

Winter 2025

THE CURRENT



Champion's Training

Growth Mindset

Encourage Athletes to Embrace a Progress-Oriented Outlook



Key Takeaways:

- **Praise effort this week.**
- **Normalize mistakes.**
- **Focus on the power of yet.**
- **Model growth mindset yourself.**
- **Create safe space for risk taking.**



Listen While You Wait for Your Swimmer



Interview with the mother of Olympians Alex & Gretchen Walsh describing the difficult balance of raising competitive athletes.



In athletics, the essence of success lies not in innate talent or instant victories, but in the unwavering belief that growth is always possible. Each challenge becomes an opportunity for progress. The growth mindset compels athletes to see setbacks not as failures, but as feedback, guiding them toward refinement and resilience. It's about understanding that mastery is built through effort, curiosity, and persistence rather than perfection.

With each practice, every lesson learned, and each moment of discomfort embraced, athletes can use a growth mindset to cultivate a spirit that values effort over winning. In doing so, they not only elevate their performance but also develop a deeper appreciation for the lifelong journey of improvement that sport and life itself offers.



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CALL TO ACTION

Parents,
Ask your athlete:



Tell me about a time that something that didn't go the way you wanted (like getting DQ or trying a new race strategy), but you were able to grow from that experience?



Upcoming
Meets:



LSAC Graceland
Dec 5-7



WOW Hot Chocolate
Jamboree
Dec 13



Championship
Season is around the
corner!