

## THE 10 COMMON THINGS ABOUT OLYMPIC CHAMPIONS

### What the researchers found

1. **A good coach**
2. **A Development Plan**  
Short, medium and long term goals.
3. **Ability to focus on the goals, moving targets at all times.**
4. **Development and maintenance of a healthy body (injury and illness prevention).**
5. **An understanding of external and internal pressures.**
6. **Ability to do the work under all conditions.**  
They “do” the work.
7. **An understanding of how to rehearse control strategies for competition days.**  
Heat – semi – final etc
8. **An understanding of “Luck”**  
Weather, food, competitors – worst case day but best performance.
9. **Ability to remain positive at all times.**  
They surround themselves with positive people.
10. **Ability to “Never Give Up”.**  
Find the answer/solution to every problem, Plan B and Plan C.

**THE MENTAL AND PHYSICAL CONDITIONS  
CHAMPIONS DESCRIBED AT THE TIME OF THEIR  
EXTRAORDINARY PERFORMANCES**

- 1. Mentally relaxed**
- 2. Physically calm**
- 3. Confident/Optimistic**
- 4. Focused on the present**
- 5. Highly energised**
- 6. Extraordinary awareness**
- 7. In control**
- 8. In the “Cocoon”**

## KEY CHARACTERISTICS OF THE SUCCESSFUL SWIMMER

1. **Accepting of criticism and praise**
2. **Responsible for own performance**
  - searches for improvement
  - self starter
  - self disciplined
  - speed all year
3. **Team orientation and individually focused**
4. **“Good Player”**
  - skills
  - tactics – swim heat – semi – final with consistent but differing skills (2%-1%-neg) in major meets and some minor meets
  - technique
5. **Mental Toughness**
  - race training sets
  - manages distractions
  - concentration
  - 3% - 2% - 1% in dead up meets
6. **Attitude**
  - focused under pressure
  - determination
  - work ethic
  - 3 at; 1 above, 2 below standards (superior in all of the below)
7. **Physically able**
  - endurance
  - speed
  - strength
  - back end
  - skills