

The 10-Percent Challenge

By Aimee Schmitt

Adopted from *The Success Express* by Belinda Elsworth.

The key to success is not doing something big or spectacular, but doing the little things extraordinarily well. The vast majority of highly successful people in any area of life are simply those who worked a bit harder, stayed a bit longer, and did a bit more.

Did the best coaches or swimmers in the country arrive at that status because they are 100 times smarter? Or are they 50 times more ambitious? Do they work 20 times harder? Or do they have more hours in the day? Of course not!

The most successful swimmers and coaches *do the little things* extremely well. They remember the details, acknowledge what they need to learn, and they keep consistent. These “great” swimmers go to workouts, get enough rest, eat right, listen to their coaches, and encourage their teammates. These “great” coaches consistently encourage their athletes, organize their season, challenge them with new sets, run up and down the deck to push them further, and never tire of consistently correcting their swimmer’s bad habits and explaining the path to the “goal”. The simple truth is this: they go the extra mile each day, and it makes a difference.

Why not take the 10-Percent Challenge? Strive to be just 10-percent better in everything you do. It makes more difference than you think! In baseball it means the difference between a .350 and a .250. In swimming, a sport of hundredths, it can mean the difference between first or last place. A tiny 10-percent improvement on starts, turns, or finishes can even make this difference. With so many components to swimming mechanics, training and discipline, a 10-percent improvement in any of these areas can mark a huge improvement in performance. Just think of the possibilities achievable if you challenged yourself to be just 10-percent more excited, enthusiastic, dedicated, determined, organized and confident. Just think about where you would be in just 10 weeks.....10 months....or 10 years from now!

Strive for the 10-Percent!

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