

# Competition Week Visualisation Guide

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## What Is Visualisation?

Visualisation (mental imagery) is creating a clear, detailed mental movie of yourself performing successfully. You imagine your routine, figures, lifts, timing and transitions step-by-step while staying calm and focused.

You use your senses: see the pool, hear the music, feel the water, notice your breathing, and feel strong and confident.

## The Science Behind It

Your brain struggles to tell the difference between something vividly imagined and something real. Brain activity is very similar when you imagine a movement and when you physically perform it.



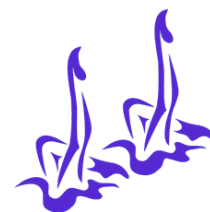
Research has shown up to a 30% improvement in coordination in athletes who practise visualisation regularly. Athletes who use visualisation report up to a 38% reduction in competition anxiety.

## How It Helps Artistic Swimmers

- Builds confidence and self-belief
- Improves focus under pressure
- Speeds up skill learning
- Helps manage nerves before competing
- Makes competition feel familiar – like déjà vu

**“Performance is déjà vu for the prepared. Visualisation writes the script – when pressure is loud, your rehearsed mind is louder.”**

# Two Ways To Practice Visualisation



**LONDON REGIONAL**  
*Artistic Swimming*

## 1. Process Visualisation

Mentally rehearse each movement carefully. Focus on body position, timing, height, tight legs, pointed toes and strong sculling. Play your routine music, close your eyes and visualise yourself swimming it perfectly.

## 2. Outcome Visualisation

Picture yourself finishing your routine proud and smiling. Imagine achieving your goals and feeling successful.

## What Do Elite Athletes Do?

Many Olympic athletes work with sport psychologists and use visualisation as part of their training plan. If it is part of a winning strategy at the highest level, it can be part of your strategy too.

## Hebb's Law & Brain Training

Hebb's Law says: neurons that fire together, wire together. When you visualise consistently, you strengthen the brain pathways linked to skill, confidence and focus.

Because your brain can change (this is called neuroplasticity), you can train your mind, just like you train your body.

## How To Practice This Week



- Find a quiet space and close your eyes.
- Take slow breaths and relax your body.
- Engage all your senses – see, hear and feel the pool environment.
- Rehearse your routine clearly and confidently.
- Practice for 10–15 minutes each day in the week before competition.
- Make it detailed, positive and emotionally strong.

**When competition day arrives, your brain will feel prepared and ready**