

Performance Lifestyle: An Introduction



What is a Performance Lifestyle?

A performance lifestyle is leading a life where you have the ability and skills to manage your own individual environment effectively to ensure that your swimming and non-swimming lives compliment each other to benefit you and your performance.

Why is it important?

A performance lifestyle is important because success is not just about what you do in the pool or gym. By developing yourself as a person in other ways it can have a positive impact on your performance, life outside of swimming, and help you to develop a future career at the same time.



How can you lead a performance lifestyle?

There are many things that can contribute towards leading a performance lifestyle; here are 8 top tips....

- **Be professional** by displaying the appropriate behaviours for an athlete that wants to be successful in and out of the pool.
- **Be resourceful** to find what you need to know, and when, by using different ways of researching and communicating with others.
- **Balance commitments** effectively so that your life outside of swimming is a positive distraction and actually compliments what you do in training.
- **Be independent** so that you take responsibility for yourself and how you develop as a swimmer and a person.
- **Understand yourself** by exploring your strengths, weaknesses and interests to allow you to be the best you can be in and out of the pool.
- **Manage your network** by building and maintaining effective relationships and communicating appropriately with others.
- **Deal with change** effectively through recognising and embracing transitions that allow you to grow as a person.
- **Manage your environment** to allow you to thrive as a swimmer and as a person by ensuring you have everything you need in place to be happy and successful.



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What contributes to a Performance Lifestyle?

A performance lifestyle can be made up of a number of aspects that will all contribute towards developing you as a person and a swimmer...

Life Skills

- **Communication skills**, face-to-face, in small/big groups and in different environments, via different means (phone, email etc.)
- **Planning**, identifying your goals and putting short, medium and long term plans of how you achieve these in place.
- **Time Management & Organisation**, effectively managing your schedule by using a preferred tool or method to make the best use of time.
- **Managing Personal Finances**, understanding your income and how to manage a weekly/monthly budget.
- **Networking**, identifying the people that can help you, building relationships and managing your network effectively.
- **Dealing with Media & Public Speaking**, using social media appropriately, developing presentation skills and understanding how to work with the media.



Education & Career Development

- **Balancing education & sport**, having the commitment, skills and tools to manage both schedules effectively.
- **Education choices**, making the right choices based on your interests, what you want to do in the future and what fits well with your other commitments.
- **Career planning**, having a plan in place to develop a successful career alongside swimming.
- **Work/Voluntary experience**, seeking opportunities that excite you, fit well with your schedule, develop you as a person and have a positive impact on others.
- **Personal development**, using learning experiences and interests outside of the pool to help develop the qualifications and skills you need to be successful personally and professionally.
- **Job Preparation & interview skills**, developing a C.V and knowledge of how to apply for jobs.

