

# ASK NYTT



trivsel, trygghet og prestasjon i vann

## Viktige datoer

ASK: Påmeldingsfrist til Speed Rekrutt (lørdag 23. september) er 9. september. Sendes til [admin@askersvom.no](mailto:admin@askersvom.no)

ASK: Det blir felles foreldremøte for alle treningsgrupper tirsdag 19/9 kl. 19.30 - 20.45 på Nesbru videregående skole.

## 5 kjappe

Navn: **Mathea**

Alder: **13**

Gruppe: **Elite Ung**



Antall økter i uken? **6 svømming og 2 styrke/dans**

Hva synes du er morsomst med å svømme? **Gode venner og å sette meg mål.**

Hva gjør du når du ikke er i vann? **Venner, venner, venner og lekser...**

Hva motiverer deg? **Heller, hvem motiverer meg; Rolf.**

Hvilke mål har du for svømmingen? **Kvalifisere meg til LÅMØ i 2018 og så skal jeg under 5 minutter på 400 fri.**

## NM jr & UM 2018

Asker Svømmeklubb skal arrangere NM jr & UM kortbane i 2018. Stevnet arrangeres i Holmen svømmehall fra **15 - 18 november 2018**. Dette er et stort arrangement der vi alle må bidra så legg det inn i kalenderen allerede nå.

## Ny sponsoransvarlig

Asker Svømmeklubb trenger en sponsoransvarlig som kan hjelpe oss med å skaffe nye sponsorer til klubben. Dette vil være frivillig arbeid som består av å identifisere og kontakte mulige sponsorer. Når nye sponsoravtaler er inngått vil daglig leder være ansvarlig for videre oppfølging. Vi har laget et underlag som kan benyttes som viser forskjellige sponsorpakker. Er dette noe du ønsker å bidra med så ta kontakt med styreleder.

## Svømmeskolen

ASK Svømmeskole ønsker alle gamle og nye velkommen til en ny sesong i Svømmeskolen. Med utvidet bassengtid, endringer i noen av gruppene, samt ny svømmehall har det vært en spennende oppstart med over 800 deltakere i vannet hver uke.

Asker Svømmeklubb sine instruktører hadde fredag 18.08 og lørdag 19.08 Kick Off på hjemmebane på Holmen Svømmehall! Vi hadde besøk av flere eksterne personer som bidro med faglig påfyll og gjorde



## Kontakt oss

Følgende ansatte og frivillige svarer gjerne på spørsmål:

- Petra Hedenstrøm Jensen -  
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- Sven Jaeger -  
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- Rolf Arne Narten Nordang -  
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## Følg oss

Hjemmeside

[www.askersvom.no](http://www.askersvom.no)

Facebook

[www.facebook.com/  
askersvomklub/](https://www.facebook.com/askersvomklub/)

instruktørene klare til oppstart. Sverre Fjermestad fra Sørumsand IF svømmegruppe introduserte oss for Minipolo, Johan Björkegren delte egne erfaringer fra sin karriere som svømmetrener med fokus på kommunikasjon, og Laila Bakke fra Norsk Livredningsselskap gjennomførte førstehjelpsundervisning og dykketest. Klubbens 40 instruktører og hjelpetrenerer ser frem til en spennende sesong!

Svømmehilsen fra Ass. Svømmeskoleansvarlig Dana, og Svømmeskoleansvarlig Ingvild.

## Synkronsvømming

Synkrongruppen har hatt en aktiv oppstart av høstsesongen med oppvisning Kuskerudnebben i Sørumsand ifb med Sørumsand idrettslags 100 års jubileum lørdag 19. august. Vi stilte med solo av Mathea Sending, Duett med Hannah Semb og Sara Aursand, og kombinasjonslag av Sara Aursand, Hannah Semb, King Nilsen, Ylva Lærum og Hedda Hjortdahl.

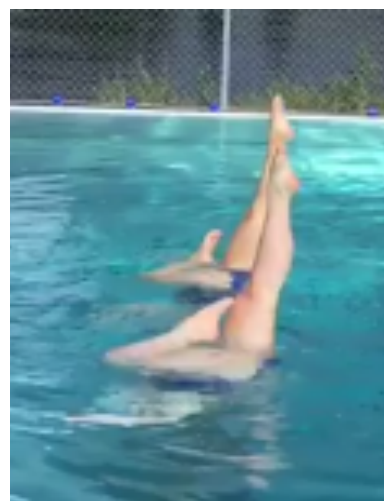


Sist helg 2-3. september hadde vi kick-off på Blåfjellhytta hvor det deltok 16 utøvere og 4 trenere. Vi gikk igjennom nye FINA figurer som gjelder fra 2017-2021 natursti, synkron quiz og mye annet moro. En veldig hyggelig og sosial treff helg for alle sammen.

Vi starter nytt synkronskolekurs mandag 4. september på Risenga, og tar gjerne imot nye utøvere som har lyst på en prøvetime. Det er bare å ta kontakt med Christine Instanes, tlf 95900597.

Mandag 11. september skal vi gjennomføre stjermetesting og får besøk av dommer fra Oslo Synkron.

Søndag 24. september skal Asker synkron arrangere stjernekonkurranse for på Holmen svømmehall, med deltakere fra Asker synkron, Oslo Synkron og kanskje noen fra den nystartede synkrongruppen i Sørumsand.



## Ny trener søkes

Asker svømmeklubb søker en engasjert og motivert rekrutt-trener i fulltidsstilling.

Klubbens rekrutt-trener vil jobbe med klubbens øverste nivåer på svømmeskolen og ha ansvaret for rekruttering over til treningspartiene. Treneren vil være ansvarlig for klubbens Intro- og Start grupper og sørge for at klubbens breddesatsing blir ivaretatt.

Jobben som rekrutt-trener innebærer tett samarbeid med hovedtrener, øvrige trenere og svømmeskoleansvarlig. Asker svømmeklubb ønsker å utvikle svømmere i et bredde- og eliteperspektiv gjennom et kvalitativt og trygt svømmetilbud med vekt på mestring og svømmeglede i et inkluderende miljø.

Lønn i henhold til kvalifikasjoner, tiltredelse asap 2017.

Søknad med CV sendes til daglig leder Petra H Jensen på e-post: [petra@askersvom.no](mailto:petra@askersvom.no)

Eventuelle spørsmål kan rettes til daglig leder **Petra H Jensen på mobil 979 75 098** eller hovedtrener **Linck Bergen på mobil 922 19 378**

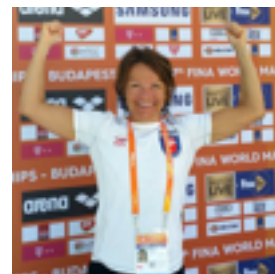
For mer informasjon se [www.askersvom.no](http://www.askersvom.no)

## Nytt fra svømmegruppene

### Masters

#### VM masters 2017 i Budapest

Askers masters viste igjen at svømming er en sport man kan være aktiv i gjennom hele livet. Åtte av klubbens rundt 20 mastersvømmere ble utfordret av over 12 000 andre utøvere i alderen 25-97 år under VM i august. I Budapest fikk arrangøren FINA anvende to store internasjonale anlegg med flere langbaner da de gjennomførte det omfattende mesterskapet. Det var en stor opplevelse å stille til start sammen med tidligere kjente og ukjente storsvømmere fra hele verden. Asker sparket godt fra seg med flere gode plasseringer. Randi Larsen med fjerdeplass på 100 og 200 bryst samt nordisk rekord i klassen 70-74. Tina med ny norsk langbanerekord og femteplass på 200 bryst i klassen 55-59. Stafettdamene nr. ni og norsk rekord på 4x50 fri i klasse 240-279. Nå kjører trener, Rolf Arne Nordang, utøverne planmessig fram mot neste mål - Nordisk i København i oktober og NM i Alta i april.



Fra venstre: Tina, Kristin, Tone og Randi

## Våre sponsorer

Tusen takk til våre sponsorer!  
Vi ønsker gjerne flere sponsorer velkommen. Er du interessert så ta kontakt med Leif Basberg, styreleder, (kontaktinformasjon listet



## Elite Senior

Jeg ønsker Aleksandra, Siri, Sander, Magnus, Emma, Eira, Christian, Kristian, Didrik og Thea velkommen til Elite Senior gruppen, den øverste gruppen i Asker Svømmeklubb. Denne gruppen inkluderer våre beste utøvere og svømmerne i denne gruppen trener gjennomsnittlig 17 timer i uka (svømming og basis) fordelt over seks dager. Det er stort engasjement! De fleste svømmerne i denne gruppen skal forberede seg til Ungdoms- og Juniormesterskapet (NM Jr. / UM kortbane) som skal svømmes fra 16 -19 november i Kristiansand. Masse trening (inkludert høstleiren in Danmark) og noen konkurranser skal fungere som grunnlag for NM Jr./UM. Jeg ville gjerne rose Aleksandra, Sander, Emma, Eira, Christian og Kristian, som etter to uker trening fortsatt har 100% oppmøte. Det er kjempebra! Jeg håper det motiverer alle utøvere til å møte på trening hver eneste gang de neste ukene og å fortsette med det fokuset jeg har opplevd siden vi startet. Det er denne holdningen, denne entusiasmen og denne innsatsen som skal føre oss alle til noen fantastiske resultater senere i sesongen. Jeg vil derfor bare avslutte med å si: Kjør på! Sven

Elite SR	Week 34	Week 35	Overall	Test 100 fri beinspark (3&4 sept)
Aleksandra	100,00 %	100,00 %	100,00 %	1.30.65
Siri	100,00 %	60,00 %	80,00 %	1.27.00
Sander	100,00 %	100,00 %	100,00 %	X
Magnus	100,00 %	55,71 %	77,86 %	1.41.95
Emma	100,00 %	100,00 %	100,00 %	1.41.11
Eira	100,00 %	100,00 %	100,00 %	1.33.81
Christian	100,00 %	100,00 %	100,00 %	1.32.67
Kristian	100,00 %	100,00 %	100,00 %	1.30.05
Didrik	62,86 %	100,00 %	81,43 %	1.31.04
Thea	100,00 %	71,43 %	85,71 %	X

## Elite Junior

I could not be more pleased with what I have seen from the athletes these first 3 weeks of training; attitude, commitment and focus have all been at an all-time high. Should we be able to sustain excellence in these three attributes, the performances down-the-road will be phenomenal. Keep up the good work.

Our first competition is quickly approaching, Skjetten Open. Our goals for Skjetten are simple...

1. Race with the skills we have focused on up till now. In training we have spent significant time focused on each stroke. The skills we've learned and aspects of each stroke that we've emphasized should be visible.

2. Race hard. Although the focus of this competition is more technical than it is how fast we swim, swimmers will be expected to put in their best efforts and to race hard.

### Perfect Attendance

Week 34	Week 35
Adam Kaspar Hvass	Adam Kaspar Hvass
Kristine Hytenget	Kristine Hytenget
Ella Magnussen	Ella Magnussen
Emily Must	Emily Must
Mina Victoria Stensland	Mina Victoria Stensland
Kristian Swakhoven	Kristian Swakhoven
Caroline Pt Tran	Joakim Tronstad
Joakim Tronstad	

### Total Attendance Percentage: August

100%: Adam Kaspar Hvass, Kristine Hytenget, Ella Magnussen, Emily Must, Mina Victoria Stensland, Kristian Swakhoven, Joakim Tronstad

83%: Tobias Bang Mikkelsen, Caroline P T Tran

67%: Synne Pretorius

Training performance has been exceptional. Our focus, to date, has been technical, but we did perform an endurance test called a T-30 (basically 30 minute swim). Our T-30 test was 24X100 FREE. We did the same test last September. Results this year were, on average, 4:26 faster than last year... GREAT JOB!!! Individual results are listed below...

Tobias 28:51 (5:59)

Adam 30:22 (3:28)

Kristian 31:38 (3:12)

Ella 31:26 (4:10)

Kristine 30:33 (5:07)

Synne 33:45 (2:02)

Mina 33:47 (1st)

Emily 33:55 (1st)

Until next time... THINK FAST!!!

Linck



## Elite Ung

Elite UNG er i full gang med høstsesongen og vi er allerede inne i den 4de treningsuken, medregnet oppstartsleir. Som de fleste andre treningsgruppene har også vi tatt for oss en svømmeart som vi har fokus på en hel uke. Det gir mer tid til å gå i dybden på det tekniske og forsøke å heve oss «et par hakk» og skape varige endringer. Denne uken er det brystsvømming vi jobber med, som mange mener er den mest krevende svømmearten å beherske rent teknisk.

Vi har også fått tid til å innføre litt ny treningsmetodikk i form av Critical Swimspeed (CSS). Hver uke har vi testet alle svømmerne på en 50m og 400m på tid. Resultatene plottes inn i et program (utviklet av Johan Setterberg NSF) - og ut kommer target-tider for hver enkelt svømmer til bruk kommende uke. Dette skal sikre at vi trener med riktig fart og belastning på trening. Vi har også koblet dette opp mot «syklusvei», dvs å svømme med «lange effektive tak» (DPS, som betyr - distance pr stroke) og optimal frekvens. Jeg må si at jeg ble litt imponert over hvor fort svømmerne tok dette til seg! De holder starttider, sjekker tid på svømt distanse, kan veksle mellom ulike frekvenser og har blitt veldig bevisst på å telle tak pr lengde. Veldig bra jobba, rett og slett! Gjennomsnittlig fremgang på siste ukes test var ca 6 sekunder på 400m og 0,6 sekunder på 50m. Det blir naturlig nok vanskeligere å holde samme progresjon hver uke fremover, men det sier meg i hvert fall at utøverne «jobber» bra om dagen.

Vi har også snakket litt om oppmøte, og at antall gode treningstimer er den faktoren som har størst betydning for hvordan vi utvikler oss i svømming. Oppmøteprosenten samlet for de første 2 ukene er på 90%, så det er absolutt «innafor»..

Ellers jobber vi litt med «læringsmiljøet» under trening. Det går på å ha en bra balanse mellom **det sosiale** under treningene (her er vi veldig gode) - og det å kunne **motta informasjon/lytte** (her er vi ikke alltid like gode :-). Dette er ikke ukjente utfordringer i den aldersgruppen svømmerne er i, men vi skal ikke la det bli en unnskyldning, verken for svømmerne eller meg som trener. Så dette vil vi jobbe mer med i tiden fremover.

Jeg er i gang med utøversamtaler og booker nå fortløpende tider med alle svømmere og prøver å få puslespillet til å gå opp. Utøversamtaler er nytt for de fleste, men jeg tror det kan bli et veldig bra verktøy for oss. Vi er 2-3 svømmere, pluss trener under disse samtalene. Vi snakker om personlige mål, hva som motiverer, eller evt. ikke motiverer, hva styrkene våre er og hva vi kan forbedre. Vi prøver å bryte ned målene til et sett av «arbeidsoppgaver» hver enkelt konkret kan jobbe med på trening. Målet er at vi skal bli bevisst og se sammenhengen mellom utvikling på trening og langsiktig fremgang. Vi legger spesielt vekt på at vi må tenke langsiktig utvikling. Det betyr at vi f.eks ikke kommer til å være mest opptatt av å «perse» på alle stevner, men fokusere på utvalgte ferdigheter. Skjetten Open neste uke, er et eksempel i så måte. Første hovedmål for sesongen, vil være LÅMØ 9-11. februar (Nordtvedt bad) og da er målet at vi skal svømme vårt beste! 😊

Rolf

## Speed Elite

Speed Elite er i gang! Denne gruppen består av 11 svømmere (Carl-Frederik, Andreas, William, Sindre, Mette, Idunn, Simona, Line, Nora, Emilie og Georg) som alle er veldig motiverte for å trene og konkurrere. Speed Elite har totalt 12 treningstimer i uken og i tillegg har svømmerne mulighet til å være med på en av helgens treninger. Jeg vil gjerne gratulere Sindre, Simona, Idunn, Georg, Line og Emilie med 100% oppmøte! Kjempebra! Jeg håper at denne innsatsen skal motivere og inspirere alle andre i gruppen til å møte på hver trening. Som alle svømmerne vet er strukturert og konstant trening utrolig

viktig for en bra utvikling. Å bli bedre er en gradvis prosess over mange treningsuker og hver uke bygger videre på den forrige uken. I tillegg er det viktig for svømmerne å konkurrere på de forskjellige stevnene og være med på leir. Vi skal være klare for å svømme kjempesvømming på Skjetten Open (16-17 sept)! Ikke glem påmelding til høstleir i Danmark for det blir en fantastisk opplevelse. Jeg ønsker alle svømmerne en kjempebra sesong!

Sven

Speed Elite	Uke 34	Uke 35	Snitt	Test 100 fri beinspark (3&4 sept)
Carl-Frederik	100,00 %	61,70 %	78,72 %	1.26.51
Andreas	100,00 %	0,00 %	39,36 %	X
William	100,00 %	0,00 %	50,00 %	X
Sindre	100,00 %	100,00 %	100,00 %	1.41.95
Mette	80,85 %	80,85 %	80,85 %	1.46.55
Simona	100,00 %	100,00 %	100,00 %	1.31.71
Idunn	100,00 %	100,00 %	100,00 %	1.46.33
Nora	57,45 %	100,00 %	78,72 %	2.01.57
Georg	100,00 %	100,00 %	100,00 %	1.48.18
Line	100,00 %	100,00 %	100,00 %	1.57.35
Emilie	100,00 %	100,00 %	100,00 %	1.50.92

## What it takes to succeed , by Sean Hutchinson

*The following is the transcript from a lecture given by Sean Hutchinson, who is 2X USA Olympic Team coach and the coach of World Record Holders Arianna Kukors (200 MEDLEY) and Margaret Hoelzer (100 BACK). Sean and I were on the same staff for 3 years. He is a close friend and an exceptional coach. I asked Sean to speak on the topic of "What it Takes...to Succeed at the Highest Level". His thoughts on the subject are recorded in the text below.*

Thanks Linck! It feels good to be back on this deck, we were here together what seven or eight years ago? I've got some great memories from this place!

So driving down here today I was thinking about what I was going to say. Linck asked me to talk about what it takes to succeed at the highest level. What I came up with was pretty simple, vision. Success takes vision. Anyone who's ever done anything exceptional, whether it is in athletics, academics or business, had to have a vision of what they wanted to achieve and how they wanted to be perceived. As an example, I'll use your team, compared to the other teams in Oregon. Your goals are probably different from theirs, as is your vision and that's ultimately why you're more successful.

I think about two great athletes when I think about vision. One of them is a guy named Michael Jordan. Everybody knows Michael Jordan. Like everyone, I was a Michael Jordan fan and I didn't even really like basketball. When I was at the Olympics I had the opportunity to have lunch with Kobe Bryant and LeBron James (famous USA basketball players). It was just four of us, Kobe, LeBron, myself and another guy. That other guy was Jason Lezak (famous USA swimmer), but forget about him! (loud laughter from the crowd). For any of you who don't know about Michael Jordan, imagine combining Kobe Bryant and LeBron James into one player, Michael Jordan was better than that. Jordan could take a game, any game and, automatically win the game out of pure desire, pure will, whatever you want to call it. Jordan had the ability to transcend the moment and take over the game, any game.

Before Michael Jordan went into the NBA (National Basketball Association, the professional league in the USA), the league wasn't that popular, certainly not as popular as it is today. The league was not doing that well financially and basketball was definitely the 3rd sport, behind football and baseball. He (Jordan) had a vision that he was not just going to be the best player on his team or the best player in the NBA, he was going to transform the sport and make it a global enterprise. Michael Jordan, a kid from North Carolina, decided he was going to change the NBA and make it a global thing and, in the process, Jordan ended up being a global superstar. He didn't just say I'm going to be the best. His vision was bigger than that.

Fast-forward 10 years and there is a 12-year-old swimmer named Michael Phelps. I've known Michael since he was 8. Growing up, Phelps was a Michael Jordan fan and, at some point, read the Michael Jordan story and how Jordan set out to transform the game. This idea resonated with Phelps and, at the age of 12, Phelps said to himself, I'm going to change the sport of swimming. I'm going to change the way people think about the sport. He didn't say I'm going to win a gold medal or I'm going to do what Mark Spitz did (win seven gold medals in one Olympics). He said, "I'm going to change the way swimming is viewed." Whether or not he's done that is open for discussion. I do not know, but what he's done is unprecedented. To me, that vision, that goal of not just wanting to win gold medals, but I want to do "this", enabled him to win 8 gold medals in one Olympics, 14 Gold Medals in total and he's not finished yet! Does that make sense? There's a big distinction there.

When I look at club swimming and the pedigree of coaching here, I know for a fact that there is a vision. I am proud to have been a part of that vision and view my own club, KING, outgrowth the same vision. When I first arrived at KING the club was not very good. They were really good at the age group level, second behind this club, but, at the senior level, really not very good. There was one national qualifier and the fastest guy went 1:47 in the 200-yard freestyle. You don't need me to tell you, again, that's not very good!

I remember during my first year, it was right after a meet in the fall where we swam really, really fast and we sat down after workout and I said, "now you're ready to listen because we got to the point where you're surprised by your results. Your eyes have been opened." I said, "two people here today, within a year and a half, will be on a US National A Team." They all looked around and said, "did somebody join the team that we didn't know about?" I said, "no, two of the people who are here right now." It was something that just came to me in the moment, something we've (gestures to Coach Linck) used over the years, trying to project our vision onto our athletes. I continued, "it's really important to understand that to be great at something you don't have to be 'touched by the hand of Zeus'. It's not like all of the sudden the gods said, you're an Olympian and to someone else, sorry, you're not.

That's my idea in coaching, that things like determination are more important than perceived talent. Can anyone define talent for me? (long silence from the crowd) Don't everyone speak up at once! Talent? Anybody? (Nina Stitt, swimmer in the crowd) finally answered, "somebody who's really good at something". Exactly, the perception of being good, as if someone is naturally "good at something". Like they didn't have to do anything to be good. I think it's both. Yes, some people are naturally more gifted than others, but nobody is given the gift of being great. Greatness is something you work on. Greatness is achieved. Generally, in swimming and in most other sports, the view of talent is the same, you're good (Sean points to an athlete) and you're not good (Sean points to a different athlete). The view is that being good is predetermined. I don't share that view. I see talent as a series of strategies.

This is where we're changing the chapter of the topic of the discussion. The first topic is vision. If you don't have a vision for what you're doing you're not going to be great. You can be pretty good, but you're not going to be great and that's in anything. If you decide to go and start a company or if you're a



swimmer or if you decide to be a parent, whatever it is, if you don't have a vision for it you're not going to be great. Go home tonight and think about that for a while.

The second topic is the empowerment of strategies. Talent is using more effective strategies than other people and, those strategies; end up making success seem easy. Does that make sense? The beauty is and what most successful people do not tell you is that you can learn those strategies. How many people know things that they need to do to be a better swimmer? What do you know you need to do? It could be holding your breathing pattern. That's an easy one. (lots of chatter and laughter in the crowd as athletes offered up things they needed to be better at). Thanks for being honest! (even more laughter).

We're talking about being best in the world. Think about that...best in the world. . There are more than 7 billion people on the planet, being BEST IN THE WORLD is pretty freaking amazing! When you think about best in the world, you start thinking about things that us coaches say as a default "you got to come to practice; you got to work hard; you got to be tough," whatever these words are, you have to assume they are givens. You're will not even get into the "best of the world" conversation if any of those are an issue. You can be really good, some of you, if you have good strategies, but that's not enough to be best in the world because, you know what, the other people who are really good, will have good strategies and will be doing those items at a very high level.

We all have things we know we can do better and there are other things that we view as limitations, as an example, ankle flexibility. I swam short and was a terrible kicker, that's a bad combination (lots of laughter as many looked around to identify guilty parties in the group). That worked okay swimming short course, as long as you could jump, but that's about it. Ankle flexibility is a component of being a good kicker and is something, which over time, can be improved. Think about gymnast or a ballet dancer; the flexibility they have is amazing. The fact is that they were not born that way. If you have a younger sibling you may have noticed they can fall down the stairs and get up laughing because it doesn't hurt. They're like Jell-O. At some point, as we get older, we get a more rigid and our flexibility becomes more limited, but gymnasts and ballet dancers stay flexible or even increase flexibility because they what? They stretch. They practice at it! They practice at it a lot. With very specific focus, they practice at it.

So again, if you're looking at how do I get close to that "best in the world", look at it in terms of strategies. You know things you're not good at. You have a choice to say "am I going to stretch my ankles every single day, even if nobody else is". You have a choice to say "hey Linck I know you told me to do my breathing pattern in freestyle or to do this when I take a breath so I don't slip, but how do I do it better or get on me about it or yell at me until I do it right." Those are your choices. You might say, well it's the coach's job. As coaches, we meet you halfway. The more energy you have for your swimming the more energy we have for your swimming. I remember telling one of the best swimmers in the world, who was on the decline, at the end of his career, "why should I care more than you do, it's not my swimming?"

You've got your "vision"; hopefully you've created it at some level. Go back and really think about it. What are you trying to do? What would excite you? Those are the things put into "The Vision". What would you be proud of? What would you be proud of as a team? Once you've created that, if it's not already solid in your mind, then you look at your "strategy". Are my strategies inline with my vision? Strategies are the easiest place to look. When you're at this point in your career, no matter how fast you are right now, you're still in development. There are probably 10 to 15 things that you can do to get a lot better very quickly; when I say quickly I mean in the next six months to a year; even faster than that if you're lucky. If you're going to swim six more years at least, which most of you can, taking six months to get better at something isn't a very long time; especially if you're going to benefit from it for five, six or more years. Does that make sense?

The cornerstone to 'The Strategy' is honesty. Seriously, if you're not honest with yourself, it's not going to work. Be honest with yourself and take responsibility for your own success. Your coach can and will help you, but your coach cannot do it for you.

I have one last story for you about the power of "vision". Anybody know who Bob Bowman is? Bob Bowman is Michael Phelps's coach. Bob and I have been friends for years and, I know Bob and Linck worked together for several years in California and I'm sure he can relate to this story. I joined this club after moving from Baltimore, where Bob and I were friends, but long before anybody cared about either of us as coaches, as to date, there hadn't been much we accomplished. Fast-forward 10-12 years (this was roughly 2 years ago), he and I, were sitting there having a nice dinner. To that point we had both had an irregular amount of success that exceeded what we had imagined for our careers so many years earlier. At some point in the conversation, Bob mentioned how, 13 years earlier, he had written down, on a piece of paper, everything he envisioned in the team he wanted to coach. The accomplishments, what the team looked like, how they walked in the pool, how they practiced, what their attitude was like, what his demeanor was, what they were good at, what kind of things they accomplished, what they stood for, what was important, literally everything you could imagine. I told him, "Bob, I got ya beat" because I dream vision even earlier than had he. Like Bob, I wrote down everything, including many things I never truly imagined would come true. At the time, I figured, if I was going to dream, why not dream big: What I would coach like, who I would coach, what the team would look like, what was important, what we stood for and what we were going to accomplish. I just wrote it down, everything. I didn't put it up on the wall it's just something that occasionally I'd see, I put it in this book that I would go back to every now and then. I still have that piece of paper today, you know what, it all came true.

The more I've had good fortune to meet successful people, regardless of their profession; business people, scholars, athletes and coaches, having created such a document, early in their careers is a very common theme. They actually wrote down what they believed, what they wanted to achieve and what they were willing to do to make it happen. Therefore my message is this: Get your "VISION"...look at "THE STRAT-EGY"...see if they FIT...be willing to CHANGE and you can do anything...BELIEVE IT! YOU REALLY CAN DO ANYTHING!

I was excited to come back here! I have a lot of great memories here! Thanks for having me!