

Fall 2025

THE CURRENT

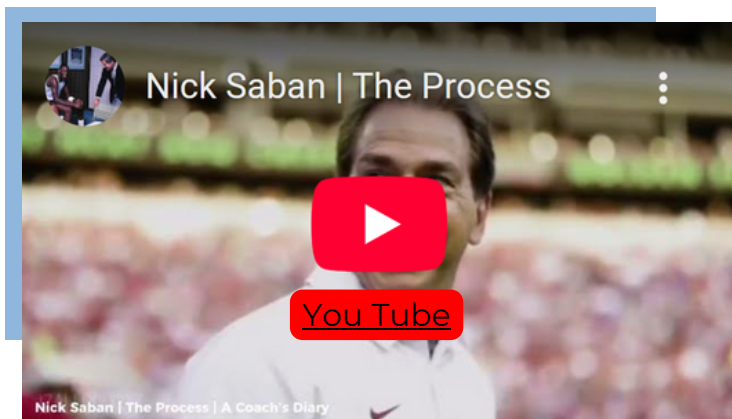


Champion's Training



The Process

*This phrase is thrown around a lot.
Arguably overused, but what does it mean?*



In swimming, excellence stems less from scoreboard results and more from embracing “the process” - daily discipline, mental toughness, and technical growth. While records may impress, it’s the steady effort, personal breakthroughs, and connection to the craft that truly shape an athlete. Focusing on the process brings fulfillment through each stroke, skill, and moment of growth beyond any single race.

Coach Nick Saban hardly needs an introduction. Whether you're a fan or not, his approach to leadership and performance offers valuable lessons, both in the pool and beyond. His success at Alabama isn't surprising when you consider what elite coaches across all sports consistently do well:

1. *Detail-oriented.*
2. *Simplify the steps.*
3. *Communicate how to get there.*



In the video link, Saban emphasizes the importance of ignoring the scoreboard and focusing instead on the details. That mindset leads us to a powerful question in swimming: What if, as coaches, athletes, or parents, we focused less on the times that pop up on the scoreboard, and more on “The Process”?



QUESTIONS TO ASK

Athletes, self-reflect on these questions:

1. Have I checked in with my coach (before & after race)?
2. Have I put in enough time and effort to see improvement?
3. Is there anything I am doing before or during my race to hinder outcomes?

EXAMPLE

Am I Drinking Water?
Did I Warm Up?
Am I focused on the Outcome (scoreboard), or the process?



Parents,
Ask your
athlete
these
questions:

1. What was your favorite part of the competition today?
2. What are you most proud of **OR** What did you learn/try today?
3. What was the biggest challenge you faced today?



Athletes had fun and swam fast at AQTX meet Sept 19-21 in Round Rock. Hard work pays off!