

## 10 keys of Success – Team BelSwim – ongoing process

**Team's score :**

**64.6**

- 1- Hard work*
- 2- Positive attitude*
- 3- Resilience*
- 4- Respect*
- 5- One team*
- 6- Determination*
- 7- No pain no gain*
- 8- Lifestyle*
- 9- Preparation*
- 10- Trust*

### **HOW TO IMPROVE THE SCORE**

#### **1-Hard work**

- I take the extra mile in the swim session, and in every other training session.
- I ask the staff for extra work, doing video, work on skills, starts, turns, etc..
- I understand that training hard is not just about effort but also doing things technically and mentally good.

#### **2- Positive attitude**

- I maintain a positive attitude during every hard situation. I don't choose.
- It's the beginning of improvement, but it's an effort that I must do.
- I praise my efforts, and when I see my teammates working well, I tell them.

#### **3- Resilience**

- The capacity to recover from difficulties.
- The perfect opportunity to improve. If it's easy I have a problem.
- I take feedback from the staff as a great way to improve.

#### **4- Respect**

- I always say hello to the staff and my teammates, before and after every session.

- Not only i value the staff and their support, but I tell them how to improve so they can help me to become even better.
- I understand that when I speak badly about a teammate, or when I criticize the team or the staff, I do criticize myself.

#### **5- One team**

- Could I be selected to become the team captain, thanks to my attitude and my generosity?
- Every day i support the team for a better unity.
- We train united and I provide my best to and for the team.

#### **6- Determination**

- I remind myself every day why I go training. My goal is crystal clear.
- I wake up with determination, so I can sleep with satisfaction.
- When I do something, I do it well.

#### **7- No pain no gain**

- I choose the pain of discipline, and not the pain of regret.
- Every day I show interest in pushing my limits.
- I enjoy working hard.

#### **8- Lifestyle**

- Is my nutrition adapted to my training?
- Do I sleep every day at the same time, even on weekends?
- I 'leave' my phone 2 hours before sleeping. I read books.

#### **9- Preparation**

- The best prepared athletes will win. I finish every training session knowing that I gave the best version of myself.
- I am willing to pay the price of the preparation.
- It's not about making sacrifice. It's about taking the decision to put my preparation first.

#### **10- Trust**

- I trust the process, the staff will challenge me, and support me to reach my goals.
- I trust the team and I am engaged by giving my best attitude on a daily basis.
- I trust myself, I am an important member of the team.