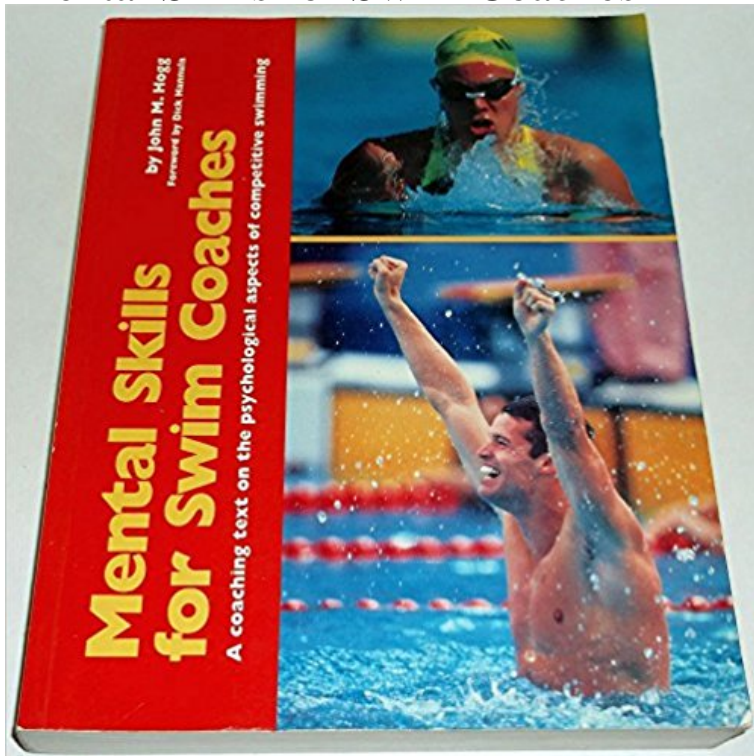


Mental Skills for Swim Coaches



(from the foreword) Great swimmers have repeatedly stated that their mental states are extremely important both immediately before and during the competition. I recall one world record holder saying that if he was at 90% physically, he could swim a great race provided he was at 100% mentally. The mental or psychological side of competitive swimming is crucial to the swimmers success and coaches today need and are expected to interact more meaningfully in this respect with their athletes. It is important for them to recognize that if they want their athletes to undergo and sustain intense training over extended periods of time, then mental skills must be taught and applied by coaches and swimmers alike.

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