

Mountain View High School Swimming 2017

What's the Difference?

The difference between mediocre, good, and great swimmers:

- Mediocre swimmers do these things now and then;
- Good swimmers do these things most of the time;
- Great swimmers do these things consistently *all* the time without being reminded, and they do it under pressure.

1. Your coach gives only the minimum requirement; go beyond.
2. Leave the wall on time.
3. Practice clock awareness.
4. Race faster swimmers.
5. Streamline off walls.
6. Accelerate turns.
7. Control breathing (e.g. turns)
8. Finish *through*, not just *to* the wall.
8. Count strokes on the 2nd 25 of 50's.
9. Think fundamentals of technique.
10. Take the tough option.

THE BEST FORM OF TRAINING IS RACING;
THE BEST FORM OF RACING IS TO RACE WELL.

Go Mavericks!

MVHS Mavericks Swimming