

25 STATEMENTS THAT GO TO MAKE A GREAT ATHLETE

“ITS NOT ONLY THE WILL TO WIN THAT MATTERS, IT’S THE WILL TO TRAIN TO WIN“

An Exceptional Athlete will:

1. Have a love of the sport
 2. Be a student of the sport
 3. Be the first swimmer in to the pool and the last one out
 4. Always want to do “one more”
 5. Have great technique
 6. Be a hard worker in training
 7. Have great athleticism
 8. Live in close proximity to their training pool
 9. Be mentally tough
 10. Be able to deliver a great performance in high pressure situations
 11. Be a goal-setting machine
 12. Have long term goals (strategic) but is able to adapt to short term (tactical) changes
 13. Never give up
 14. Demonstrate resilience - is able to take the knock- backs and keep on coming back for more
 15. Love a challenge
 16. Not see positive and constructive feedback from support groups coach/parents as criticism.
 17. Has a great support group: parents, coach, teammates, club, friends
 18. Be lucky enough to be able to train in a supportive training environment with like- minded athletes
 19. Be in a club with a great structure delivering a conveyor belt of successful athletes
 20. Be lucky enough to work with knowledgeable coaches
 21. Employ a never-say-die attitude
 22. Make good decisions in a very short window under pressure
 23. Make good nutritional choices
 24. Be always willing to learn new things
 25. Inspire others to achieve
- IF YOU DO 70% OF THE THINGS YOU SAY YOU WILL BE AN OK ATHLETE
 - IF YOU DO 80% OF THE THINGS YOU SAY YOU WILL BE A GOOD ATHLETE
 - IF YOU DO 90% OF THE THINGS YOU SAY YOU WILL BE A GREAT ATHLETE
 - IF YOU DO 100% OF THE THINGS YOU SAY YOU WILL BE AN EXCEPTIONAL ATHLETE

The Iceberg Illusion

Success is an iceberg

SUCCESS!

WHAT PEOPLE SEE

Persistence



Failure



Sacrifice



Disappointment



WHAT PEOPLE DON'T SEE

Dedication



Hard work



Good habits



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