



PSYCHOLOGY OF SWIMMING

LECTURE 1: "The mind is the athlete. The body is just the means." (1h lecture)

In this lecture we will discuss the need for a new paradigm, a shift in perspective of what it is swimmers are really training: the body, the mind, or both?

a.) What has been the main focus of coaching so far, and why that needs to change?

All of the conversations we have today are 'physical. Every direction, every guideline, every analysis is physical. When the physical doesn't turn out as well, we go back to fixing the physical details. Yet what we value most are intangible characteristics- dedication, trainability, focus, confidence...etc.

On top of all the physical we form 'over-thinking athletes.' We make them think more than feel. Ironically, when they race (the ultimate timing to show what they know) we expect them to turn off their minds and race- "just go and have fun..don't think, just race."

b.) What is the main role of a coach?

c.) How do you build a confident training environment? We need to relieve the fear, anxiety and pressure that are present in our sport. How do we let go of expectations and include more fun?

d.) Question: "What if tomorrow you come to the pool to only train your mind?" (question for both swimmers and coaches).

We'll discuss what the mind trains during practice? How about swimmers minds outside of the pool environment?

LECTURE 2:

Part 1: Why train the brain? (1.5h lecture)

- Where to start when it comes to mental training? What are we actually training?
- Understanding the brain, the muscle that drives the body. Neuroscience of resilience and impact of awareness training on swimmers performance. (This part includes my research with Navy Seals, Marines and Olympic Athletes in the U.S.)

It is very important for coaches to understand mental toughness/resilience- what is it really? How do we train it? In order for them to train their kids more efficiently they need to understand a swimmer's mind and how it functions. Lot's of typical swimmer examples will be discussed. My personal experiences will also be added.

Part 2: Introducing practical and relatable psychology in the swimming world.

How can coaches and athletes train their brains for optimal performance?

- Presentation of my '*Between2lanes*' 5-week mental training program: layout of program + type of content. We will be discussing 5 mental training topics:

- Breath Awareness
- Thought Awareness
- Body Awareness
- Attitude Awareness
- Visualization

- I will also present mental training prompts in practice for both coaches and swimmers (mood marbles and mental training clocks). Inclusion of 'swim streams' during practice (mentally rehearsing dives, turns, race-pace sets..setting mental intention ahead of time).



SARA ISAKOVIĆ is an Olympic silver medalist (200 freestyle), with a masters degree in performance psychology. She is a published researcher in neuroscience, a TEDx speaker and a certified practitioner in hypnosis. Sara's passion is to equip swimmers, world wide, with necessary 'mental equipment' to help them perform optimally and achieve their dreams.

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