

TURTLE NEWS



Here are a few important reminders and updates:

Swim Schedules 17th - 21st

This week, there is still a change in the schedule. Please click [HERE](#) for Practice times.

Safe Sport USA Swimming:

Parents and swimmers, we kindly remind you to complete your Safe Sport course. If you are having trouble logging in, please click [HERE](#) to access a helpful PDF guide. Thank you for taking the time to do this!

Turtles Team, Social Ice Hockey Game, December 14th:

Parents and Swimmers,

We invite you to join us for an exciting afternoon at a Chicago Wolves game on December 14 at 3:00 PM, which will be held at the Allstate Arena. All attendees will be seated together, and each swimmer will receive a silicone swim cap featuring the Wolves logo. Additionally, the Turtles will be showcased on the big screen throughout the game. This event is a wonderful opportunity for our swim family to bond outside of the pool and enjoy a lively outing together. We hope to see you there!

Please remember to purchase your tickets. [HERE](#). **Tickets will be on sale until December 12th, 2025, at 12:00 PM CST.**

Commit Swimming Support Page:

Parents, if you have any questions or need assistance with Commit Swimming, please visit the parent support page, which includes videos on all topics. [LINK](#)

No Parents on Pool Deck:

This is a reminder that during swim practices and competitions, it is important for parents to remain off the pool deck. This rule is in place to ensure a safe and focused environment for both the athletes and coaches. It enables swimmers to focus entirely on their training and competitive efforts without distractions. Coaches are responsible for supervising the swimmers and addressing their needs during these events. By following this guideline, parents help maintain order and safety while also fostering independence and confidence in their children. If you would like to communicate with a coach, please do so either before or after practice.

Upcoming Meets

COHO Arena Winter Classic
Deerfield High School
Dec 6th - 7th, 2025

Open Meet Registration

MMSC Winter Open
RecPlex Aqua Arena, WI
Jan 16th, - 18th, 2025
Registration closes 12/4/2025

Bensenville Vs Vernon Hills
Vernon Hills High School
Dec 20th, 2025
Registration Closes
12/12/2025

Blue Devil Swim Your Heart Out
RecPlex Aqua Arena, WI
Feb 13th - 15th, 2026
Registration Closes 1/12/2026

By: Dr. Paul McCarthy

The Swimmer's Mind:

Mental Strategies for peak Performance

Swimming is more than just physical strength; it is a mental challenge that can significantly influence performance. The swimmer mindset plays a crucial role, especially in competitive settings. This guide highlights mental strategies used by swimmers, drawing from psychology to help improve focus, confidence, and performance in the water. Whether you're a seasoned competitor or a novice aiming to refine your skills, grasping the mental components is essential for optimal swimming performance.

Understanding the Swimmer Mindset

The swimmer mindset embodies the psychological techniques that swimmers use to boost their performance. This approach focuses on key attributes like confidence, concentration, and mental resilience, which are vital for success in swimming.

A strong swimmer mindset allows athletes to stay composed under pressure. Many swimmers face performance anxiety, which can lead to crippling nerves. For instance, studies indicate that over 30% of athletes report experiencing performance anxiety. Cultivating a solid mental strategy enables swimmers to manage these feelings calmly and effectively.

Mental Strategies for Swimmers

Visualization Techniques

Visualization is one of the most powerful mental training tools for swimmers. This technique involves vividly imagining yourself succeeding in a race or mastering a particular stroke. Research shows that athletes who regularly practice visualization enhanced their performance by as much as 20%.

Picture yourself on the starting block with your heart racing. Visualize every detail: the gun firing, the sensation of slipping into the water, and the rhythm of your strokes. This practice not only boosts your confidence but also trains your mind to respond positively under race scenarios.

Focus and Concentration

Achieving peak performance requires a well-structured routine that enhances focus. Swimmers often concentrate on specific cues, such as stroke technique, breathing patterns, or the sound of water splashing, to drown out distractions.

Mindfulness practices can significantly improve concentration. Techniques like meditation or simple breathing exercises help clear your mind before competitions. By staying present during both practices and races, swimmers can maintain the concentration necessary for outstanding performance and prevent nerves from taking over.

Setting Goals

Setting clear, measurable goals is fundamental for athletes, including swimmers. Whether you're striving for a personal best time or working on stroke improvement, clearly defined short-term and long-term goals enhance motivation. A 2015 survey revealed that athletes who set goals were 30% more likely to achieve their desired outcomes.

Periodically reviewing and adjusting your goals keeps you focused and motivated. This process not only reinforces your commitment but also provides a satisfying sense of accomplishment as you check off milestones along the way.

Confronting Performance Anxiety

Performance anxiety is a common struggle for many swimmers, especially before competitions. It can cloud focus and diminish confidence. Techniques such as deep breathing, positive affirmations, and pre-race routines can help combat these feelings.

Create a calming pre-race routine that might include warm-ups, visualization exercises, and affirming your preparation. Remind yourself of your training and skills, focusing on visualizing success rather than fearing failure. With consistent practice, these techniques can transform anxious energy into a positive force that elevates performance.

The Role of Mental Toughness

Mental toughness is a critical aspect of the swimmer's mindset. It represents an athlete's ability to stay focused amid challenges and bounce back from setbacks. Training for mental toughness parallels physical training; it requires unwavering practice and persistence.

Engaging in challenging scenarios during training prepares swimmers for unexpected events, like weather changes or strong competition. For example, simulating tough race conditions can enhance focus and build resilience when facing real challenges.

Psychological Skills Training for Swimmers

Integrating psychological skills training into your swimming routine is vital. This includes weaving mental strategies into your practice sessions to cultivate performance-enhancing habits. Techniques such as goal setting, visualization, and mindfulness should be practiced regularly, so they become instinctive during competitions.

Collaborating with a sports psychologist can yield personalized strategies targeting mental barriers. Many elite swimmers work with these professionals to refine their mental game and maximize performance potential.

Building Confidence Through Preparation

Confidence in swimming grows steadily through preparation. The more effort and practice you invest, the more assured you become when competition time arrives. This commitment reduces fear and doubt significantly.

To reinforce a positive mindset, consider keeping a training journal. Documenting both your progress and achievements helps cultivate a strong sense of self-worth as a swimmer. Remember, true confidence stems not just from victories but also from the hard work you put in.