

THE ONE WHERE IMAGERY BECOMES REALITY

IMAGERY IS USING ALL OF ONE'S SENSES TO CREATE OR RECREATE A PERFORMANCE EXPERIENCE

BELOW IS AN EXAMPLE OF AN IMAGERY SCRIPT WITH A SWIMMING FOCUS. EACH IMAGERY COMPONENT IS COLOR-CODED (PHYSICAL, ENVIRONMENT, TASK, TIMING, LEARNING, EMOTIONS, PERSPECTIVE) AND FURTHER EXPLAINED ON THE BACK PAGE.

Picture yourself walking into the building of your next meet. Imagine the path that you take from the front door all the way to the pool. Imagine walking into the locker room. How is it laid out? How does it smell? Imagine getting changed into your suit and imagine what that feels like. Now, imagine walking onto the pool deck. Imagine the smell of chlorine as it fills your nose. Imagine heading over to your team and starting to stretch. Bending and twisting, your muscles tense and relax. You lock eyes with your starting block and head over to the pool. You can hear the murmurs from the crowd.

It is time for your race. Imagine any anxiousness you may be feeling and the excitement before you begin. Imagine stepping up behind the block and hearing the noise from the crowd starting to die down as you hear the first four whistles. You see the clear, blue pool water as you get on the block. Your right foot is in line with your right shoulder, and your left foot is in line with your left shoulder. The crowd is hushed, and the block is solid under your feet. Imagine bending your knees as you hear a loud "take your mark." You take a deep breath and hear the final beep.

Imagine diving into the pool in a full streamline position and feeling the water splash your face as you hit the water. Imagine feeling what it is like underwater, swimming, and kicking until you come up and start your breakout stroke. Imagine every stroke, one after another, pacing yourself until you are ready to speed up for your turn. See yourself gliding through the water until your feet are past the turn. Now breaking out, again imagining every stroke. Look ahead and seeing the flags before the finish. Taking your last breath, you prepare to finish fast and strong, faster than ever before. Imagine cutting through the water as you stretch to reach for the finish. Feel the solid wall beneath your hand, pull your head out of the water, and hear the roars of the crowd.



While negative scenarios can creep into imagined experiences, the goal of imagery is to facilitate positive outcomes.

INDIVIDUALIZE YOUR IMAGERY

USING THE PETTLEP COMPONENTS BELOW, RECREATE YOUR BEST PERFORMANCE OR CREATE A FUTURE PERFORMANCE AS HOW YOU WANT IT.

P: PHYSICAL- INCORPORATE PHYSICAL AWARENESS USING ALL SENSES

P: _____

E: ENVIRONMENT- DO IMAGERY IN THE SAME ENVIRONMENT

E: _____

T: TASK- CARRY OUT SKILLS WITH THE SAME THOUGHTS, FEELINGS, AND BEHAVIORS

T: _____

T: TIMING- PORTRAY THE SAME SPEED AND PACE OF THE TASK

T: _____

L: LEARNING- USE A REALISTIC, DESIRED SKILL LEVEL

L: _____

E: EMOTIONS- EXPERIENCE THE SAME EMOTIONS

E: _____

P: PERSPECTIVE- WATCHING YOURSELF PERFORM FROM AN INTERNAL (FIRST-PERSON) OR EXTERNAL (THRID-PERSON) VIEW

P: _____



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