

Teaching Swimmers “The Process”

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How Important Is The Process ?



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...”every successful athlete goes through the process. Michael Jordan didn’t always succeed, but that is part of the process.” (Jaime Lewis, Gator Swim Club)



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- ...” It is key and essential to success both in and out of the pool” (Bridget Conger, USA Swimming Parent)

Bridget congers video clip

- <http://www.youtube.com/watch?v=sXn8O1jv2h4>

“The Process”



“The Process”

- What is it ?



“The Process”

- What is it ?
- Where is it used ?



“The Process”

- What is it ?
- Where is it used ?
- Why is it important ?



“The Process”

- What is it?
- Where is it used ?
- Why is it important ?
- How is it taught – Learning to connect the dots



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“Process”

- Definition: Series of actions or steps taken in order to achieve a particular end. Progress; advance



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- The process is the journey. The journey matters
- “Life’s a journey, not a destination”



What Does the Process Include?



What Does the Process Include?

- Things that Coaches can control (suggest)
 - Training plan
 - Number of practices
 - Technique modifications
 - Dryland



What Does the Process Include

- Things that Coaches can control (suggest)
 - Training plan
 - Number of practices
 - Technique modifications
 - Dryland
- Things that Coaches can't control
 - Nutrition
 - School work
 - Outside activities
 - Sleep



“The Process”

- What is it ?
- **Where is it used ?**
- Why is it important ?
- How is it taught ?



Where Is Process Used ?

- Everywhere !!!



Where Is Process Used ?

- Everywhere !!!
- Can be simple or complex.



Where Is Process Used ?

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 - Learning



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 - Baking



Where Is Process Used ?

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 - Manufacturing



Where Is Process Used ?

- Everywhere !!!
- Can be simple or complex.
 - Learning
 - Baking
 - Manufacturing
 - Swimming !!!!



Backing Out of a Driveway



Backing Out of a Driveway



Backing Out of a Driveway



Backing Out of a Driveway



“Process”



Following the Recipe is Important!



Learning the Process

- ...can be a valuable tool
- The more equipped you are to accepting the process, the more successful you will be



EVERY PROCESS NEEDS ONE
INGREDIENT TO SUCCEED



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TRUST



EVERY PROCESS NEEDS ONE INGREDIENT TO SUCCEED

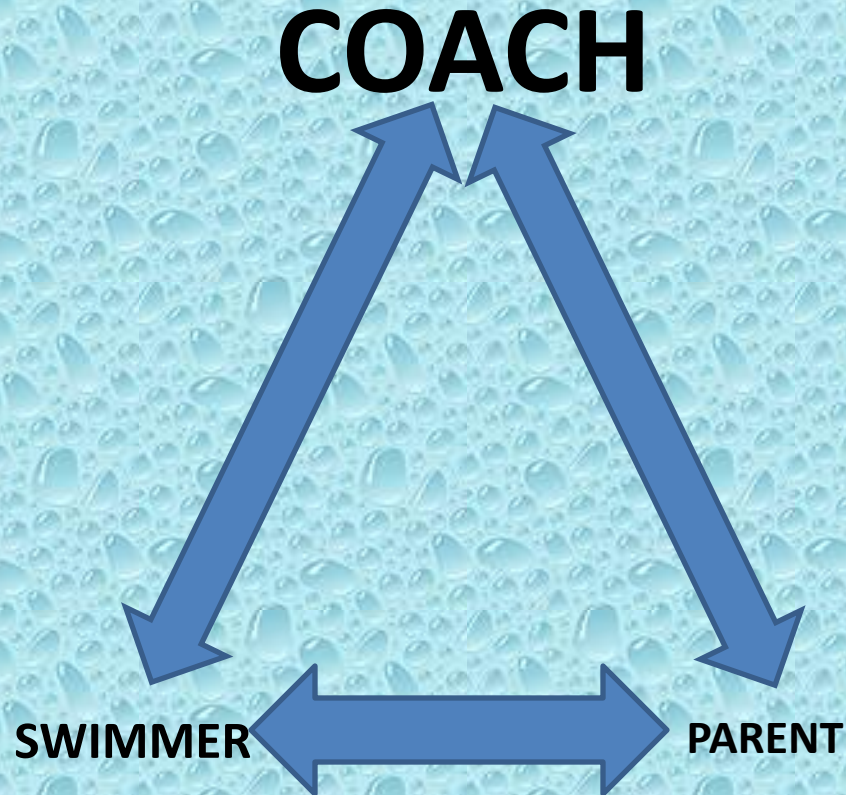
TRUST

“Trust is an enormous word if you want to live a happy, fulfilling, and productive life. As much as it means to relationships, trust should be an eighteen-syllable word. But that one syllable, those five letters, represent the foundation upon which relationships must be based, whether those relationships be one-on-one, with a team, in a business, or in a family.”

(Coach K – Duke)



RELATIONSHIP BUILT ON TRUST



Without Trust?



Without Trust?

FAILURE



“The Process”

- What is it?
- Where is it used?
- **Why is it Important?**
- How is it taught?

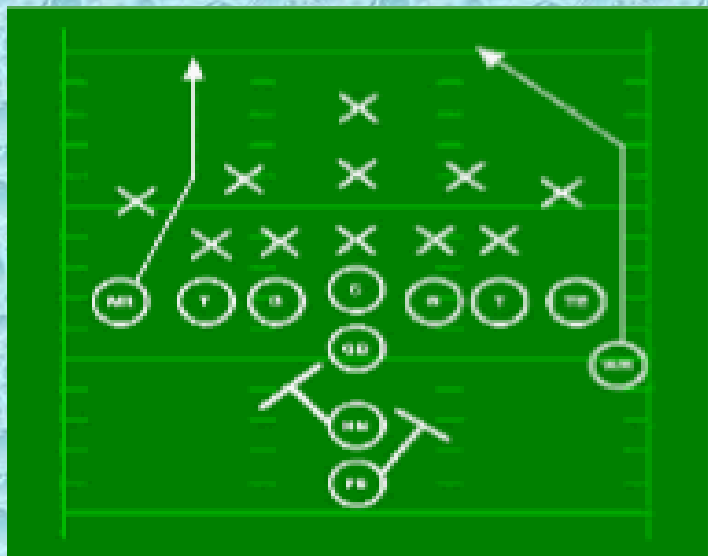


Why the Process is Important to Learn

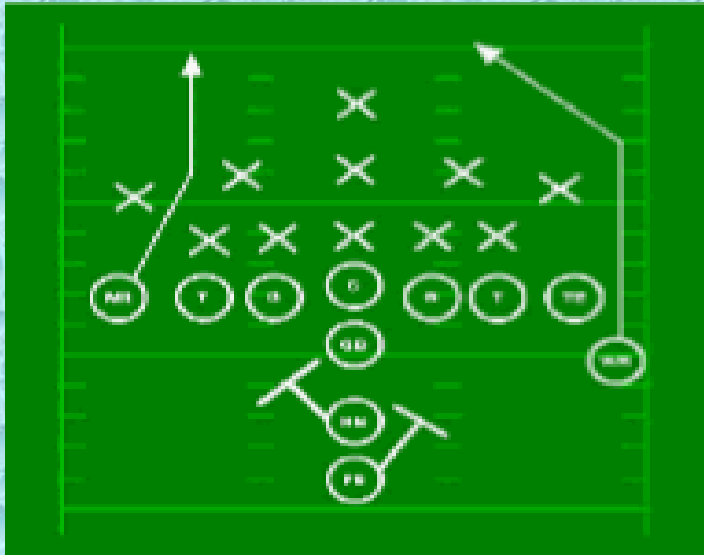
- Live in a world of instant gratification –
 - Hi Speed Computers
 - Cell phones, smart phones
 - Ipads and other tablets
 - Even the way we make coffee!



Sustained Drives vs. Hail Mary



Sustained Drive vs. Hail Mary



Process is Important to Learn Because...

- ...it increases your chances of success.



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- ...it increases your chances of success.
- ...you will have greater odds of best times at swim meets.



Process is Important to Learn Because...

- ...it increases your chances of success.
- ...you will have greater odds of best times at swim meets.
- ...it increases your intelligence



BOTTOM LINE

- A process can improve any repeatable situation!!!



What happens if the process isn't used?

- Something
- Nothing
- In some cases...failure



Practicing & Learning the Process

Big Pay-off !!!

1. Educate ourselves on new techniques and drills
2. Understand progression
3. Build character, learn to manage adversity
4. Learn how to fail – learning how to fail isn't fun...it's vital.
5. Value success
6. Teach Others - because teaching shows true possession of knowledge - it is leadership on a small scale.
7. Enhances the flame of curiosity and help awaken the ability to question and to reason. The more we learn the more questions we have, and without questions there are no answers. (An ever-widening field of dots to connect)



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Learning How to Fail isn't Fun...it's Vital



Learning How to Fail isn't Fun...it's Vital

- When swimmers achieve their goals (best times)
 - “If only I had a better start I could have gone even faster!”
 - Do they incorporate this change into their process?
 - Did they connect the dots from training to racing?
- When swimmers do not achieve their goals (“add time”)
 - Many of the swimmers don't want to discuss what part of the process was done poorly.
 - This is the perfect opportunity to go back and analyze the process.
 - Where can we improve?
 - Implement changes in the process

Swimmers Who Accept Process

1. Have a more positive attitude
2. Understand their role and responsibility in the sport
3. Have better concentration at practice with teammates and swim coaches
4. Understand the importance of consistency at practice
5. Enjoy their hard earned goals



Swimmers Who Don't Understand or Accept the Process Tend :

- To look for the magic pill (e.g. suit enhancements, PEDs)
- To have less concentration at swim practice
- To be less consistent at practice
- To have the “entitled” attitude



“The Process”

- What is it ?
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How is it taught - Learning How to Connect the Dots



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- Connecting the dots – putting the process together as ONE. Number of swim practices, practice holds (times), nutrition, sleep, extracurricular activities, goals.



How is it taught - Learning How to Connect the Dots

- Connecting the dots – putting the process together as ONE. Number of swim practices, practice holds (times), mechanics, nutrition, sleep, extracurricular activities, goals.
- The better we are in connecting the dots, the greater chance we have of success

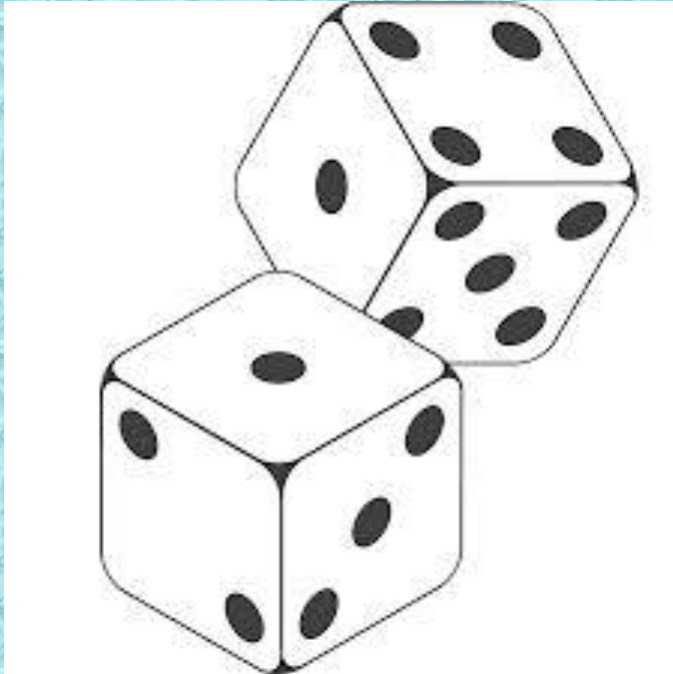


Teach them!!

- The process needs to be taught to the swimmers. Give them the foundation of success by educating them on your process.
- Let them know why they can't put the flour in with the butter!!



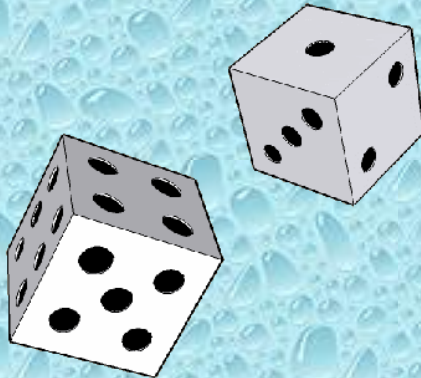
DICE THEORY



- Each side of the dice represents times at practice



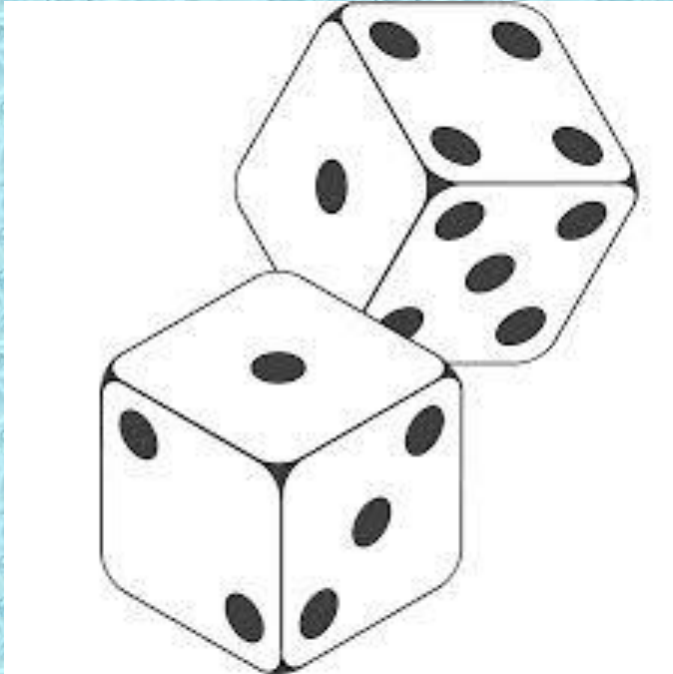
DICE THEORY



- **At a meet – Roll the Dice**
- **Swimmer 1 – consistent holds at practice, attends all the workouts**
- **Swimmer 2 – inconsistent holds at practice, attends most of the workouts**



DICE THEORY



- Each side of the dice represents times at practice
- Swimmer 1 - Greater understanding of connecting the dots = greater consistency at practice = greater chance of success
- Swimmer 2 - Less understanding or willingness to connect the dots = less consistent at practice=lesser chance of success



DICE THEORY

APPLY IT!!

- MAKE YOUR PERCENTAGES OF SUCCESS GREATER!



Aristotle

- **“We are what we repeatedly do. Excellence, then is not an act, but a habit.”**



We have to believe that our outcome will be better if we follow the process we are taught.



Do some people not follow a
process and succeed?



Do some people not follow a process and succeed?

- Yes



Do some people not follow a process and succeed?

- Yes, but what could they have accomplished if they did follow the process...if they learned how to connect the dots.



In Conclusion A Process...

- Is just as important as our goals
- Is used in everything we do!
- Is important to increase our odds of success
- Must be taught



ROLL A LOADED DICE!!!

