

Flip Turn



GREATNESS IS A PROCESS TRUST IS A PROCESS

How do we affect *Greatness*? It is pretty simple thinking... bettering our flaws!
It does not happen overnight. We know there are many small things that mesh to be great. The best swimmers have the most trust in their coaches.

You have heard repeatedly 'trust the process' but what does that mean as a competitive student athlete?

We trust our parents. We trust our teachers.

We trust our coaches who are teachers too !

Your coach is the only other person than your parents that you spend the most time with! Trust is easily built, and just as easily broken.

Trust is a two-way street. How can a coach trust you if you are late to practice, distracted, not listening, not putting in the effort? That is a real quick way to have your coach lose interest, and it is very hard to rebuild that trust.

Remember the saying "actions speak louder than words"?

It is easy to trust a coach if he is on time, engaged and prepared with practice, is actively guiding, and correcting and teaching proper technique.

They are AWARE of you, your times, your strengths, and weaknesses. Positive feedback is easy if you are doing your part

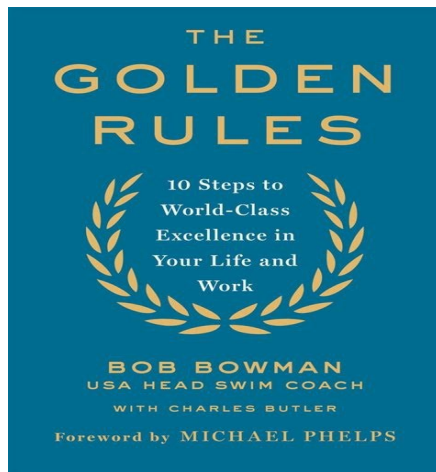
Greatness is up to you and your coach.

Trust is up to you and your coach.

Be great together!

When did swimming first become part of the modern Olympic Summer Games?

A. 1896 B. 1926 C. 1934



Check out Bob's book released in 2017, "The Golden Rules: Finding World-Class Excellence in Your Life and Work." Great segway for all to use as you set up your one-on-one coach/swimmer goal meetings. Each of the rules are not only pertinent to your swimming, but also to life in general. If you truly want to swim in college and you are looking for some inspiration then we highly recommend you read this book. There is not a swim coach around who would not want to coach swimmers who live their life by these set of rules.

1- **HOW YOU THINK IS EVERYTHING**...Think success as opposed to failure. The point is: you have got to be able to get a picture in your head of where you want to go. That [picture] should be your focus. In my experience in coaching and life, the people who are most successful are the ones who do that [keeping focused on the picture] the best.

2 - **DECIDE UPON YOUR TRUE DREAMS AND GOALS**...I think you must write goals down. There is something about that process that commits you to them and makes you think more about them. Specific meaningful goals like that are what carry you through the ups and downs.

3- **TAKE ACTION**...Just start doing it. If you are not sure where it is going to end up, get started anyway. You will figure it out. If you sit on your rear end thinking about it forever, it won't happen most of the time. So, do not be afraid to take action and get going.

4- **NEVER STOP LEARNING**

5- **BE PERSISTENT AND WORK HARD**...Success is a marathon; never give up.

6- **LEARN TO ANALYZE DETAILS...**The higher up you go, the more the little things matter. The little things are very, very important: The facts are the things upon which you can make a good decision. Knowing how to deal with your mistakes and learn from them is also important.

7- **FOCUS YOUR TIME AND MONEY...**Don't let other people or things distract you. If you know where you want to go, then put your resources there. Once you decide where you are going, focus your time on it

8- **DON'T BE AFRAID TO INNOVATE...**Following the herd is a sure way to mediocrity. So, you cannot be afraid to go with something that everyone else says is wrong.

9- **DEAL AND COMMUNICATE WITH PEOPLE EFFECTIVELY...**I think, in general, the more patient you are, and the more you are able to build a long-term relationship with your athletes, the better you are going to be. You have got to reach them on some level and learn how to communicate.

10- **BE HONEST AND DEPENDABLE; TAKE RESPONSIBILITY...**If you do not have #10, then all the others don't work either. It doesn't matter how good your plan is. It doesn't matter how exciting your goals are. It doesn't matter what a good thinker you are... If you are not responsible and honest, forget it. WE make the decisions. Everybody has limitations. Everybody looks and thinks the grass is greener [somewhere else]. It almost never is. You have everything that you need right here. I think that you are in charge of your attitude, which is the most important thing that you will ever have.

Here is Bob's takeaway from the speech: ***I hope that you will take this with you: You can achieve anything you want to achieve, if you are willing to learn, and learn to work with people, and if you are willing to communicate effectively.***

RECRUITING TIPS
That Will Make Your Life Easier

ACC Recruiting Advice for the upcoming months:(ACC clients/ Non Clients)

- ***2024 Committed... Congratulations and send us pics of your signing***
 - ***Enjoy your senior year and keep the "pedal to the metal" and keep improving your swim times, practice our Life Skills reminders.***

- **2024 Uncommitted...Do not give up and "Trust the Process"**
 - *If you are an ACC client it is IMPERATIVE to communicate with your ACC advisor weekly.*
 - *Daily communication with your club coach, keep them in the loop on the times needed to attend a certain school. Ask them what else can you do to improve your swim times...extra work on starts, underwater, dryland, weights... What can you add?*
 - *Do not wait more than a day or so when responding to college coach emails, text, calls. Remember they are busy too, so you need to stay on them.*
- **What I have learned most is that there are a lot of "smart/fast" kids out there and the competition is greater than ever.**
 - *Academics is not usually the concern (many high academics achievers)*
 - *Swim times and events are the "red flags."*
 - **MUST GET FASTER TO STAND OUT AHEAD OF OTHERS IN YOUR CLASS**
 - *Make sure we have your videos up and if you are not with us then you need to send the coaches your videos*
- **2025... Actively being recruited...Enjoy this time because it will only come around once!**
 - *Let your ACC advisor and club coach know of your visits.*
 - *Ask your club coach for a workout to do while on visit.*
 - *Have your questions in order to ask the coach staff, academic staff, and swimmers. (Take notes)*
 - *Follow up each visit with a thank you note to the coach and team. If interested, ask for the next steps.*
- **2025... still trying to find some "traction" on schools DO NOT PANIC**
 - *You have some time, so if you are a client you need to be in contact with us weekly. If not a client then you need some help.*
 - *Talk with your coach, friends, or give us a call and we can offer some advice.*
 - *Keep your grades up, take the ACT/SAT and shoot for the highest level swim meet standards. (Ex. Summer Juniors, Winter Juniors, Futures...Sectionals).*
 - *Get us your videos to make suggestions and load for you or if you are doing it yourselves send the videos to coaches on your own.*
 - *Might need to open your scope of schools than previously suggested.*
 - *Cast a wider net and see what happens.*
- **2026 Grads**
 - *Your time is fast approaching*
 - *Start looking at various schools/conferences if you haven't already to see what kind of times you will need (looking up 16th place at conference is a good place to start).*

- *If you are within a few seconds or less and your trajectory is on the rise, then place that school on your list. If not, then you may need to look elsewhere for now and if you progress then you can revisit.*
- *Have your Dream/Target/Safe list of schools*
- **2026**
 - *After the first of the year things will start heating up and getting ready for June 15, 2024 official date for D1, D2 schools to call you.*
 - *ACC client start checking in more frequent with your advisor.*
 - *Non client.... ask your club coach for help.*

Trivia Answer: A. 1896



- **Dead Period** for D1/D2 November 7-10, 2022 (Monday through Thursday of the initial week for the fall signing of the National Letter of Intent)
- Toyota U.S. OPEN National Meet 11/29/23-12/02/23 Greensboro, NC
- Speedo Winter Jr National Meet 12/6-9/23 Multiple sit