

HCT Changed my Coaching Career and Personal Life

Description:

I have been a dedicated competitive swimming coach for 30 years. I was fortunate to experience two of my swimmers making the Olympic team, one of which was a medalist at the Seoul Games in Korea in 1988. Two years ago I met Alaya at HCT1 and came to the realization that I have a heart and that I could see and feel life differently for myself. My life was changed forever. It was at HCT2 that it hit me what a profound impact this process could have on the children that I work with. How might I incorporate HCT in my coaching philosophy?

We started in a very innocent way introducing the basic principles of HCC and experimenting with these experiences in the water. We now have some kids purely swimming in their heart and working with sound improves skills and reduces fatigue levels while training and racing. I feel enthusiastic that we are moving forward with Heart Centered Swimming. I feel confident that through heart-filled intention and openness to further exploration, we could have a profound impact on coaches of all sports. Working in a Loving way has challenged my own personal growth and has reduced the life stresses that we all put on ourselves. Creating change in people's minds is always challenging, but very much worth the effort. I look forward to the continuing Journey that Heart Centered Swimming and living fully in my Heart Brings to my own life and lives that I connect with.

Basically, when the kids are in their heart space and using sound they can:

- Improve their stroke position floatability
- They can reduce increase speed using sound – therefore fatigue is not really present
- Their swimming races can reflect when they are in their heart and not. Their splits (times time per length) can indicate when they were in or out of their heart.

We've done tests where I get the kids to do vertical kicking holding an object above water. When in their heart, there is very little noise in the water. In their heads... the total opposite, we hear grunting, and lots of water noise.

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