507 The Taper 208 The Garden of Life 508 Nutrition for Training Three Swimmers 509 and Competition 209 You Never Know 510 Eating to Enhance Training 211 How High 511 Ten Commandment of Overcoming Limitations 512 Sports Nutrition 212 You Are 513 Winning Is 214 Pride 514 Characteristics of Peak That's Not My Job 515 Performance 215 A Swimmer 516 Swimmers Check List 217 Life Is A Do-It Yourself Project 517 Winning is a State of Mind 218 Life Is A Reflection of You 518 The Will to Win 221 Work or Prison 519	Splits Needed	206	The Essence of a New Day 50	)5
The Taper 208 The Garden of Life 508 Nutrition for Training 509   and Competition 209 You Never Know 510 Eating to Enhance Training 211 How High 511 Ten Commandment of Overcoming Limitations 512   Sports Nutrition 212 You Are 513 Winning Is 214 Pride 514 Characteristics of Peak That's Not My Job 515   Performance 215 A Swimmer 516 Swimmers Check List 217 Life Is A Do-It Yourself Project 517 Winning is a State of Mind 218 Life Is A Reflection of You 518 The Will to Win 221 Work or Prison 519	Question To Ask Yourself		Women – Biochemistry 50	)6
Nutrition for Training and Competition 209 You Never Know 510  Eating to Enhance Training 211 How High 511 Ten Commandment of Overcoming Limitations 512 Sports Nutrition 212 You Are 513 Winning Is 214 Pride 514 Characteristics of Peak That's Not My Job 515 Performance 215 A Swimmer 516 Swimmers Check List 217 Life Is A Do-It Yourself Project 517 Winning is a State of Mind 218 Life Is A Reflection of You 518 The Will to Win 221 Work or Prison 519	When Competing	207	Live In Awe & He Never Gave Up 50	<b>)7</b>
and Competition 209 You Never Know 510 Eating to Enhance Training 211 How High 511 Ten Commandment of Overcoming Limitations 512 Sports Nutrition 212 You Are 513 Winning Is 214 Pride 514 Characteristics of Peak That's Not My Job 515 Performance 215 A Swimmer 516 Swimmers Check List 217 Life Is A Do-It Yourself Project 517 Winning is a State of Mind 218 Life Is A Reflection of You 518 The Will to Win 221 Work or Prison 519	The Taper	208	The Garden of Life 50	38
Eating to Enhance Training Ten Commandment of Sports Nutrition Vinning Is Characteristics of Peak Performance Swimmers Check List Vinning is a State of Mind The Will to Win  Sports Nutrition Covercoming Limitations State of Povercoming Limitations State of A Swimmer State of Mind State of Min	Nutrition for Training		Three Swimmers 50	9
Ten Commandment of Sports Nutrition 212 You Are 513 Winning Is 214 Pride 514 Characteristics of Peak That's Not My Job 515 Performance 215 A Swimmer 516 Swimmers Check List 217 Life Is A Do-It Yourself Project 517 Winning is a State of Mind 218 Life Is A Reflection of You 518 The Will to Win 221 Work or Prison 519	and Competition	209	You Never Know 51	10
Sports Nutrition 212 You Are 513 Winning Is 214 Pride 514 Characteristics of Peak That's Not My Job 515 Performance 215 A Swimmer 516 Swimmers Check List 217 Life Is A Do-It Yourself Project 517 Winning is a State of Mind 218 Life Is A Reflection of You 518 The Will to Win 221 Work or Prison 519	Eating to Enhance Training	211	How High 51	11
Winning Is 214 Pride 514 Characteristics of Peak That's Not My Job 515 Performance 215 A Swimmer 516 Swimmers Check List 217 Life Is A Do-It Yourself Project 517 Winning is a State of Mind 218 Life Is A Reflection of You 518 The Will to Win 221 Work or Prison 519	Ten Commandment of		Overcoming Limitations 51	12
Characteristics of Peak Performance 215 Swimmers Check List Vinning is a State of Mind The Will to Win  That's Not My Job A Swimmer 516 State of My Job A Swimmer 518 Life Is A Do-It Yourself Project 517 Life Is A Reflection of You 518 Work or Prison 519	Sports Nutrition	212	You Are 51	13
Performance 215 A Swimmer 516 Swimmers Check List 217 Life Is A Do-It Yourself Project 517 Winning is a State of Mind 218 Life Is A Reflection of You 518 The Will to Win 221 Work or Prison 519	Winning Is	214	Pride 51	14
Swimmers Check List 217 Life Is A Do-It Yourself Project 517 Winning is a State of Mind 218 Life Is A Reflection of You 518 The Will to Win 221 Work or Prison 519	Characteristics of Peak		That's Not My Job 51	15
Winning is a State of Mind 218 Life Is A Reflection of You 518 The Will to Win 221 Work or Prison 519	Performance	215	A Swimmer 51	16
The Will to Win 221 Work or Prison 519	Swimmers Check List	217	Life Is A Do-It Yourself Project 51	17
The Will to Win 221 Work or Prison 519	Winning is a State of Mind	218	Life Is A Reflection of You 51	18
The Dash 222 The Tale of the Fast Fish 520	The Will to Win	221	Work or Prison 51	19
THE PACE THE PACE ACT IN THE PACE TO THE PACE TH	The Dash	222	The Tale of the Fast Fish 52	20