

WITH NATIONAL TEAMER

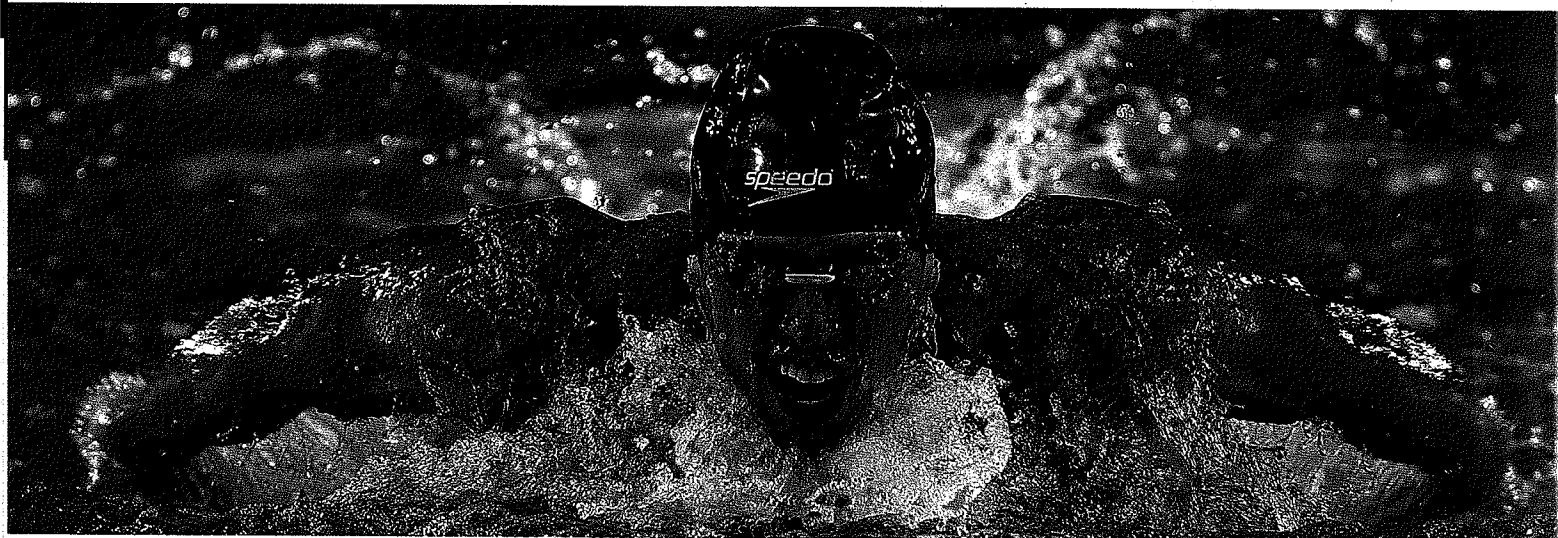
DAVIS TARWATER

by Bob Schaller

1 YOU ARE AS GOOD AS WHAT YOU PUT YOUR FAITH IN
In all three areas – spiritual, mental and physical – an athlete is only as good as the weight of his beliefs, knowledge and endurance. It is not merely enough to simply “believe in one’s self.” In a much broader context, you must fully buy in to the work you are doing, the coaching you are receiving and the choices you are making. When your faith is solid at a spiritual level, your confidence is high in the work you have done, your choices are positive and progressive rather than negative and self-destructive, only then can you truly believe in yourself. That kind of belief yields ultimate success.

recognize that it will never define who you are as a person. If it does, perhaps you should ask yourself if swimming is a substantive enough entity to define your personhood.

4 AN INSATIABLE WORK ETHIC CREATES GREAT ATHLETES; AN INSATIABLE WORK ETHIC WITH A DESIRE FOR TECHNICAL PERFECTION CREATES CHAMPIONS
Simply working hard will get you pretty far. In fact, the desire to work hard will get you further than most of your competition. However, if you do not commit to doing every aspect correctly, you will not achieve



2 AS SOON AS YOU KNOW IT ALL, YOU KNOW NOTHING
There are places in my career where I have conceded that I knew it all: my stroke was perfect and my experience sufficient. Once this realization set in, I stopped improving. A day should not exist where an athlete is done learning. Swimming is a sport in which success is a culmination of a thousand smaller pieces, all of which require dutiful work in order to become proficient. Not merely in sports, but in all aspects of life, an appetite for knowledge and the desire to be on the cutting edge breeds success.

your fullest potential. Pushing your body to its absolute limit should be an athlete’s daily mindset. But doing so by cutting corners will only get you so far, especially at the collegiate and post collegiate levels. The highest level of technical proficiency + the highest level of fitness = the highest level of success.

3 BALANCE YIELDS SUCCESS
Swimming is a solitary sport. It requires individual drive and the desire to work long hours with little social interaction. Swimming can take up such a large part of your life that it can meld itself to your identity. You are not a swimmer. Swimming is what you do and is merely a portion of what makes up who you are. Make certain you have other interests. Also make certain that you keep the sport in perspective. Try to smile. This is not to encourage you to lose focus or not to take the sport seriously, but merely a call to enjoy the gift that athletics is and

5 ADVERSITY IS A PREREQUISITE TO FUTURE SUCCESS, AND HARD WORK NEVER GOES UNREWARDED
Everyone who engages in sports has ups and downs. You will always hear clichés about standing back up after you get knocked down. However, more important than standing back up is applying the lessons you have learned along the way, then reapplying the work you have done and channeling it in a newer, more positive way. A boxer that just keeps standing back up without realizing why he has been knocked down will merely continue to get knocked down. Swimming is a sport about toughness and standing back up. However, it’s also about introspection and learning. If you learn the proper lessons from adversity, the hard work that you have banked will not go unrewarded.