

There is no easy way



Catherine Freeman, 2000
Olympic Champion, 400m

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“For some reason, athletes maybe don’t want it enough .. don’t want to be an Olympic champion .. or want it in a different way”
“.. Debbie Flintoff-King (Seoul ’88 Olympic 400H Champion) .. there wasn’t enough I could do to be like her.”

Catherine Freeman
(2000 Olympic Champion, 400)



Debbie Flintoff-King
1988
Olympic Champion
400H

Saying you want to win is not the same as working towards your goal.

Well Done .. is better than **well said**

What are YOU prepared to do that others may not be doing

(may not be doing)

Don’t insult the efforts of others by expecting to match the best by doing 1-2 sessions per week.

Master Swimming Coach **Bill Sweetenham**

“Don’t even dream about being in a State or National Team,
unless you are doing 8 sessions in the pool a week,
plus support activities” (e.g. gym, stretches)

Not every person wants to make the commitment required
that’s fine
but, let your expectations match your commitment

Michael Phelps in response to the comment by his coach:
“great session; you really worked hard; you must be tired”
(Phelps) .. “I don’t get tired.”

