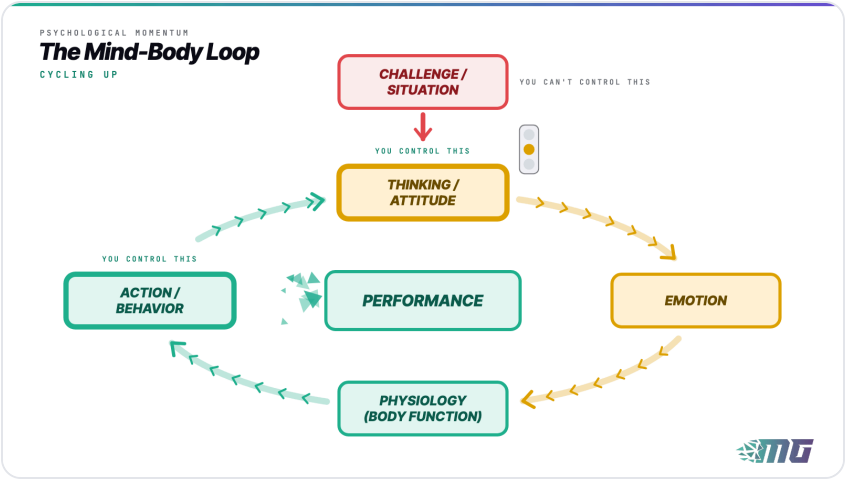
MENTAL GRIT

OFFICIAL MENTAL PERFORMANCE PARTNER

NOVEMBER · MEET DAY

Drop, Anchor, Catch & Release

Calm is as contagious as stress. You run the same loop they do — and they are reading you.



1 Drop anchor

The moment you feel their storm hitting you, breathe before you engage. A long breath out first.

> **"Let my breath be my first word, not my reaction."**

2 Catch

Name what you're feeling, and own it.

> **"My child is struggling and I've absorbed that. My brain is doing its job. This is not failure."**

3 Release

On the next breath out, let it go.

> **"That's theirs. This is mine. They are the competitor. I am here to anchor, not to sail through their storm."**

Need Me Now

Once you're anchored, one more filter before anything comes out of your mouth.

1. **Does it need to be said?**
2. **Does it need to be said by me?**
3. **Does it need to be said by me right now?**

Speak only on three yeses.

In the car right after a hard race, the honest answer to the third is almost always no. That's not silence as a punishment. It's space.

IN THE STANDS

- [ ] Shoulders down, hands open
  Loose hands read differently from across a pool than clasped ones.
- [ ] Slow breath out while they're behind the blocks
  It's for you, and it shows.

BEFORE THE CAR

- [ ] One breath out before the engine starts
  If your loop is still spinning, theirs will feel it.
- [ ] Run Need Me Now
- [ ] Then: their side first
  Get curious, validate the hard thing, then ask: “What do you need from me right now?”

Say less. Choose when.

That's how they learn what you do say is worth hearing. Keep this next to the heat sheet.