



ATHLETE MINDSET

An **athlete mindset** is a way of thinking that drives consistent effort, resilience, and a commitment to improvement. It's not just about physical ability or times—it's about mental strength, discipline, and focus. An athlete mindset is an **essential for swimming in our Age State and Performance squads**. Swimmers will only be offered a place in these squads when they have demonstrated an athlete mindset. This is to ensure they can handle the higher expectations placed on swimmers in these squads.

Key Traits of an Athlete Mindset:

- 1. Growth-Oriented** – Always looking for ways to improve, learning from mistakes, and embracing challenges. Open to constructive feedback and when feedback is received, applies it in training. Seeks out specific help to refine stroke technique, starts and turns—quality over speed.
- 2. Resilient** – Bouncing back from setbacks, injuries, or failures without losing motivation. Communicates openly with Head Coach about concerns, injuries or failures, and seeks help from Head Coach to recover from any setbacks when they occur.
- 3. Disciplined** – Sticking to a training plan, maintaining healthy eating and sleeping habits, and staying committed to goals. Competes regularly and seeks opportunities to race at higher levels. Arrives on time, prepared, ready to train. Communicates late arrivals or absences.
- 4. Focused** – Blocking out distractions, setting clear objectives, and being present in training or competition.
- 5. Competitive (with self or others)** – Striving to be better than yesterday. Learns from races, analysing performance to improve. Actively chasing state/national qualifying times.
- 6. Mentally Tough** – Pushing through discomfort, fatigue, or doubt to keep going. This includes “showing up” even on days you don't feel like it and giving 100% in every session.
- 7. Confidence in Abilities** – Trusting training and preparation to perform when it matters.
- 8. Adaptable** – Adjusting to different conditions, setbacks, or unexpected situations.



Be ACCCE!

COACHES EXPECTATIONS

- **1. Commitment & Consistency**
 - Attends training sessions (5-7 times per week, depending on the squad).
 - Prioritizes swimming over non-essential activities.
 - Arrives on time, prepared, and ready to train.
- **2. Strong Work Ethic**
 - Puts in 100% effort in every session, even on tough days.
 - Shows resilience—pushes through fatigue and setbacks.
 - Is open to constructive feedback and applies it.
- **3. Technical Excellence**
 - Focuses on refining stroke technique, turns, and starts.
 - Takes ownership of skill development rather than just swimming fast.
 - Listens and applies corrections from coaches.
- **4. Race Mentality & Performance Goals**
 - Has a goal-driven mindset (e.g., state/national qualifying times).
 - Competes regularly and seeks opportunities to race at higher levels.
 - Learns from races, analyzing performances to improve.
- **5. Team & Club Spirit**
 - Supports and encourages teammates.
 - Represents the club with professionalism and respect.
 - Engages in team activities, including relays and club events.
- **6. Responsibility & Accountability**
 - Takes care of nutrition, hydration, sleep, and recovery.
 - Manages school and swimming effectively.
 - Communicates with coaches about concerns, injuries, or conflicts.