



ARE YOU A WINNER? - WHAT MAKES A WINNER?

Thoughts from Master Coach: Bill Sweetenham



Hope for the best .. prepare for the worst .. plan for perfection

These are the characteristics I believe a winner will display:

1. A winner will take responsibility for his/her own performance (won't make excuses).
2. A winner will welcome obstacles and disadvantages as challenges, rather than fear them as barriers.
3. A winner will compete with pride, intensity and toughness every time the situation calls for it (not just when circumstances are ideal).
4. A winner uses competition and pressure to advantage rather than as a distraction (maintains focus under pressure).
5. A winner is not someone who finishes first, but one who gets the best out of themselves in an effort to be first. They are the best prepared even if they may not be the most talented.
6. A winner will react to a disappointing performance with greater determination, rather than shattered confidence and enthusiasm.
7. A winner wins when they cannot (against the odds).
8. A winner maintains focus.
9. A winner understands that positive athletes always win and negative athletes don't.



How do you react? How do you accept a less than perfect performance? If you know you can do better, do you continue to try to do it?

If you want to be a winner on a consistent basis, you will give the above some serious thought and try in the future to correct anything that does not apply to you.

Ask yourself these questions:

1. Overall, did I perform well or poorly?
2. What parts of competition went well? What part could have been better?
3. What can I do differently or better next time (i.e. was I ready to "seize the moment"?)
4. Was my mental attitude consistent throughout the competition or did it change as the competition went on? (i.e. did I stick to my plan?)
5. Was I focused on what I was doing the whole time or did my concentration slip at some point? If it did, when did it happen, and will it happen again next time?
6. Was I able to use my skill-based techniques to gain better control of my performance any point? (i.e. front end - back end - turns - starts - finishes - breathing - pull-outs, etc.)?
7. Did my performance suffer because I was too conservative or too aggressive?
8. What can I do to improve my weak areas?
9. Was my preparation superior in every possible way?

Read Bill's thoughts carefully.
Questions provided separate sheet

Was I the best prepared? (example only):

- (a) Best prepared "position" (e.g. best female 14 year old 200 breaststroker)?
- (b) Best prepared "position and task" (e.g. best female breaststroke swimmer)?
- (c) Best prepared "position, task and gender" (e.g. best female swimmer)?
- (d) Best prepared "any field, all of the above" (e.g. best athlete in my (any) sport)?

When have you been a Winner?

Share the experience



Here's a thought
**We can't all be winners .. but,
We can all be CHAMPIONS**

Winning is not just about your placing at the finish ..
WINNING is an **attitude** .. about being the best **YOU** can be

