

All On Sports



Leonardo Mora
Draft

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Table of Contents

Prologue	4
Why this book?	5
Introduction	7
Chapter I	8
Coaching	8
Mental	9
Motivation	9
Strategy	10
Well Being	10
MindFullness	10
Distractions	10
Technique:	10
Schedule	11
Nutrition	12
Chapter II	13
Physical Therapy	13
Chapter III	13
Modified Gym. Gym Exercise:	13

Prologue

To my wife Lucia, Daughter Isabella and Son Sebastian.

In my previous book Series The Mighty Power, I explored and created the concepts behind Knowledge and Wisdom. It included the plan to raise humanity's consciousness so we are able to become an interplanetary species.

This book was inspired by the lack of information about key things in life that if we all knew about it , we would be better off and not get hit by setbacks, for example, not reading a contract that spells you are giving away your rights forever. It has happened.

Why this book?

Talking with friends and family, I realized that there is not much information about how sports in the United States work. This book is intended to change that, and give athletes and mostly parents a guide into what it takes to practice a sport at a competitive level. Yes, if you start early you have a certain advantage, but people with the correct attitude and drive (Hunger) can also reach competitive levels with the right approach. This book touches on certain aspects of sports, but will not dive deep into each of them, as the intention is to give a general overview of concepts, so that the reader understands the basics and at least prepares himself in a better way for this journey. I started when I was young, played many sports but never at a competitive level. With my daughter and son, we started early to put them in the water for them to learn swimming. The first thing we did was to teach them how to dive under the water. That way they would learn to hold their breath and quickly grab a toy on the pool floor, and come back out of the water.

Then, we paid for some lessons with an instructor. The instructor quickly realized that my daughter had a talent for swimming and called the team coach for her to look at the young go back and forth the pool. The coach after looking at her asked us if it was ok for my daughter to swim in the team. We said yes.

With my son, it was the opposite, but he always wanted to do whatever his sibling was doing, so he started swimming as well but it was not easy. We had to try various teams, he did not like some of them, and my daughter decided to switch teams, so they both had to be on the same group, so he had the worst side of things, he had to adapt to whatever team my daughter wanted to go. Funny, but my daughter ended her senior year on the same team she started 10 years ago.

Introduction

Have you ever wondered how competitive sports work?

This book is about life lessons, tips and tricks, and a good dose of experience we had to endure throughout many years of practice and competition, mainly in swimming and tennis, but some info on triathlon as well.

I follow the previous book's strategy where I create a concept of how I see various elements working in conjunction on sports to give you a sense of what it is, and what it takes to become a real champion. I do not make any statement that these concepts will work in any other sport, but I think they come very close. Each sport has its own rules and I am no expert outside of swimming, tennis and mountain biking, so make sure you check with your Pro and Coaches before trying anything new for you or your kids.

If you start early in life, say with your kids, then you will have some advantage, but you have to be very careful, because as they grow up and the practices become more intense, some kids will tend to injure themselves, in this book I talk about those stages and more.

Chapter I

CS Diagram



- This is my main idea about how competitive sports work. The coach is at the center of things, we have the mental aspect of it, called it psychology which is key in highly competitive environments, then technique which is what you need to learn and memorize to really excel, then you have nutrition, because without proper gasoline you can only go so far, Physical therapy, because you WILL get injured at some point, and you need to properly take care of it, or you will have to stop the sport. Mod Gym is a new term I use for modified Gym practice, where you use the gym not just to lift weights, but to fully mimic your sport, and train your muscles with similar movements and rotations. We live at the center of what we can call swimming's greatest power, which is the US in the olympics. And in this book I share my insights of what we've learned so far being here.
- Coaching
 - Recreational

If you are doing a sport mainly for recreational purposes, and not at a competitive level, then you do not need a coach. You can continue reading to find out more about CS.
 - Competitive

If you are serious about doing a sport at the highest competitive level possible, then you really need a coach and the above elements. This book will tell you why.

It is crucial for parents not to step in the coach's area, but at the same time motivate their children's mental ability. Let me explain: you need to instill hope and that anything is

possible to your kid. You need to set milestones for them. Do you want to play at college level? Do you want to become a pro? The earlier you define the goal, the sooner they will have the “WHY” clearer. As a parent if you look at every possible way not to do things, your kids will follow. Example: at age ten I told my daughter that the reason she was swimming was because she would swim for Stamford some day. To my son I told him you will someday beat the number #1 player. They kept those phrases permanently in the back of their heads. We parents are the enablers of their potential. They just need to walk the path we set. Also we push our son to play tournaments and matches with different people in tennis as much as we can. If they only practice and do not compete, it is like reading a book about riding a bike and never actually do it. There will be many times your kids will want to quit, do not let that go easily. Push them a little to keep going. I’ve seen many cases where parents did not push, and their kids later complained to them with regret as to why they let them quit. Recently my son played a tournament and lost two matches. He wanted to quit. Parents? Be on the lookout, because this is the specific time where you have to act. Wait a little until the anger is gone, and start motivational talk. We love Jim Kwik videos where he explains the power of the mind. We watched them with my son, and talked to him about lessons in life, and this is one of those, where you fall, then you need to observe and learn, get back up and fight, or continue pedaling that bike. It does not matter how many times you fall, as some say, falling is part of being successful in life. It is a GOOD idea to

have sports counseling in case you need it. Especially if your kid refuses to talk. Our son when asked why he did want to quit, he would say "I don't know". For me, it is crucial that they talk and get out all their frustrations. Another aspect in my son's mind is that he thought that by losing, he would never go to college. This is auto building a ton of pressure because he wants to progress so badly. One way to take that pressure off his shoulders was to suggest that he could take a gap year, and play tennis in South america. His face completely changed after that. In swimming, you see this quitting anger all the time, and many parents are successful in not letting their kids give up (Easily and non easily). It is very important for athletes to learn about this quitting situation and continue pedaling (Only caveat to quitting is if they are badly injured, but still , when they recover they should be motivated to continue.).

- **Mental**

- Motivation

Coaches are necessary for multiple reasons, one of the main aspects is to deal with motivation. Now, there are good coaches and bad coaches. You need to be careful on how to pick your coach. My daughter swam in multiple teams all her life, and each coach was different so are their strategies. I have a friend who has a terrible coach. So be aware. I've learned that a good coach is one that when you fail they remain silent, but when you win, they will be your biggest cheerleader. The coach is your mentor and guide, someone that spots your strengths and weaknesses and knows the

path to success and will put you on that path. Coaches need to be creative when something is not working, then teaches you a different way of trying things. Coaches never get discouraged and will be your best friend for the years you practice with them. They know learning a sport is a process and it takes ridiculous amounts of patience and perseverance to get to the top. I always say that patience is a couple of steps below omnipower.

- Strategy
- Well Being
- MindFullness

- Distractions : In sports like tennis, playing in a competition with twenty people cheering for you or the opponent can be severely distracting. You actually need to train for it. Some people don't like it because it takes away from your concentration, some people need it, because it gives them inspiration. I personally do not like an audience, because I get to "think", and in tennis thinking is bad, if I start thinking how I am going to hit the ball next, most of the time I miss the shot. The game is all about "Confidence" and playing by instinct, so the more I think and miss the shot, the more likely I will lose the match. Practice and Competition are two different animals. We practice to try what works, and what does not, then repeat until you memorize it, compete, so that you play by instinct , and not by logic. In tennis, you pick a strategy, and go and play without thinking too much about it. I have played many matches where my strategy was only one, –pass the ball to the other side of the net. Result: I won most of the time. Now, if your opponent either does the same thing to you or plays flatly better, then you need to step up your strategy, go to the net, hit harder, play to his backhand as much as possible. If you avoid making mistakes, your confidence will stay up, and chances are you will win the match. My son asked me the other day how I can do the crazy shots you do? My answer was no. Because when you do it in competition, and you miss, you will probably end up losing more games, sets, and the match. Not even the professionals do it. They play

the ball, and after a while start turning the screwdriver.

- **Technique:**

- **Sport:** Undeniably, you like one or more sports. Some people practice 1,2,3 sports at the same time (Triathlon). You need to be ultra organized to be able to do them in a proper and successful way. In swimming , it takes years to learn proper technique on the four main styles, Free , Breast, Fly and Back. Doing them all well consistently is not something many can brag about. In my experience, either you are good at all but breast, or you excel at breast but not the others. Exceptions to the rule exist. My son has been learning to play tennis since he was 3 years old. He was able to hit the ball to the other side of a regular sized tennis court. To swing the racquet he used both hands, forehand and backhand. We never tried to change that, and many coaches tried to change his style but he got angry with them. So he played on and off for many years. One summer he got excited to play again, and we put him in a small club tournament. BIG MISTAKE. He lost all his games, and did not play for a long while after that, he was pissed. He then started playing in clinics with his school friends, and when he entered ninth grade, he joined the tennis varsity team and he really excelled at playing and classifying to the team. He plays still with his style, but he can win matches, something that he is really enjoying. He improved a lot in his serve and his

backhand. We went to visit a Pro lady, and asked her what were his chances of competing in college being in ninth grade, her response was “not a chance”. I’ve seen miracles before, so we will put every effort for him to play as many matches as he can to improve his mental game, and we will see the results in three years. We see many examples where kids train a lot, but little or no competition. It is like reading about riding a bike and actually riding the bike. You can read all about it, but without competition, then you do not put to the test what you learned practicing tennis.

- Schedule

- Routines: If you are serious about a sport, you must have a routine. Day in and day out, you need repetition. This way, your body gets accustomed to receiving food when it is needed, and your muscles are programmed as well. This is much like when having a baby. All you need is to do the same thing over and over again each day.
- Having FUN: My son since he was able to talk, was all about having fun. If what you are doing feels like a chore, you need to reconsider. I say this, because you will only get so far without the proper mentality. And maybe you like sports, but a

different one that inspires you even more. You just need to find it.

- In swimming they have something called sets. These are the exercise programs that set the tone on how easy or hard each training gets. The more competitive the set, the harder it gets. It's about intensity and endurance.
- Warming up.
 - You need a plan when you are going to compete to properly warm up. In tennis we have a routine of exercises for 15 minutes or more where you warm up every part of the body. In swimming, the warm up is to actually get in the water and swim for 10 mins. Then you have to continue out of the pool, especially stretching your muscles.
- Recovery: In some sports like swimming, it is vital to learn how to quickly recover after each race, as swimmers have 3-4 events, and many times there is not much time in between events to properly recover. So this aspect is often oversaw by many.

- Nutrition

- What not to do.: I learned through experience and trial/error, what not to do. Before each practice I used to cook pasta for my kids. Sometimes I would put meat in

it. They would end up vomiting the food in the middle of practice, because you cannot put hard exercise to digest food in the body that is going to do 2 long hours of exercise in the next hour. I found the solution by switching to smoothies instead and watching carefully what they eat before and after practice or competitions. The results were outstanding.

- What to do
 - Smoothies: They are perfect for sports, easy to digest, with all the vitamins, minerals, carbs, and energy needed for long practice sessions.
 - Dinner: We found out that giving pasta(carbs) and protein at night before bed to my kids was actually a very good idea. They would digest it overnight, and their body could better recover from an intense workout. Another trick: Chocolate milk with at least 14g of protein right after each practice or meet.
- When to eat: For swimmers in competition and between events, it is vitally important to eat certain foods to recover some of the energy needed for the next event. In bicycle racing, you can carry a bottle with a special smoothie to recover energy as well, as long as it is permitted. Swimmers need to eat high calorie snacks, like almonds, pecans, crackers and energy drinks like Body Armor that contain potassium and other

ingredients to recover quickly. We even take them when feeling sick.

Chapter II

- Physical Therapy

- Injuries : This is inevitable. At some point we/they will get injured. But, there are minor injuries, that if they go untreated can become major. My recommendation is to schedule a visit to the orthopedist first as soon as possible, depending on the doctor he/she will give you the PT order, make sure you ask for it. Then find a PT expert/clinic that you can trust. We've seen cases where the athlete is medicated, we try to avoid medications as much as possible. And make sure it is close to home. They will be invaluable for your athletes sake. My daughter had a tendency to get injured just by looking at her. Once she was walking in a park, and she twisted her ankle on a pothole. If the kids start early, you need to be forewarned that they most likely will get injured just because the body grows up, and certain practices are too intense even at young age, so the body needs to adjust and sports practice gets in the way. And yes, coaches hate you telling them that you are going on vacation to ski in Canada. Anything remotely dangerous that can affect their athletes is frowned upon by any coach. We also recommend a chiropractor. Many times something is bothering you , but one way of treating

aches or discomfort is by visiting a CP doctor. They specialize in muscles and how to “correct” them by pressure, or by using machines to “break” the nut in your body. You also need to learn about exercises while injured, and exercises after healing, so that it does not happen again. Also, if your kid is going to the gym during their practice, they have to be very careful when lifting weights. It happened to us twice.

- In our experience, when you have a serious injury, say your shoulder, then you can continue practicing just doing kicking, in the case of swimming, so that your body does not lose the momentum and can continue the exercise.
- Every time I have an injury or a little something bothering me, like in my knee, I try not to put pressure on it and continue my day making small movements to recover, lately my shoulder was bothering me because I played racquetball with friends, and it was a long time ago since I played; so the muscles were not prepared, and on top of that, my son wanted to play tennis every day, it took me about a month to recover, and I use a muscle cream which is very strong to deal with any pain, it is called muscle rub and you can get it on any pharmacy. Just be aware that it is very strong and you have to wash your hands after the application, because it can seriously irritate the eyes, or any part of your face if you touch them with the cream on you.

Chapter III

- **Modified Gym:**

Many people go to the gym, to get stronger and faster. A friend of mine taught me that because you go to the gym, does not necessarily mean that you will become better at what you are doing. The trick is on the exercises you do that mimic and enhance the movements you do let say at the pool without getting injured. This individual was so successful that in a very short period of time he became state swimming champion. Which is evidence that doing this greatly increases your performance. Another aspect is finding key exercises that you can push to the limit without getting injured which is hard in competitive sports. For swimming one of those exercises in the gym is called rowing. You can exercise every part of your body with little risk of injury. Again, the key is to be able to be in the water and outside training WITHOUT getting injured pushing the body to the limit. One more tip, never ever stretch while cold.