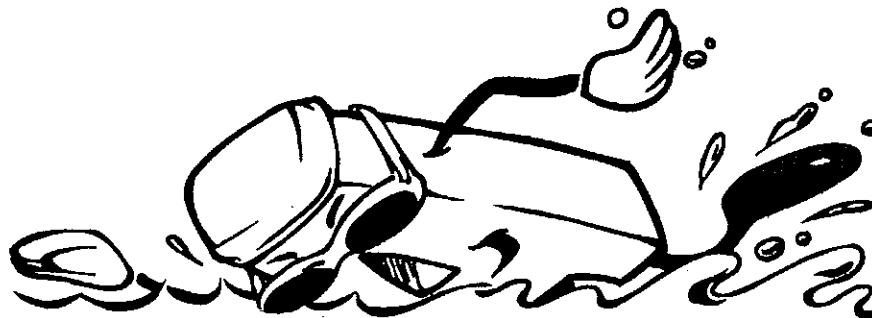


27. You swim without any goals
28. You always race safe. Racing safe means never taking a chance, like going out faster than you think you can
29. You pretend to understand a set or stroke drill when really don't.
30. You make up a story to get out of going to practice or to get out early.
31. You miss the practices you need the most.
32. You stay up past your bedtime.
33. You get mad at your coach and stop talking to them.
34. You never count your lengths in practice, you just stop when everyone else does.
35. You miss practice or don't practice as hard when your coach is away.
36. You start thinking you're already good enough and that you don't need to work harder to get better.
37. You take extra long bathroom breaks.
38. You pretend to be sick or have an injury so that you have a good excuse for not being at practice.
39. You schedule doctor appointments during practice time.
40. You don't eat enough of the right foods in the right amounts.
41. You pretend to work hard in practice.
42. You're never ready to start the set on time.
43. You work hard in a couple of practices, and then take the next one or two off because you feel you deserve it.
44. You tell your coach you'll be at practice even though you know you won't.
45. You end up having to miss practice because you have too much homework.
46. You go to a party the night before a meet and end up getting to bed really late.
47. You daydream through practice.
48. Whenever you have to choose between going to practice and something else, you always choose something else.
49. You try to live two lives at the same time; the life of a swimmer and life of your non-swimming friends.
50. You do one-arm butterfly during a fly set.



The Power of Belief


When Disney World in Florida was completed years ago, someone made the comment, "Isn't it too bad Walt Disney himself didn't live to see this." Michael Vance, the director of Disney Studios, replied, "He did see it. That's way it's here." The power of his vision made his dreams come true. Disney was committed to his beliefs and goals and obviously convinced others of them as well.

How we develop as people, as swimmers, and as a team depends entirely on what we believe. Typically, the way things are does not count as much as the way we think things are. If someone believes they can become an exceptional martial artist, they will – providing they are committed to act on the belief. As the saying goes, "Argue for your limitations and they are yours."

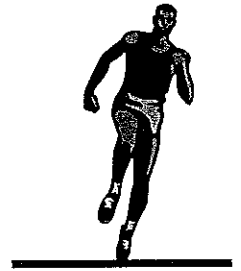
Therefore, don't allow preconceived restrictions to be placed on your efforts and goals in life. Successful people learn to ignore discouraging comments. Then learn to weed out the constructive criticism from that which is merely negative and damaging. Ignore the doomsayers who predict failure. Believe in your own will and your own dreams. Help others to believe in themselves and help create a positive environment in which we all can grow. We will all go further in life as a result. People are likely to live up to what we believe of them. We are likely to live up to what we believe of ourselves.



History has shown us that it's not how many times we get knocked down, but rather how many times we get back-up that determines our success. Life is full of individuals who were led to believe they would be failures and so became just that. Some "failures" however, refused to believe what critics said. Rather they chose to hold fast to their beliefs and goals. The following are some of the more notable "failures" this world has seen:

1. "These boys won't make it. They should go back to Liverpool." (A record company executive at the Beatles first audition.) The Beatles went on to sell a few records in their time.
2. "That kid can't play baseball." (Tommy Holmes, manager of the Braves Triple A baseball team about Hank Aaron in 1952.) Aaron went on to hit 755 home runs.
3. A young man's lifelong dream was to attend West Point. Twice turned down, he was finally accepted the third time. Douglas MacArthur was his name. 
4. Failing to make his high school basketball team as a freshman, he practiced and practiced until he made it the following year. Michael Jordan went on to become probably the greatest basketball player in history.

5. He went bankrupt his first year in the auto business and 2 years later his second company failed. Henry Ford's third try has done rather well.
6. It was once generally accepted that no human could run a mile in under 4 minutes. One individual refused to believe this. Roger Banister finally broke this barrier in the 1950's and then the feat was repeated 46 times of the next 4 years. Expectations and beliefs can be powerful motivators, one way or another.



The world is full of these stories. So what was it then that set these "failures" apart? In every instance there were doomsayers and doubters predicting failure. Simply, they had a strong commitment to their beliefs and dreams. What others believed was not nearly so important as what they believed. They were committed to excellence in their own endeavors and most assuredly influenced those around them to reach beyond themselves as well. Each one had setbacks but every time they continued to get back up and continue on their journey.

Be persistent. Work hard. Have faith. Believe in yourself.

**"The future belongs to those who believe
In the beauty of their dreams"**

Eleanor Roosevelt

**IF YOUR ABSENCE DOESN'T
MADE A DIFFERENCE,
THEN NEITHER DOES YOUR PRESENCE!**

**WE ARE WHAT WE REPEATEDLY DO.
EXCELLENCE - THEN IS NOT AN ACT,
BUT A HABIT**



An optimist who went hunting with a pessimist, wanted to show off his new dog. After the first shot, he sent his dog to fetch a duck. The dog ran across the top of the water and brought back the game. The dog retrieved the second and third ducks the same way – over the water.

Still the pessimist did not react. Finally, the optimist could stand it no longer. "Don't you see anything? unusual about my new dog?" he asked his companion.

"Yes – he can't swim."

Risks

To laugh is to risk appearing the fool
 To weep is to risk appearing sentimental
 To reach out for another is to risk involvement
 To expose feelings is to risk exposing your true self
 To place your ideas and your dreams before a crowd is to
 risk their loss
 To love is to risk not being loved in return
 To live is to risk dying
 To hope is to risk despair
 To try is to risk failure
 But risks must be taken, because the greatest hazard in life
 is to risk nothing
 The person who risks nothing, does nothing, has nothing
 and is nothing
 They may avoid suffering and sorrow, but they cannot learn,
 feel, change, grow, love and live
 Chained by the attitudes, they are a slave; they have
 forfeited their freedom
 Only a person who risks is free

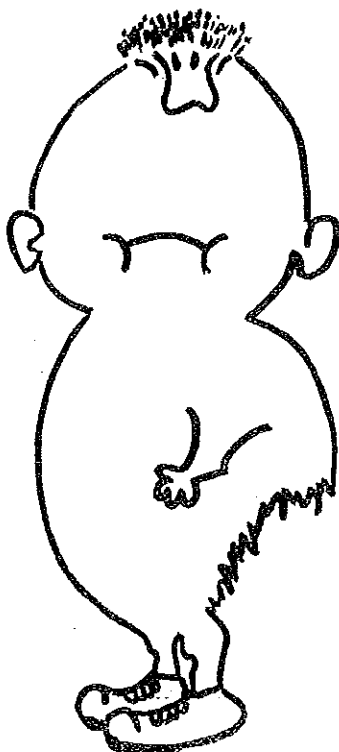
To Excel

To excel is to continually perform
 Not for a moment or moments
 Nor for a day or days
 But to perform day after day
 And make that uncommon performance
 Look commonplace
 To excel is to take the inner drive
 Of competition and not only embrace
 But master it
 It is no wonder then, that when one
 Truly excels, one is known for excellence
 It cannot be taught or legislated or
 Willed into existence
 It must come from the very depths of an
 Individual's desire
 To be the best

Rules for Being Human

1. **We only get one body** – We may like it or not but it is the only thing we are guaranteed to have for a lifetime.
2. **We will learn lessons** – Since the Earth is full-time school, every person or incident is our teacher.
3. **Lessons often appear as “mistakes” or “failures”** - The only real mistake is not learning from the lesson.
4. **A lesson is repeated until learned** – It will appear in various forms until we learn it. If we are still here, we still have lessons to learn.
5. **If we don't learn the easy lessons, they get harder** – Pain is one way the universe gets our attention.
6. **We'll know we've learned a lesson when our action changes** – Only action turns knowledge into wisdom.
7. **We will tend to forget these rules.**
8. **We can remember them any time we wish.**

Nothing Serious...
just a little chat with
THE COACH!



Trust

I believe that mutual trust in one another is the single most important factor in controlling our team's eventual success or failure.

The first "T" in trust represents "truths." Every team must have definite truths. These truths are unwritten rules, unbendable laws not to be broken. It is an absolute truth that teammates do not talk about each other. Idle gossip never heals wounds, but instead spreads the infection. Swimmers must learn to keep their mouth closed if they have nothing good to say about one another or the coaches.

Another truth is that everyone must be treated equally. It is very important for team members to understand that being treated equally does not imply being treated exactly alike. Individual differences need to be allowed for, since every human being is different, each has to be handled differently.

The "R" in trust represents the word "respect." Respect applies to many things, to the coaches, to officials and swimming itself. The important application is the respect swimmers must extend toward one another as teammates, competitors, and towards the coaches. Swimmers should respect teammates, not for their ability; but because of the time, effort and sacrifice they make for the team's success.

Swimmers must also respect their personality differences, and remember that it would make a pretty dull team if all the individuals were exactly alike. It is also important to respect one another's privacy and personal life out of the pool. Everyone must be allowed the latitude to be themselves, as long as who and what they are does not interfere with their performance in the pool.

Swimmers need to respect the coaches, first, because they are willing to accept the time-consuming, awesome responsibility, and all too often thankless job of teaching, counseling, conditioning, and coaching a group of teenagers. Coaching is a full time job, undertaken by someone who has another job in order to earn a living. **Respect is simple: everyone who gives all they have deserves respect, period!**

The "U" in trust refers to "understanding." There is an old Indian saying that goes something like: "Never judge another until you have swam a mile in their suit." It is easy to be critical of one another. That is why it is important to remember to **TAKE THE TIME to THINK ABOUT and UNDERSTAND** another person's point of view. We all need to give one another the benefit of doubt.

It is that concern about each other, that pulling hard for the other person that is what "understanding" is all about. A team that understands is a team that gets along and truly cares about one another, and that is far more important than winning any day.

The fourth letter, "S" is for "sacrifice." Dictionaries define sacrifice as selfless love, as in the home-run hitter bunting a play down to second base, sacrificing himself to help out the team. Teams do not win unless everyone sacrifices. There is always a price to pay, and sometimes it is a very heavy price, to become the very best swimmer and developing the talent you have been blessed with. There is no short cut, no easy way, no "easy street," that leads to success. You must sacrifice.

The last letter is the final 'T' in the word trust. This "T" can never be forgotten. It stands for "timeless." It means that your commitment to these ideas of **TRUTH, RESPECT, UNDERSTANDING AND SACRIFICE, must be endless.** Always be willing to go the extra mile, meaning to keep trying, to forgive each other, or the coach, or whomever, as often as necessary. The road has no end. The timelessness of your commitment is permanent.

No team is operates on a 50-50 relationship. There is no such a thing as "I'll meet you half way." Each individual must go as far as is necessary to reach an understanding with one another.

"**TRUST**" is at the heart of every issue. A team cannot be build upon doubt or uncertainty. Swimmers must believe in their coach, just as they believe in each other. Decisions about one another must be made with positive trust behind them and cannot be influenced by negative attitudes, skepticism, or jealousy. We must trust, no matter what.

If we honor certain truths, respect each other; understand the other point of view, are willing to sacrifice for the team and keep trying to do things right all the time; we will be a team above all others.



But you've GOT to go to
morning practice!
You're the COACH!

A World View

This is an interesting exercise, and one that makes you realize that despite whatever is happening in our personal or collective world, our lives are indeed blessed.

The World in Perspective:

If we could shrink the earth's population to a village of precisely 100 people, with all the existing human ratios remaining the same, it would look something like the following:

There would be:

- ❖ 57 Asians
- ❖ 21 Europeans
- ❖ 14 from the Western Hemisphere, both north and south
- ❖ 8 Africans
- ❖ 42 would be female
- ❖ 48 would be male
- ❖ 70 would be non-white
- ❖ 30 would be white
- ❖ 70 would be non-Christian
- ❖ 30 would be Christian
- ❖ 89 would be heterosexual
- ❖ 11 would be homosexual
- ❖ 6 people would possess 59% of the entire world's wealth and all 6 would be for the United States
- ❖ 80 would live in substandard housing
- ❖ 70 would be unable to read
- ❖ 50 would suffer from malnutrition
- ❖ 1 would be near death; 1 would be near birth
- ❖ 1 would have a college education
- ❖ 1 would own a computer

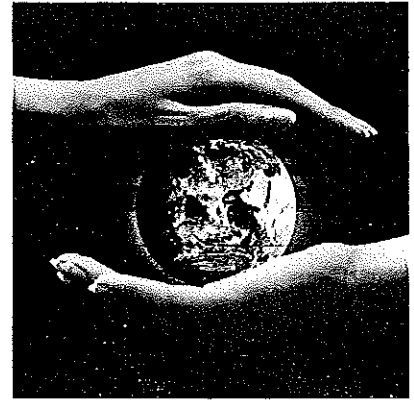
When one considers our world in such a compressed perspective, the need for acceptance, understanding and education becomes glaringly apparent.

The following is also something to ponder...

If you woke up this morning with more health than illness...you are more blessed than the one million people who will not survive this week.

If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or death...you are more blessed than three billion people in the world.

If you can attend a church meeting without fear of harassment, arrest, torture, or death...you are more blessed than three billion people in the world.



If you have food in the refrigerator, clothes on your back, a roof over your head and a place to sleep, you are richer than 75% of the people in this world.

If you have money in the bank, in your wallet, and spare change in a dish someplace, you are among the top 8% of the world's wealthy.

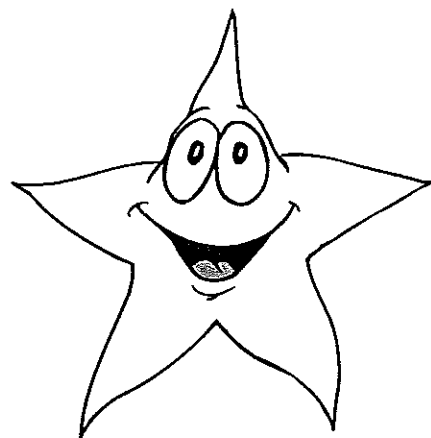
If your parents are still alive and still married, you are very rare, even in the United States and Canada.

If you can read this, you just received a double blessing that someone was thinking of you, and furthermore, you are more blessed than over two billion people in the world that cannot read at all.

Someone once said: "What goes around comes around."

- ❖ Work like you don't need the money,
- ❖ Love like you've never been hurt,
- ❖ Dance like nobody's watching,
- ❖ Sing like nobody's listening,
- ❖ Live like it's Heaven on Earth.

And I would like to add, what have you done to make a difference today?



The Essence of a New Day

This is the beginning of a new day...

GOD has given me this day to use as I will

I can waste it or I can use it for good

But what I do today is important because

I'm exchanging a day out of my life for it.

When tomorrow comes, this day will be gone forever

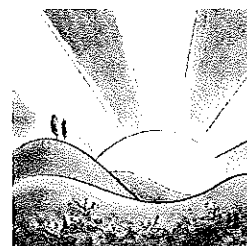
Leaving in it's place that which I have traded.

I want it to be gained; not lost, good; not evil,

Success: not failure, in order that I shall not regret

The price I paid for it, cause the future

Is just a whole string of nows.



Women – Biochemistry

Element: Woman
Symbol: WO
Discoverer: First discovered by Adam in the pure form

Physical Properties

1. Boils at any temperature
2. Freezes at nothing
3. Melts when properly treated
4. Very bitter if not used well
5. Unstable under pressure



Occurrence: Surplus quantities in urban areas

Chemical Properties

1. Possesses great affinity for gold, silver, platinum and precious stones
2. Reacts violently if left alone
3. Has the ability to absorb great quantities of food
4. Turns green if placed beside a better looking specimen



Test uses

1. Highly ornamental
2. Useful as an equalized in distribution
3. Useful as a catalyst in acceleration of HIS spirits
4. Most effective income reducing-agent known to man



CAUTION: HIGHLY EXPLOSIVE
(IN INEXPERIENCED HANDS)

