

**OUTLINES FOR PSYCHOLOGICAL CONTENT FOR USRPT:  
PARTS I AND II  
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**Part I**

This first section of the workshop focuses on the mental and physical activities that should be performed prior to the start of a swimming race. Each element is backed by scientific studies that illustrate the performance-enhancement qualities of the activities that are presented. What is described comprises the Pre-race Strategy for swimming events and their adaptation for particular swimmers. Planning this strategy is akin to writing a script of the mental and physical actions that should be followed without distractions right up to the start of a race. Swimmers are expected to develop and learn the pre-race strategy. Coaches are expected to provide opportunities to practice the developed strategy at frequent training sessions. A workbook is provided. The audience is expected to take notes in the appropriate sections of each topic in the workbook. Hopefully, that will enhance the retention of the content that is presented. When the coach is confident with the material, a teaching schedule for imparting the knowledge and practicing elements of the pre-race strategy should be developed.

**Part II**

The second section of the workshop focuses on the mental activities that should be performed during a race. Each element is backed by scientific studies that illustrate the performance-enhancement qualities of the activities that are discussed. Some of those studies are presented. When expected of a swimmer, the outcome of this activity should be a separate Race Strategy for every important event for the individual. The content of these strategies should be practiced at training when a USRPT set for a specific event is performed. Any thought content that occurs but is not discussed in this webinar is a distraction which most likely will interfere with performance rather than enhance it. A workbook is provided. The audience is expected to take notes in the appropriate sections of each topic in the workbook. Hopefully, that will enhance the retention of the content that is presented. When the coach is confident with the material, a teaching schedule for imparting the knowledge to swimmers and practicing elements of race strategies should be developed.