

## 10 Motivational Swimming Quotes

<http://www.yourswimlog.com/10-motivational-swimming-quotes/>

As athletes we all have days where the last thing we want to do is go down to the pool, strap up, and pound out 5,000 meters. While the following might not cure injury or illness, the list of motivational swimming quotes outlined in this post are designed to help you curb the biggest practice-killer of them all... insufficient motivation.

Without further ado, here are 10 quotes (plus some thoughts of my own on selection and interpretation) to get you fired up for your next practice/competition–

### 1. I only fear not trying.

Simple, and yet profound. Living a life without regret should be the true aim for each and every one of us. And that includes our swimming. Looking back on our swimming days and wondering “what if” can be a life-lasting and agonizing experience. It’s why you see so many comebacks in the run-up to the Olympics.

Don’t wonder what you could have done with your swimming, and instead resolve to live regret free with your swimming.

### 2. The greatest pleasure in life is doing what people say you cannot do.

The reality is an overwhelming majority of people have no idea what they are talking about. While it is inevitable that the perceived authority of a select number of people close to you – whether it is a family member, coach, friend – may have some impact on you, do not allow others to dictate what you are capable of. Ever.

### 3. Be a yardstick of quality. Some people aren’t used to an environment where excellence is expected. – Steve Jobs

Being a kick-ass swimmer is about much more than setting records or winning gold medals. It is about being part of an environment that fosters and encourages success for not only yourself and the swimmers in your class, but the ones coming up behind you.

Establish a culture where excellence is common-place, and the impact will ripple far outside the pool deep into people’s lives long after they have hung up the bathing suit.

### 4. The price of excellence is discipline. The cost of mediocrity is disappointment.

Discipline gets a bit of a bad rep. When you hear the word your first thoughts tend to flutter to the stereotypical 1960’s conservative dad, sporting black horn-rimmed glasses with the short sleeve white dress shirt, cracking his belt in his hand. Not pretty.

But in reality, discipline can be your best friend, because once you harness it, discipline becomes easier and easier to use. Disciplines form habits, and habits are what makes champions. Don’t shy away from being a self-disciplined athlete, embrace it.

### 5. The harder you work, the harder it is to surrender. – Vince Lombardi

Hard work is an investment. Not only is it the blood, sweat, and tears that you pound into that pool on a daily basis, it is accumulated wealth. What I mean by that is once you have stockpiled hard work, once you have begun to travel down the path to success, it becomes much harder to turn around and go back. Put in the hard work and you’ll discover that you are in it for the long haul.

## **6. If it's important to you, you will find a way. If not, you will find an excuse.**

We are imperfect in a lot of ways, but one of the ways that we truly excel is in finding excuses. Sometimes we pull the old and tried out of the toolbox ("I'm tired", "Don't feel like it") and then other times we unleash our inner creativity and find some new and just-as-effective manner with which to delay starting action.

Sometimes you need to just get of your head, get out of your own way, and get down to it.

## **7. There is no substitute for hard work. – Thomas Edison**

We live in a world that plasters us with daily messages promising us short-cuts. Nowhere do you see this more incessantly than in the fitness and wellness market. The promises of Six Minute Abs, losing weight by eating like crap, and so on. We are being marketed solutions that are almost always too good to be true.

The path to success isn't a pretty one; it's rife with obstacles, failure and a metric ton of hard work. But it is precisely that it is so laborious and challenging that so few decide to embrace the work required to climb the summit of swimming excellence.

Be one of the few.

## **8. Procrastination makes easy things hard, hard things harder.**

How often have you set yourself an audacious goal, wrote out a plan to achieve it, and then simply not gotten started on it?

If you are like most swimmers, probably at least a few times, right?

Intentions are nothing until they are acted upon. Don't let your best intentions go to waste by not taking the first step towards achieving them. No matter what your goal is – crushing your best time, swimming a 10k straight, or winning Olympic gold – whatever it is, start today. Heck, start right now. Not tomorrow, not next week, and certainly not when you "feel like it."

## **9. If you're going through hell, keep going. – Winston Churchill**

Times will be tough. There are bouts in life where we feel in over our heads, sinking in a pool of quick-sand while our ambitions and plans plummet into the depths of the sand next to us, just out of our reach. Brave these moments, for they are not only temporary, but it is precisely these moments that separate champions from B-finalists.

It's not what happens in the pool when you feel great and up for everything, what truly makes an athlete elite is the decision to forge through the tough times and not let anything stand in their way.

## **10. We are what we repeatedly do. Excellence, then, is not an act, but a habit. — Aristotle**

I saved this one for last because, well, it's my favorite. The moment you decide to do everything with excellence is the exact moment that things will turn around. Things might be bumpy at first – change always is – and there will be some moments where you will want to sag back into the comfortable and well-worn sweater that is mediocrity, but nothing will improve your swimming more than adopting this adage.

Living with excellence as a habit doesn't mean being the very best at everything. That is a silly, unrealistic ambition that is a hop, skip and a jump from being blindingly demoralized. Instead, adopting the habit of excellence means that everything you do is to your best. Not perfect, not spotless, but to the limits of your ability.

For swimmers – and athletes in general – this means living a life that is consistent with your goals. You cannot realistically commit to being elite – whatever that means in your particular case – and eat McDonalds twice a day, not get regular sleep, go out on the weekends, and so on. Don't talk about your goals, be about them and actually live them out.