

Cullen Jones
Olympic Gold Medal Swimmer

1. What inspired Cullen Jones to start swimming?

- A. Watching the Olympics
- B. A near-drowning experience as a child
- C. His parents' insistence on fitness
- D. Competing against his siblings

Answer: _____

2. Who was Cullen Jones's swimming inspiration growing up?

- A. Michael Jordan and Gary Hall Jr.
- B. Michael Phelps and Bob Bowman
- C. Kobe Bryant and Michael Phelps
- D. Leon Marchand and Jason Lezak

Answer: _____

3. What does Cullen Jones believe is the most critical tool for recovery?

- A. A high-protein diet
- B. Meditation
- C. Adequate sleep
- D. Ice baths

Answer: _____

4. How did Cullen Jones motivate himself during hard times in his swimming career?

- A. By writing and displaying his goals visibly
- B. By practicing mindfulness
- C. By taking breaks from swimming
- D. By competing in other sports

Answer: _____

5. What advice does Cullen give about handling nerves before a competition?

- A. Ignore the nerves and push through
- B. Practice visualization and preparation
- C. Listen to slow, calming music
- D. Avoid thinking about the competition

Answer: _____

6. What was Cullen's reason for partnering with Goldfish Swim School?

- A. To teach advanced swimming techniques
- B. To ensure his son learned to swim in a fun and structured environment
- C. To give back to his community
- D. To promote water safety in schools

Answer: _____

7. What does Cullen Jones mean by 'glass' and 'concrete' goals?

- A. Goals that are easily achievable versus long-term visions
- B. Physical fitness versus mental strength goals
- C. Goals for practice versus competition
- D. Short-term success versus career goals

Answer: _____

****Written Response Questions****

8. Cullen Jones emphasized learning from losses in his career. Reflect on a time when you faced a loss or challenge and describe what you learned from the experience.

9. Discuss the importance of having visible goals, as Cullen suggested, and how it could be applied in your own academic or personal life.

10. Cullen mentioned practicing visualization before races. Explain how visualization can be used in sports or other areas of life to prepare for success.
