

PRACTICE

Visualization



Let's get to work on creating some world-class visualizations. In the below worksheet write out some notes for each stage of the PETTLEP model.

Physical. What are you wearing? Seems goofy, but doing something like sliding into your racing suit, or putting on your goggles can help strengthen the associations.

Environment. Where are you? What does the pool look like? Are you familiar with this pool?

Task. What are you doing? Remember—your visualization efforts should be at the top end of your abilities. Realism makes it stickier. Be a visualizer, not a fantasizer.

Timing. How long does it take? Remember Megan Jendrick's use of a stopwatch?

PRACTICE

Learning. For practice-based visualization, are you learning and growing your skill set?

Emotion. What are you experiencing emotionally? One of the biggies in mastering your performance in the water is understanding your ideal zone of performance (more on this in part three). What kind of emotions are you experiencing before you get up on the blocks? In the water?

Perspective. From what perspective are you viewing your performance?

Couple it. Strengthen the connections of the visualization by performing the movements that you are visualizing. How many dolphin kicks will you do? How many strokes per length? How ready are you to close your eyes and wave your arms through the air in the name of higher performance?
