

# Performance Lifestyle

The necessary skills to be an elite swimmer



# Objectives for today

- Understand what Performance Lifestyle is
- Understand why it is important
- Learn how to use some methods that help your lifestyle
- Improve your knowledge and awareness of Performance Lifestyle
- Start thinking and talking about your lifestyle and what could be better
- Have fun and learn about a new subject that can help you

# But first....What about you?

- Your name
- Where you are from
- Best thing you have done/learnt on the camp so far
- What you think Performance Lifestyle is
- Have a couple of minutes to think and then find
- someone else in the room you haven't spoken to
- before and tell them all of the above.

# What is Performance Lifestyle?

- An area to help swimmers manage the everything you have outside of the pool and develop the skills to help them progress in sport and life.
- Allows you to continually focus on performing to the best of your ability.
- Provides good distractions that develop you and help to further your future careers.

# What can this cover?



Sport &  
Education  
Balance

Career  
Planning

Personal  
Development

General  
Lifestyle &  
Welfare

Transition  
Support

Financial  
Support &  
Advice

# Being elite and professional...

- Can you name some sportsmen and women that you think are elite and professional?
- What about these...



# What characteristics do they share?

What about these:

- Disciplined
- Consistent
- Hard-working
- Want to win
- Organised
- Responsible
- Respectful
- Communicate well
- Set high standards
- Honest
- Balanced lifestyle

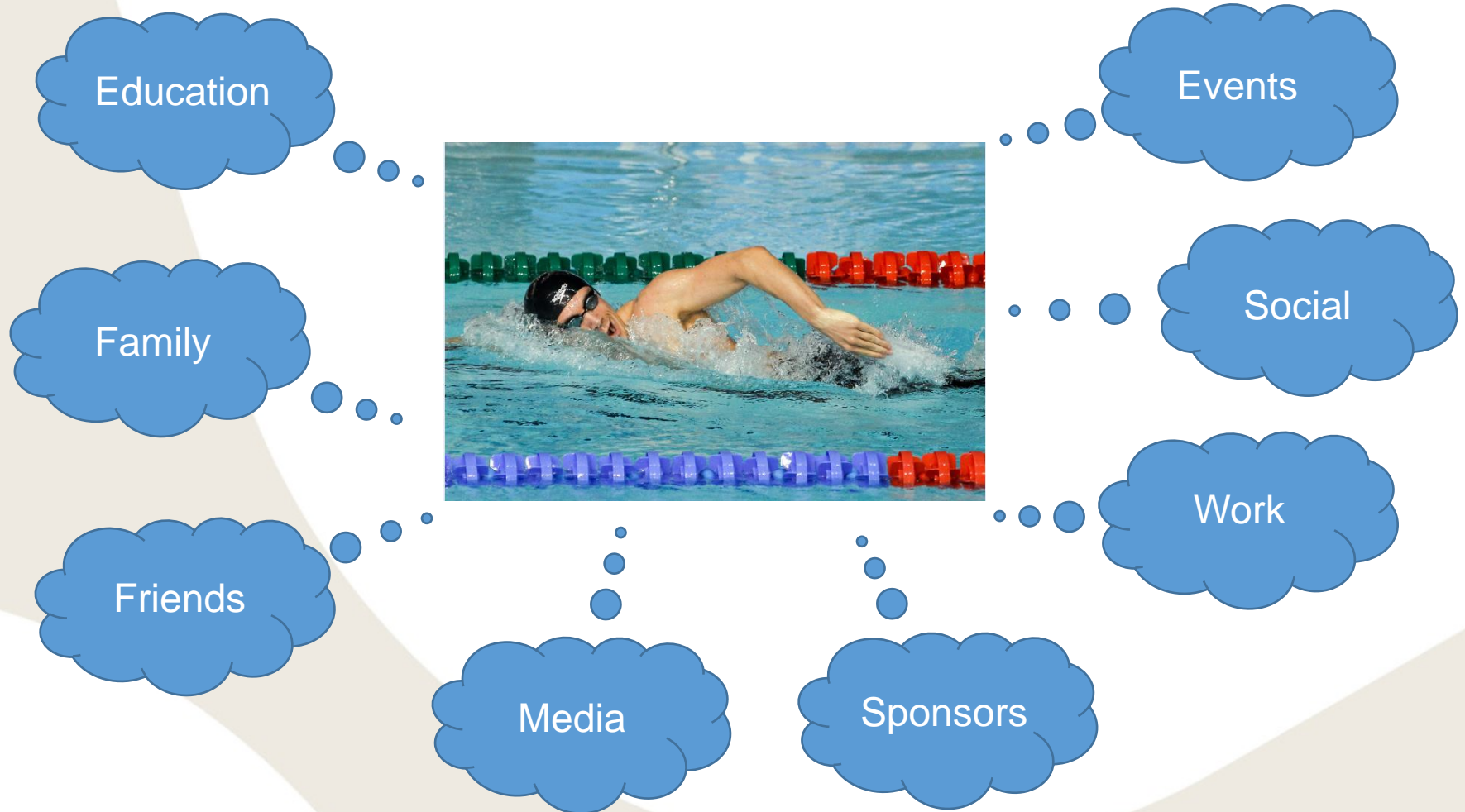


# What do I need to change?

YOUTH CHAMPION	PARTICIPANT
Will push themselves to the limit	Likes to be comfortable
Manages sport and education	Tries to do everything
Balanced lifestyle	Protects time for leisure
Balances decisions regarding education, personal life and sport	Makes decisions based on being comfortable
Trains hard every session	Only does what they enjoy
Always gives 100% effort	Engages in sessions how they feel
Asks Questions	Happy with whatever they are told



# What do I need to fit into my life?



# Current GB Swimming example...

	MON	TUES	WEDS	THURS	FRI	SAT	SUN	
06:00-07:00	Swim Training	Swim Training	Swim Training	Swim Training	Swim Training	Swim Training	Lie-in/Sleep	
07:00-08:00								
08:00-09:00								
09:00-10:00	Gym	Coach Meeting	Gym	Physio session	Gym			
10:00-11:00								
11:00-12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
12:00-13:00	Afternoon nap	Study / Work	Afternoon nap		Afternoon nap	Media / Sponsor Appearances	Study / Work	
13:00-14:00								
14:00-15:00	Weekly plan/list		Study / Work	Sports Massage			Social/Free-time	
15:00-16:00	Swim Training	Swim Training		Study / Work	Swim Training			Swim Training
16:00-17:00								
17:00-18:00								
18:00-19:00	Dinner	Dinner	Dinner	Dinner	Dinner			
19:00-20:00	Weekly shop	Social/Free-time	Study / Work	Study / Work	Social/Free-time	Dinner	Dinner	
20:00-21:00								
21:00-22:00								
22:00-23:00	Sleep	Sleep	Sleep	Sleep				Sleep

# How do you balance everything?

- Prepare
- Plan
- Prioritise
- Communicate
- Be Disciplined



# Planning

- Annual planner
- Weekly planner
- Paper diary
- Phone or electronic diary



Decide on what works best for you

How can you be flexible if things change and what do you need to do if they do?

Who do you need to speak to?



# Leisure Activities

How do you use your free time and what do you think is good use of your free time, all the time, sometimes and never?

- Cinema
- Shopping
- Parties
- Making healthy food choices
- Using facebook / twitter
- Quality sleep
- T.V
- Playstation / Xbox
- Other sport, playing football etc.
- Homework
- Reading
- Other hobbies e.g. crafts
- Going to see friends
- Travelling (long distances)

# Support Network



Who else can help you to balance your life?

Think about who you find it easiest to talk to

Is there anyone else not on this list?

Think about how you can use them to help

# Goal Setting

There are so many different types of goals:

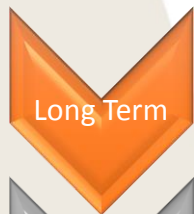
- |                     |                           |
|---------------------|---------------------------|
| • Sporting Goals    | Swimming                  |
| • Education Goals   | School, College           |
| • Career Goals      | Job, Experience           |
| • Personal Goals    | Life, Other               |
|                     |                           |
| • Outcome Goals     | Why do you want to do it? |
| • Performance Goals | What do you have to do?   |
| • Process Goals     | How will you do it?       |
|                     |                           |
| • Short Term        | 3 – 6 months              |
| • Medium Term       | 6 months – 2 years        |
| • Long Term         | 3 – 10 years              |



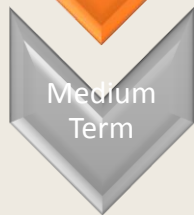
# Goal Setting

Time for you to have a go and set some goals for yourself. Can you come up with 6 Goals (1 Long, 2 Medium and 3 Short term) that you would like to achieve?

Here is an example to help:



- **Win a gold medal at the Tokyo 2020 Olympic Games**



- Work on progressing from heat to semifinal to final with quicker times in each round
- Gain selection for European junior team



- Work on my backstroke start
- Improve my underwater kick on turns
- Remain injury free by improving my prepool work



# Important Points from today

Take a minute to think about what you have learnt today.

Being an elite swimmer is not just about what you do in the pool. A well-balanced lifestyle and professional attitude leads to better performance.

It's your responsibility to ensure that you do everything to lead a balanced lifestyle but there are people who can help if you speak to them.

Set goals that provide you with something to strive for and work towards.

If you enjoy it you are more likely to be successful and a balanced lifestyle will help!