

Motivational Quotes

By Aimee Schmitt

The following quotations are from my G.O.A.L. setting presentation at the NISCA 2000 clinic.

Get a Dream.

“The poor man is not he who is without a cent, but rather he who is without a dream.” —old proverb.

“Dreams are the fuel that motivates (us) to do the impossible.”
-- Dr. Alan Goldberg.

Instill Confidence.

“Many people believe that confidence is something that comes from the inside, but we probably develop confidence from the models we have around us—that confidence really comes from the outside. If we have coaches, parents, teachers and instructors that model confidence in our abilities and let us know that they think we can do good things, slowly their confidence in us becomes internalized.”
—Dr. Mark Andersen, Melbourne based Sports Psychologist.

“A teacher affects eternity; he can never tell where his influence stops.”
—Henry Adams, 19th Century Historian.

Lead by Example.

“It is difficult to lead where you yourself are not going—it is imperative that you embody those principles which you wish to instill within other people.”
--George Matheson, “*Winning Thoughts*”.

Set Goals

“Setting short and long term goals each day creates a road map for your life. You identify where you’re going, focus your mind on getting there, and avoid many wrong turns.”

--*Bottom Line Magazine*,
“*How to manage your mind;*” August, 1998.

Make a Plan

“Make a complete training and competition plan. Make progressive goals for training performances as well as swim meet performances. Select meaningful competitions throughout the year that raise your comfort level to race against competition better than yourself...”

--*Mark Schubert, 2000 Olympic head coach;*
October, 1999; Splash Magazine.

Relate Goals to training.

“I’ve set up specific time goals with each athlete, and we are working on the process of achieving those goals on a weekly basis. Which means that we have specific sets that show them they have what it takes to swim faster than they ever have before. It is real important to connect training to competition.”

--*Jonty Skinner, Resident Team Head Coach*
February, 2000; Splash Magazine.

Teach Self-management skills.

“For the most part, the factors that relate to things the athletes did that helped their performance are controllable. It is critical that the athletes have an awareness

of what they need to do...having skills to self-manage is critical.”

--*The Science and Art of Coaching, “Factors impacting performance at the Pan Pac Championships”*; February, 2000.

Visualize it.

“One of my goals is to be able to visualize and go through a pre-race routine everyday.”

“I focus on keeping my thoughts together and how I’m going to do in the race, especially on what I’m going to do the first 50...”

--*The Science and Art of Coaching, “Mental Readiness”*; December, 1998.

“Picture the race, where the opponents will be, what the crowd will sound like, the temperature and taste of the water, how the atmosphere will smell, the electricity of the moment, and what it will be like to touch the wall first. I guarantee you it will elevate your heart rate and blood pressure!”

--*Ryan Berube, 1996 Olympic Gold medalist*; February, 2000, *Splash Magazine*.

Practice Good Habits.

“To have a positive mental attitude, you must develop a solid, success-oriented, ‘I will’ philosophy. This does not happen overnight. A positive mental attitude must become an ingrained habit..”

--*Bottom Line Magazine, “How to manage your mind”*; August, 1998.

Pay Attention to Details.

“Only those who have patience to do simple things perfectly, will acquire the skill to do difficult things easily.”

“Repetition builds habit, habit builds confidence.” --*Auburn training room* .

“Everyday I ask myself before getting into the water, ‘what are you going to do today to make yourself better?’”

--*The Science and Art of Coaching, “Mental Readiness”*; December, 1998.

Get a Perspective.

“If you don’t learn to be happy without an Olympic gold medal, you can’t be happy with one.”

--*Mark Schubert, 2000 Olympic head coach*; October, 1999; *Splash Magazine*,

“The greatest reward for a person’s efforts is not what they receive, but what they become.”--*Ralph Waldo Emerson*

“Athletics are not very important unless you are learning more about yourself, growing as a person, and learning how to work with others to make this world a better place.”

—*Richard Quick, 2000 Olympic Head Coach*; October, *Splash Magazine*.



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