



## GREATNESS

Gonna keep this short, succinct, and totally free range for those among you who have the attention span of a protozoa

Look - we are in the closing stages of the season

There will be moments over the course of the long haul of a season where you find your commitment wavering.

Where the shortcuts begin to look extra enticing. When rolling over ignoring that send off time or missing out a repeat or two becomes easy to the point of normal. While experiencing these dips is common, staying the course and achieving greatness isn't.

You may come across Greatness blockers, the "friends" now or in the future who slack at school or miss out lengths in the pool, they don't always do as they are told, it looks as if they are in control, you think that is cool. To fit in with them and be friends though means you too have to be unexceptional. And so for most students and swimmers, that's exactly what happens. When they have achieved "their goal" and you stop working hard, (because it makes them look bad) you end up just being another average student or athlete, not the talented and gifted athlete or student others can see in you. These people are NOT your friends, they are jealous of your talents and want to bring you down to their level of mediocrity. Give yourself permission to be AWESOME. You have to have will power to be a top athlete, or student, when or if you come across these "friends", you will also have to have the strength of mind to continue working hard and not be influenced by them. This will be extremely hard, because you like these people, but that is their talent. Your talent is to be a top level athlete or student.

**Greatness, in the most fundamental sense, is abnormal.**

It's weird.

It requires an abnormal amount of effort, dedication and commitment.

To do something you have never done before, that nobody else has done before, requires a certain amount of stubbornness and a relentless self-belief in your mission that for most will seem mad.

Escaping your own mental limitations and what you believe is normal, the patterns and expectations of what is supposed to be conventional requires you to be a little mad, a little crazy, and a little stubborn.

**Greatness is a choice.**

Many of us are under the impression that greatness is something that is bestowed upon us.

And while talent does play an undeniable role, how far you get both in life and in the pool will rely much more on your tenacity and willingness to be great.

Choosing greatness seems like a no brainer—after all, who wouldn't want to dunk themselves in the pool of greatness on a daily basis?

But how many will actually make the decision day in and day out to be great?

Will you?

**Greatness is one part learning, nine parts doing.**

Reading and learning about what it takes to be great is easy.

It might even be considered fun.

And it is definitely safe.

Don't confuse learning about what it takes to be great with making concrete and meaningful action. One has the illusion of progress, while the other *is* progress.

When you are ready to be great...

And to up your game in the pool...

And max out your talents and skills...

And want to achieve, as much as you want to breath

**YOU WILL BE READY. TIME NOW FOR YOU TO STEP UP, AND CLOSE  
OUT THE SEASON, NOW IS NOT THE TIME TO BACK OFF**