

## Training Goals:

Technique Goals
Properly breathing to the side in freestyle with a good head position, long arm strokes with an above water recovery, and a consistent, smooth kick.
Able to dive in head first.
Able to do legal turns and finishes in all four strokes.
Good body position and roll in the backstroke.
Able to perform the glide phase of breaststroke with the head down, between the arms.

Knowledge Goals
Knows how to count distance/lengths of sets/instructions.
Able to circle swim.
Knowledge of kickboard and fins.
Knows the team Stroke Drill Progressions.
Understands Safety Rules.

Stress Management
Swimmer controls emotions at practice and at meets.

## Performance Goals:

Training Goals
Able to complete a legal 25 of each stroke.
Able to execute a good streamline.
Able to complete a legal 100 yard IM.

# Character Development:

Sportsmanship/Spirit Goals
Respectful of meet officials.
Understands lane etiquette.
Congratulates teammates/competitors.
Encourages teammates.

Social Skills
Communicates with coaches.
Listens to coach, doesn't talk while the coach is talking.
Respectful of others' space in practice.
Participates in group and team events.
Respectful of pools, locker rooms, team equipment, and other swimmers' property.
Picks up equipment and belongings after one's self.

Team Commitment
Wears team suit and cap at meets.
Wears team t-shirt at meets.
Cheers with and for teammates.
Helps pick up pool deck.