



# PVS ATHLETES NEWSLETTER

## SELF EFFICACY

Self Efficacy is defined by Albert Bandura as "the belief in one's capabilities to organize and execute the courses of action required to manage prospective situations." Some of us may have heard this word thrown around in an AP Psychology class, but what does this mean for the sport of swimming?

As we begin to return to competitions, it is evident that we will be navigating a completely new situation, and with that can come a lot of stress and pressure to perform well. This pressure can weigh on us as athletes, and in practicing a positive self efficacy, we can avoid the negative mindsets we may find ourselves in.

This year has been full of many up and down's, and as far as training is concerned, many of our practice schedules have been altered or shortened in an effort to meet COVID-19 guidelines. However, as swimmers, we must keep trust in ourselves and our ability to improve despite these difficult circumstances.

At our December Athlete's Committee meeting, we discussed ways we can improve our self efficacy. Some of things we decided we could do were as minor as boosting the moral at practice. Other ideas included writing down where we want to be in a period of time, or setting a goal for each practice, even if is small.

This year has been difficult for all of us, but as we enter 2021 and the competitions that hopefully come with it, it is important to practice self efficacy in an effort to control our attitude and behavior towards the sport. What can you do to improve self efficacy every day?

## INTERESTED IN GETTING INVOLVED?

If your are interested in getting involved in PVS, consider joining the PVS athletes committee! You can reach out to us via our sources below!

Instagram - @pv\_athletes\_committee  
Senior Rep Molly Kennedy's Email -  
molly.a.kennedy11@gmail.com  
Junior Rep Sophie Elliott's Email -  
sophiecelllott12@gmail.com

## NAUGHTY OR NICE WORKOUT

Here is a fun dryland workout for the holiday season! Roll a dice, and if you land on an odd number, pick from the "naughty" workouts, if you land on an even number, pick from the "nice" workouts. Roll as many times as you would like!

### NAUGHTY

- 20 Burpees
- 20 Jump Squats
- 50 Jumping Jacks
- 1 Minute High Knees
- 1 Minute Plank

### NICE

- 1 Minute Childs Pose
- 10 Hip Bridges
- 10 Reverse Lunges
- 20 Crunches
- 30 Second Russian Twist

## PVS ATHLETE'S COMMITTEE GOALS

The PVS Athlete's Committee is working to continue developing itself in an effort to represent all voices within our LSC. Recently, we developed a mission and vision statement to help us achieve this goal. A mission statement is a commitment we hope to practice everyday, a vision statement is a commitment to a goal we hope to achieve in the future!

### MISSION STATEMENT

**The Potomac Valley Athlete's Committee is committed to being reflective of our swimmers by providing a voice for all athletes and building a community based on a shared love of competitive swimming.**

### VISION STATEMENT

**The Potomac Valley Athlete's Committee pledges to reach and inspire a diverse population of athletes in order to foster an environment where all feel safe, included, and valued.**