

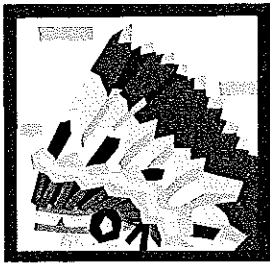
7. Do you believe you can be a champion? _____
8. What must you do to be a champion? _____

9. Why would you want to be a champion? _____

10. What benefits would you gain from being a champion? _____

11. What drawbacks are associated with being a champion? _____

12. It is worth it? _____ Why? _____



In October, the Indians asked their Chief if the coming winter was going to be cold or not. Not really knowing the answer, the Chief replied that the winter would be a cold one and that the members of the village should collect wood to be prepared.

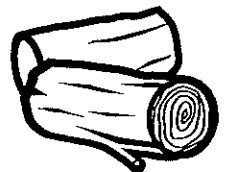
Being a good leader, he then went to the phone booth, called the National Weather Service and asked: "Is the winter to be a cold one?" The man on the phone responded: "This winter is indeed going to be very cold."

So the Chief went back to encourage his people to collect even more wood to be prepared. A week later he call the National Weather Service again, and asked again, "Is it going to be a very cold winter?" "Yes," the man replied, "it's going to be a very cold winter."

The Chief went back to his people and ordered them to go out and bring back every scrap of wood they could find.

Two weeks later he called the National Weather Service again. "Are you absolutely sure that this winter is going to be very cold?"

"Absolutely" the man replied, "the Indians collecting wood like crazy!"



TO ACHIEVE YOUR DREAMS...**Remember your ABC's**

Avoid negative people, places, things and habits.

Believe in yourself.

Consider things from every angle, with the tryangle the most important.

Don't give up and don't give in.

Enjoy life today, yesterday is gone and tomorrow may never come.

Family and friends are hidden treasures, seek them and enjoy them.

Give more that you planned to.

Hang on to your dreams.

Ignore those who try to discourage you.

Just do it.

Keep trying, no matter how hard it seems. It will get easier.

Love yourself first and most, then share a love for life with others.

Make it happen.

Never, lie, cheat, or steal, and always strike a fair deal.

Open your eyes and see things as they really are.

Pactice make permanent, so practice with an aim at perfection.

Quitters never win and winners never quit.

Read, study and learn about everything important in your life.

Stop procrastinating and start producing.

Take control of your own destiny as it is an awesome responsibility.

Understand yourself in order to better understand others.

Visualize it, believe it and set out to achieve it.

Want it more than anything.

Xcellerate your efforts

You are unique of all God's creations, nothing can replace **YOU**.

Zero in on your goal, adjust your sights and go for it.

Tooele High School – Top 25

Times for this "Top 25" list have been collected since 1952 for the boys and 1974 for the girls

Girls – 200 yd. Freestyle

	Name	Time	Yr
1	Nicole Huffman	2:00.78	00
2	Heike Kutz	2:01.97	96
3	Becka Vorwaller	2:02.90	93
4	Sara Olson	2:06.58	98
5	Tori Wright	2:07.12	96
6	Jen. Rockwell	2:08.29	00
7	Lauren Bridges	2:08.89	05
8	Cindy Holt	2:08.92	83
9	Terisa Holt	2:09.21	93
9	Mary Burden	2:09.21	08
11	Liz Imlay	2:10.11	01
12	Jessie Shields	2:10.30	99
13	C. Vorwaller	2:18.85	90
14	Amber Skelton	2:11.09	08
15	Allison Lee	2:11.15	05
16	Laurie Halladay	2:11.65	07
17	Jessica Rockwell	2:11.84	09
17	Britney Bresee	2:11.84	11
19	Rachel Smith	2:12.96	01
20	Cathy Gordon	2:14.36	85
21	Elaine Manzione	2:14.45	82
22	Shayla Maloney	2:14.99	03
23	Cassandra Bryan	2:15.00	05
24	Trish Cox	2:15.26	06
25	Jordan Marshall	2:15.86	05

Boys – 200 yd. Freestyle

	Name	Time	Yr
1	Brad Parsons	1:46.83	92
2	C. Richardson	1:47.39	06
3	Mark Sanderson	1:48.65	79
4	Larry Seals	1:49.13	85
5	Scott Hadzik	1:49.16	98
6	Jim Lawrence	1:49.51	91
7	Kerry Holt	1:51.87	89
8	Marc Imlay	1:51.98	06
9	B. J. Hadzik	1:15.27	00
10	Jim Hartley	1:51.53	83
11	Barry Pitt	1:53.93	75
12	Steve Manzione	1:53.33	84
13	Skyler Smith	1:54.37	11
14	Spencer Black	1:54.96	96
15	Nick Imlay	1:55.65	01
16	David Coates	1:55.17	82
16	Bobby Baird	1:55.17	81
18	Kane Imai	1:55.49	96
19	Todd Gowans	1:56.12	80
19	David Williams	1:56.12	79
21	B. Hochstrasser	1:56.16	02
22	Brandon Johnson	1:56.46	11
23	Chase Fowler	1:56.48	01
24	Les Truex	1:56.56	09
25	Caleb Halligan	1:57.21	00

Girls – 200 yd. Ind. Medley

	Name	Time	Yr
1	Jennifer Rockwell	2:15.32	01
2	Heike Kutz	2:18.40	96
3	Nicole Huffman	2:20.71	02
4	Terisa Holt	2:23.29	93
5	Lauren Bridges	2:24.25	06
6	Trish Cox	2:24.36	05
7	Cami Philpot	2:24.52	99
8	Cindy Holt	2:25.68	82
9	Allison Lee	2:26.32	05
10	Lisa Andrews	2:26.84	98
11	Rachel Smith	2:27.66	00
12	Natalie Lowry	2:28.65	98
13	Shayna Wood	2:29.25	02
14	Jenny Shields	2:29.38	01
15	Kylei Riding	2:30.26	09
16	Tajia Perkins	2:30.58	11
17	Jennifer Rimington	2:31.24	90
18	Tiffani Smith	2:31.31	08
19	Erika Andrews	2:32.19	09
20	Jesse Shields	2:32.26	00
21	Randi Smith	2:32.55	98
22	Jordan Marshall	2:32.57	06
23	Christen Cox	2:33.00	98
24	Shayla Maloney	2:33.06	03
25	Liz Imlay	2:33.07	00

Boys – 200 yd. Ind. Medley

	Name	Time	Yr
1	Skyler Smith	2:01.16	11
2	Casey McEachern	2:02.11	11
3	Stuart Smith	2:03.29	83
4	Ted Rockwell	2:05.32	01
5	Kent Lawrence	2:05.43	85
6	Mike Holt	2:06.14	87
7	Tyson Skelton	2:06.16	94
8	Steve Jones	2:06.40	87
9	Dustin Perkins	2:06.55	10
10	David Hall	2:06.85	86
11	Nate Vorwaller	2:07.77	89
12	Mat Snarr	2:08.62	08
13	Daniel Peterson	2:09.79	80
14	Scott Holt	2:10.03	82
15	Cob Hildebrand	2:10.18	84
19	Ken Christensen	2:10.54	89
17	Kerry Holt	2:10.82	89
18	Brad Wells	2:11.85	06
19	B. J. Hadzik	2:11.87	00
20	Bobby Philpot	2:12.09	07
21	Scott Bates	2:12.25	79
22	Jacob Lund	2:12.27	08
23	Mark Christensen	2:12.42	85
24	Bryce Rimington	2:12.55	84
25	Danny Philpot	2:12.96	11

Girls – 50 yd. Freestyle

	Name	Time	Yr
1	Nicole Huffman	25.08	02
2	Jen. Rockwell	25.17	01
3	Lauren Bridges	25.29	05
4	Heike Kutz	25.52	96
5	R. Costomiris	25.68	05
6	Camilla Parsons	25.80	99
7	Becka Vorwaller	26.31	92
8	Shayla Maloney	26.33	05
9	Kris Holt	26.42	84
10	Susan Smith	26.50	80
11	Sara Olson	26.50	98
12	Shelle Holt	26.58	96
13	Mary Burden	26.59	07
14	Jessie Shields	26.64	00
15	Jen Woodworth	26.90	97
16	Jenny Shiels	26.96	02
17	Shayna Wood	27.25	03
17	Janet Coates	27.33	03
19	Terisa Holt	27.35	93
20	Allison Lee	27.36	05
21	Haley Tessier	27.39	02
22	Erika Andrews	27.48	08
23	Trish Cox	27.64	07
24	Rachel Smith	27.64	00
25	Tori Wright	27.71	94

Boys – 50 yd. Freestyle

	Name	Time	Yr
1	C. Richardson	21.69	97
2	C. Costomiris	22.10	03
3	Mike Rockwell	22.40	67
4	Chet Maloney	22.49	03
5	Allan DeWare	22.72	94
6	Dana Tangren	22.82	81
7	Kasey Nobles	22.99	06
8	Matt Ricci	23.02	08
9	Tyson Rockwell	23.03	97
10	Chris Hatch	23.10	02
11	Spencer Black	23.13	97
12	Mike Shields	23.15	98
12	Kelly Rockwell	23.15	78
14	Sam Sanderson	23.19	71
15	Skyler Smith	23.24	11
16	C. McEachern	23.25	11
16	Shaun Simon	23.26	90
18	Chase Nash	23.30	89
19	Brad Parsons	23.33	93
19	Mike Holt	23.41	86
21	Bob Thompson	23.46	96
22	B. J. Hadzik	23.57	00
23	Robert DeVargas	23.60	75
24	Tyler VonHatten	23.61	11
25	Mat Snarr	23.71	08

Girls – 100 yd. Butterfly

	Name	Time	Yr
1	Jen Rockwell	:59.80	01
2	Heike Kutz	1:00.39	96
3	R. Costomiris	1:01.80	04
4	Cami Philpot	1:05.11	99
5	Terisa Holt	1:05.97	93
6	Kandice Howard	1:06.11	03
7	Jennifer Gardner	1:07.19	08
8	Jenny Shields	1:07.26	01
9	Nicole Huffman	1:07.37	02
10	Lauren Bridges	1:07.64	06
11	Erika Andrews	1:07.83	08
12	Lisa Andrews	1:08.77	99
13	Randi Smith	1:09.07	98
14	Kathryn Locke	1:09.51	06
15	Trish Cox	1:09.59	07
16	C. Vorwaller	1:09.60	90
17	Julia DeVargas	1:09.68	84
18	Tammy Jordt	1:09.83	93
19	Lizette Torres	1:10.06	06
20	Jen Rimington	1:10.20	90
21	Jessie Shields	1:10.37	01
22	Britney Bresee	1:10.37	11
23	Allison Lee	1:11.15	05
24	Chris Nix	1:11.16	85
25	Brooke Loveless	1:11.61	10

Boys – 100 yd. Butterfly

	Name	Time	Yr
1	Larry Seals	53.65	86
2	Stuart Smith	53.87	83
3	Skyler Smith	54.13	11
4	Kane Imai	54.62	96
5	Chase Fowler	55.26	02
6	Jim Hartley	55.78	85
7	C. McEachern	55.82	11
8	Robert DeVargas	56.31	74
9	C. Richardson	56.81	94
10	Vaughn Royle	57.14	85
11	Skip Reid	57.17	93
12	John Philpot	57.32	98
13	Ken Christensen	57.48	80
14	Cody McEachern	57.92	11
15	Nate Vorwaller	57.95	89
19	Galen Barney	58.09	81
17	Rick Battison	58.10	61
18	Shawn Caldwell	58.41	85
19	Brandon Johnson	58.58	11
20	Nathan Andrews	58.59	04
21	Karry Holt	58.66	89
22	Mike Shields	58.69	96
23	Dustin Perkins	58.71	10
24	Bob Baird	58.76	81
25	Bobby Philpot	58.78	07

Girls – 100 yd. Freestyle

	Name	Time	Yr
1	Nicole Huffman	:54.55	02
2	Heike Kutz	:54.62	96
3	Lauren Bridges	:56.09	06
4	Mary Burden	:56.88	08
5	Jen Rockwell	:57.00	00
6	Susan Smith	:57.80	80
7	Terisa Holt	:58.11	93
8	Sara Olson	:58.12	98
9	Camilla Parsons	:58.44	99
10	Jessie Shields	:58.45	99
11	Jess Rockwell	:58.83	99
12	Cindy Holt	:58.99	82
13	Allison Lee	:59.01	04
14	Becka Vorwaller	:59.13	90
15	Shayla Maloney	:59.32	05
16	Tori Wright	:59.58	96
17	Rachel Smith	:59.86	98
17	Kris Holt	1:00.15	85
19	Kandice Howard	1:00.27	02
20	Jennifer Gardner	1:00.37	10
21	Trish Cox	1:00.39	07
22	R. Costomiris	1:00.48	05
23	Haley Tessier	1:00.58	03
24	Liz Imlay	1:00.77	00
25	Jen Woodworth	1:00.79	97

Boys – 100 yd. Freestyle

	Name	Time	Yr
1	C. Richardson	47.68	97
2	C. Costomiris	49.04	03
3	M. Sanderson	49.59	79
4	Chet Maloney	49.71	02
5	Dana Tangren	49.81	81
6	Scott Hadzik	49.93	98
7	Mike Rockwell	50.50	67
8	Kelly Rockwell	50.69	77
9	Allan DeWare	50.70	94
10	Kasey Nobles	50.76	06
11	C. McEachern	50.80	11
12	Skyler Smith	50.95	11
12	Jim Hartley	51.31	84
14	Jim Lawrence	51.36	91
15	David Coates	51.39	82
16	Barry Pitt	51.59	75
16	Brad Parsons	51.64	93
18	Spencer Ricci	51.65	11
19	Spencer Black	51.71	97
20	Chase Nash	51.81	89
21	Mat Snarr	51.82	08
22	B. J. Hadzik	51.83	00
23	Tyson Rockwell	51.84	97
24	Sam Sanderson	51.87	71
25	Bobby Philipot	52.13	07

Girls – 500 yd. Freestyle

	Name	Time	Yr
1	Heike Kutz	5:32.58	96
2	Nicole Huffman	5:38.24	00
3	Tori Wright	5:44.40	96
4	Becka Vorwaller	5:44.62	92
5	Jen Rockwell	5:47.38	01
6	Terisa Holt	5:47.71	93
7	Liz Imlay	5:51.45	01
8	Lauren Bridges	5:52.87	06
9	Britney Bresee	5:53.37	11
10	Rachel Smith	5:54.30	99
11	Kris Holt	5:54.41	84
12	C. Vorwaller	5:54.92	90
13	Sara Olson	5:57.30	98
14	Allison Lee	6:01.73	03
15	Tonya Gowans	6:01.53	87
16	Laurie Halladay	6:03.37	06
17	Rashell Andrews	6:07.42	96
18	Malia Dickinson	6:08.37	04
19	Cami Rimington	6:08.83	93
20	Liz Barker	6:09.19	99
21	Alicia Gardner	6:09.49	11
22	Mary Burden	6:09.59	08
23	C. Bryan	6:09.69	05
24	Amber Skelton	6:10.16	08
25	Cathy Gordon	6:14.40	85

Boys – 500 yd. Freestyle

	Name	Time	Yr
1	Brad Parsons	4:51.10	93
2	Larry Seals	4:53.88	85
3	M. Sanderson	4:57.61	78
4	B. J. Hadzik	4:59.31	00
5	Marc Imlay	5:04.84	06
6	Jim Lawrence	5:04.96	91
7	David Williams	5:06.91	79
8	Steve Manzione	5:07.84	84
9	Scott Hadzik	5:08.70	98
10	Stuart Smith	5:09.30	81
11	B. Hochstrasser	5:14.50	02
12	Les Truex	5:15.38	90
13	C. Richardson	5:19.51	97
14	Bob Baird	5:20.92	80
15	Rick Hansen	5:20.93	85
19	Stefen Chevalier	5:21.20	08
17	Nate Vorwaller	5:21.47	89
18	James Peal	5:21.59	82
19	Caleb Halligan	5:22.15	00
20	Nick Imlay	5:22.36	01
21	Brandon Johnson	5:23.40	11
22	Skyler Smith	5:23.48	11
23	Jared Willis	5:23.49	92
24	K. Richardson	5:23.93	76
25	M. McKendrick	5:24.44	93

Girls – 100 yd. Backstroke

	Name	Time	Yr
1	Heike Kutz	:59.23	96
2	Terisa Holt	1:01.80	93
3	Shelle Holt	1:03.42	96
4	Allison Lee	1:04.45	05
5	Rachel Smith	1:04.92	99
6	Nicole Huffman	1:05.07	00
7	Becka Vorwaller	1:06.04	92
8	Jen Rockwell	1:06.26	01
9	Lauren Bridges	1:06.49	06
10	Tori Wright	1:06.91	95
11	Haley Tessier	1:07.30	02
12	Trish Cox	1:07.51	06
13	Liz Barker	1:07.70	98
14	Mary Burden	1:07.78	08
15	Jordan Marshall	1:07.91	06
16	Debra Holt	1:08.13	98
17	Kaytlyn Murphy	1:08.32	09
17	Jennifer Gardner	1:09.05	10
19	Jennifer Sutton	1:09.27	98
20	Jessie Shields	1:09.33	98
21	Kris Holt	1:09.50	86
22	Britney Bresee	1:09.75	11
23	Jessica Douglas	1:09.83	11
24	Jess Rockwell	1:09.84	99
25	Kathy Francis	1:10.25	00

Boys – 100 yd. Backstroke

	Name	Time	Yr
1	C. McEachern	:51.91	11
2	Skyler Smith	:56.34	11
3	Ed Kimpel	:57.05	98
4	Mike Holt	:57.50	87
5	Matt Dickinson	:57.79	02
6	Jess Allen	:57.90	66
7	Jon Lee	:58.12	07
8	Scott Bates	:56.16	79
9	Kent Lawrence	:58.29	85
10	Galen Barney	:58.33	81
11	Von Cox	:58.34	75
12	Ted Rockwell	:58.64	01
12	C. Richardson	:58.69	97
14	Spencer Black	:58.96	97
15	Chad Pendley	:59.16	94
16	Kerry Holt	:59.71	89
16	Stefen Chevalier	1:00.07	07
18	T.J. Marshall	1:00.17	05
19	Lincoln Wright	1:00.25	96
19	Jake Barker	1:00.38	95
21	David Nipper	1:00.50	05
22	Kris Vance	1:00.57	00
23	David Rimington	1:00.80	59
24	Gordon Nielson	1:00.84	11
25	Mat Snarr	1:00.89	07

Girls – 100 yd. Breaststroke

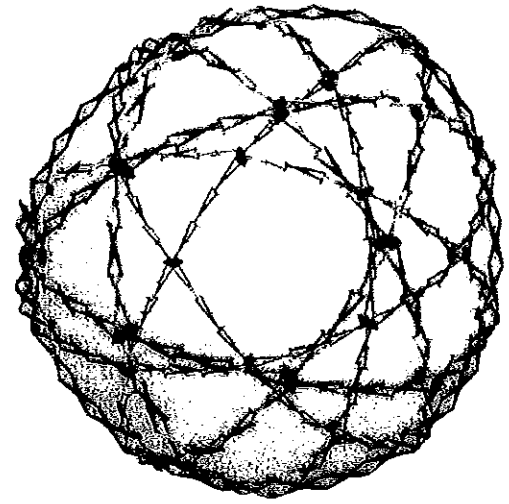
	Name	Time	Yr
1	Jenny Shields	1:12.13	02
2	Lisa Andrews	1:13.02	99
3	Trish Cox	1:13.11	06
4	Tajia Perkins	1:13.32	11
5	Jen Rockwell	1:13.68	00
6	Jen Rimington	1:14.78	86
7	Shayna Wood	1:14.92	02
8	Tiffani Smith	1:15.04	08
9	Cindy Holt	1:15.19	81
10	Tara Butler	1:15.23	91
11	Charlotta Svonni	1:16.03	92
12	Lauren Bridges	1:16.13	92
13	Autumn Vorwaller	1:16.15	87
14	Kurliston Vance	1:16.49	99
15	C. Zimmerman	1:16.72	02
16	Rachel Smith	1:17.05	00
17	Kylei Riding	1:17.73	09
18	Heike Kutz	1:17.41	96
19	Angela Bradford	1:17.50	94
20	Brenda Ashby	1:17.59	96
21	Natalie Lowry	1:18.33	99
22	Christy Chevalier	1:18.49	04
23	Leslie York	1:18.75	90
24	Liz Lucero	1:18.94	01
25	Sara Olson	1:19.12	98

Boys – 100 yd. Breaststroke

	Name	Time	Yr
1	Dustin Perkins	:59.74	10
2	Skyler Smith	1:00.63	11
3	Scott Christensen	1:00.68	79
4	Tyson Skelton	1:01.32	94
5	Scott Holt	1:02.83	82
6	Daniel Peterson	1:03.00	80
7	David Hall	1:03.18	86
8	John Philpot	1:03.38	98
9	Steve Jones	1:04.36	87
10	Cob Hildebrand	1:04.50	83
11	Nate Vorwaller	1:04.67	89
12	Greg Anderson	1:04.77	05
13	Matt Ricci	1:04.83	07
14	Bryce Rimington	1:05.14	85
15	Corey Skelton	1:05.46	95
15	Mark Christensen	1:05.46	85
17	Mel Roberts	1:05.70	62
18	David Roberts	1:05.74	00
19	Chase Stoddard	1:05.98	11
20	T. J. Perkins	1:06.00	06
21	Bill Lawrence	1:06.38	82
22	Richard Douglas	1:06.55	89
23	Shaun Simon	1:07.22	90
24	Chet Maloney	1:07.25	02
25	Danny Philpot	1:07.43	11

The “Hoberman Sphere”

The “Hoberman Sphere” is a fascinating geometric design that begins as a compact ball of segments hinged together. It looks like a porcupine ball. When it is allowed to expand, it evolves into a large hollow sphere. However, if one or two of the segments are held in place and not allowed to expand, the sphere itself will not be able to expand to its full capacity. The “Hoberman Sphere” represents our team. As a compact ball, it represents us at the beginning of the season and expanded to its full potential represents how we want to be at the championship meets. Each of the segments is a member of the team and if one or two of the spines do not work with the group to expand, we will never reach our goals.



Look at some of the results over the past 12 years:

- ❖ 1999 – Tooele defeated Park City by 20 points (352.5 – 332.5) for the state championship.
- ❖ 2001 – The boys finished 2nd to Park City (259 – 253.5) because a swimmer in the Individual Medley was disqualified for a silly mistake on a turn he had been warned about numerous times in practice, while the girls battled to a tie with Cedar City (295 – 295) for the title.
- ❖ 2002 – The boys defeated Canyon View (325 – 316) for the state championship.
- ❖ 2003 – Both the boys and girls finished second to Judge Memorial as the girls lost (284.5 – 268) on the last event.
- ❖ 2005 – The boys lost the region championship (362 – 357) by 16/100ths of second on a relay.
- ❖ 2006 – The boys won the region championship by 2 points over Logan

Now you can see how important each and every swimmer is and the points they earn. Even those swimmers who did get a chance to score in those championships pushed those swimmers in front of them to perform better.

Don't Quit

When things go wrong, as they sometimes will
 When the road you're trudging seems all uphill
 When the funds are low and the debts are high
 And you want to smile, but you have to sigh
 When care is pressing you down a bit
 Rest if you must, but don't you quit.

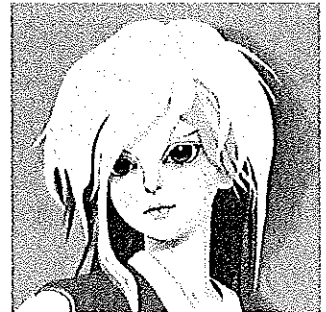
Life is strange with its twists and turns
 As every one of us sometime learns
 And many a person turns about
 When they might have won had they stuck it out
 Don't give up though the pace seems slow
 You may succeed with another blow

Often the goal is nearer than
 It seems to a faint and faltering man
 Often the struggler has give up
 When they might have captured the victor's cup
 And they learned too late when the night came down
 How close they were to the golden crown

Success is failure to inside out
 The silver tint of the clouds of doubt
 And you never can tell how close you are
 It may be near when it seems afar
 So stick to the fight when you're hardest hit
 It's when things seem worst that you mustn't quit



A blond walked onto the plane and sat in first class. The flight attendant asked to check her ticket, after doing this she told the blond "Your ticket says that you are supposed to be in coach, I'm going to have to ask you to move." The blonde replied "I am a beautiful blond and I am going to Hollywood first class!" The attendant went and got another attendant and the same thing happened again. Finally the first attendant went and got the pilot. The pilot went and whispered something in the blonde's ear and she jumped up and ran back to coach. The attendants asked what he had told her, and the pilot said, "I told her first class was not going to Hollywood."

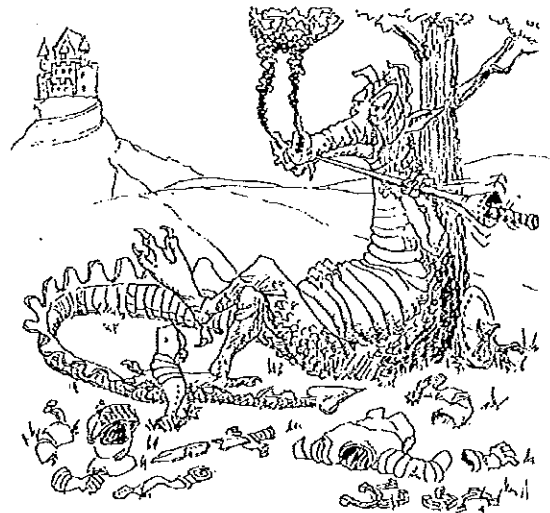


A SWIMMER'S GUIDE TO MENTAL TOUGHNESS

1. **Keep Your Swimming Fun** – Do not wait until you win before you start having fun. When you enjoy yourself you'll be physically looser and will swim much faster.

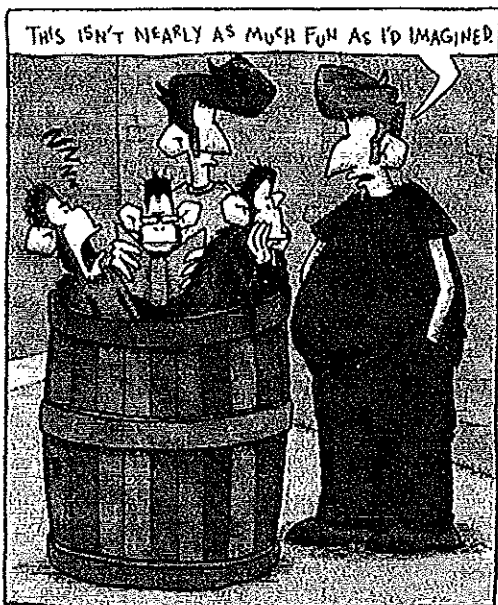


2. **Have Clear Goals** – You can't get to where you want to go unless you know exactly where that is. Your goals are like magnets which will pull you in their direction. The more specific and detailed you make them and more time you spend thinks about them, the stronger the pull.
3. **Make Your Practices Important** – Practice does not make perfect, perfect practice makes perfect. The more important you can make your practices and the more similar to actual meets, the more you'll get out of them.
4. **Focus on Your Race One Stroke at a Time** – No on Winning or Qualifying – You will swim your best when your concentration is on your race, one stroke at a time.
5. **Concentrate = Recognize (step #1) = Bring yourself back (Step #2)** – In order to swim as fast as you can you've got to have your mind in the right place. You learn to concentrate by catching yourself when you're not concentrating!
6. **Learn to Quickly Let Go of Your Mistakes and Failures** – Champions do one thing better than everyone else, FAIL!! They don't dwell on the past Only go into the past if your past is a positive, self-enhancing one!
7. **Stay Within Yourself – Swim Your Own Race & Stay Mentally in the Here** – You will swim your very best when you focus on what you have to do are are doing. Staying within yourself means that you have to want to mentally stay in your own lane when you compete.



Sometimes the Dragon Wins

8. **Control Your Eyes and Ears for Championship Meet Performances** – Learn to control what you look at and listen to. Visually focus on things that keep you calm, composed and ready to perform well. Controlling your ears means that you only want to listen to things that will keep you calm, composed and confident.



9. **See What You Want to Have Happen, not – What You're Afraid Will Happen** – Make it a practice to focus on exactly what you want to have happen. Focusing on positive images will calm you down, raise your confidence and increase your chances of achieving your goals.

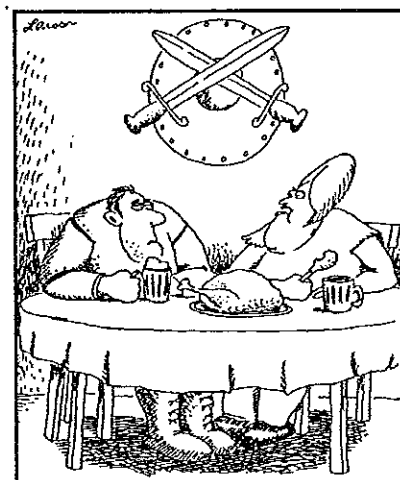
10. **Let it Happen = Speed** – When you swim your fastest there is an automatic, effortless quality to your performance. It feels easy, yet powerful. Trust that you've done everything you need to, your body and muscle memory knows what to do, and then just let the performance happen.

11. **Swim With No-Mind to go Fast** – If you want to go fast you've got to keep your conscious mind and all of its thought out of the pool. Conscious thought will slow you down and distract you.

12. **GIGO – You Swim the Way You Think** – The difference between your best and worst swims is usually related to your mental "strategies" just before and during your race. Learn to "program in" good stuff and that's what you'll get back out.

13. **Reframe Adversity** – Learn to look at obstacles and setbacks as a way to get more motivated and to increase your confidence. The great swimmers use any kind of adversity to help them get the competitive advantage over their opponents. Learn to think like a winner by reframing.

14. **Be Positive – Nothing Good Comes From Negativity** – When you're negative or down on yourself, you sap your energy, drain your confidence, and insure that you will swim poorly. A positive attitude will help you overcome hardships and setbacks and keep you going.



"And another thing ... I want you to be more assertive! I'm tired of everyone calling you Alexander the Pretty-Good!"