MENTAL GRIT | UTAH SWIMMING

OFFICIAL MENTAL PERFORMANCE PARTNER

OCTOBER · DON'TS VS. DO'S

SIDE 1 · KNOW IT

The Do Flip Card

Your body swims what it pictures. Choose the picture.

WHY A DON'T BACKFIRES

1 · You see the subject.
Don't, not and stop never make it into the picture.

2 · The picture sends a signal.
Your body starts to do what it saw.

3 · More focus, more of it.
The more you see it, the more it happens.

Your job is to catch the don'ts and flip them to do's as quickly as possible.

A REAL DO PASSES BOTH TESTS

✓ It's an action ✓ I can see myself doing it

THE DON'T	RESULT IN DISGUISE	THE DO
Don't die on the back half	~~finish strong~~	Hold my tempo through the last turn
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 my turn	~~clean turns~~	Eyes on the T, tuck tight
Don't get nervous behind the blocks	~~stay calm~~	Shoulders down, slow breath out
Don't add time	~~drop time~~	Tight streamline off every wall

The trap: the middle column is a result, not something you can do. You can't picture it, so it sends no clear signal. Keep flipping until you can see it.

PICTURE THE DON'T

Anxiety, fear, worry, stress. Your stroke gets short and tight.

PICTURE THE DO

Confidence, control, motivation, execution. The version of you that swims fast.

Same swimmer. Same race. Different picture.

Flip it over: catch your own don'ts and write your three do's.

Catch it. Flip it.

Every don't has a do behind it. Here's how to find it fast.

CATCH A DON'T IN FOUR STEPS

1 Catch
Hear a don't, not, stop or no in your head.

2 Ask
"So what do I want to do?"

3 Flip
Make it an action you can see.

4 See it
Picture it once, clearly. Then go.

Your cue word: "pink elephant." Say it to yourself when you catch one. It means: *that's a don't, flip it.*

MY THREE FLIPS — THE DON'TS I HEAR MOST

MY DON'T		MY DO	
_____	→	_____	☐ action ☐ I can see it
_____	→	_____	☐ action ☐ I can see it
_____	→	_____	☐ action ☐ I can see it

BEFORE PRACTICE
Read your three do's. Pick one for today.

BEHIND THE BLOCKS
See your first do once. Then step up.

AFTER A MISS
Catch, flip, take it into the next wall.

MY NEXT RACE · WHAT I'M GOING TO DO

_____

☐ action ☐ I can see it ☐ no don'ts

THIS WEEK'S CATCHES

MON	TUE	WED	THU	FRI	SAT	SUN

A tick for every don't you caught and flipped. Every catch is a rep on the do road.

"I know what you don't want me to do. What do you want me to do?"

When someone hands you a don't, ask for the picture your body needs. Your coaches are learning this line too.