MENTAL GRIT

OFFICIAL MENTAL PERFORMANCE PARTNER

OCTOBER · FOR COACHES

On-Deck Language Swaps

The mind can't process "don't." A real flip passes two tests: they can picture it, and it's an action.

THE DON'T	OUTCOME IN DISGUISE	THE CAPABILITY
Don't die on the back half	*Finish strong*	**Hold your tempo through the last turn**
Don't drop your elbow	*Better pull*	**Elbow high, reach long**
Don't breathe off the wall	*Better breakouts*	**Three kicks, then first breath**
Don't go out too fast	*Pace it right*	**Long and easy for the first 25**
Don't miss your turn	*Clean turns*	**Eyes on the T, tuck tight**

YOUR THREE MOST-SAID DON'TS

Listen to yourself for one practice. Write them here and flip them.

"What do you want me to do?" is the tool working.

When an athlete asks it, that isn't backtalk. Answer it.

THE STORY, ON ONE SIDE

They swim what they picture

WHY A DON'T BACKFIRES

1. The mind sees the subject, not the don't. *"Don't miss the wall"* makes a picture of a missed wall.

2. The picture sends the signal. The body moves toward what it sees.

3. The more they see it, the more it happens. Each rep paves that road.

HOW IT SHOWS UP ON DECK

Avoidance: anxiety, fear, worry, stress. A short, tight, hesitant stroke.

Approach: confidence, control, motivation, execution.

WHEN A SWIMMER HANDS YOU A DON'T

"Okay. What do you want to do?"

Keep asking until it passes both tests: an action, and something you could see on video. Don't rewrite it for them.

Help them see it. Help them execute it.

Every approach cue is a rep on the other road. Coach Last is part of your staff: text or email with anything you're seeing.

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The Don't Audit

One practice. Every don't you hear yourself say, written once and ticked each time it comes back. No judging, just counting.

DURING PRACTICE — TALLY AS YOU GO

THE DON'T I SAID	EACH TIME
	☐☐☐☐☐☐☐☐
	☐☐☐☐☐☐☐☐
	☐☐☐☐☐☐☐☐
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Total don'ts this practice

What counts: don't · not · stop · quit · no more — any instruction that names what you don't want.

You can't flip what you haven't heard yourself say.

Most of us are surprised by the number. That's the point of counting it.

AFTER PRACTICE · 2 OF 2

Flip your top three

The don't on the left, the capability on the right. It only counts if it passes both tests.

THE DON'T		THE CAPABILITY	
	→		☐ action ☐ I can see it
	→		☐ action ☐ I can see it
	→		☐ action ☐ I can see it

DON'TS YOUR SWIMMERS HANDED YOU

THEIR DON'T		THE DO IT BECAME
	→	
	→	

This practice:
___ don'ts

Same practice next week:
___ don'ts

Every flip is a rep on the other road.

Put your three flips where you'll see them on deck. Run the audit again next week.