

Training Goals:

Technique Goals

Able to complete a legal 400 IM.

Able to complete a legal 200 of each stroke.

Able to maintain stroke rate and times in training sets.

Knowledge Goals

Sets short-term and long-term goals.

Understands race strategy and proper race prep and warm down.

Understands and can use relaxation and visualization.

Understands and can explain season plan.

Understands relationships between distance per stroke, stroke rate and swimming speed.

Understands splits, building, descending, and negative splitting.

Can explain aerobic and anaerobic training.

Knows the team Stroke Drill Progressions.

Knows Safety Rules.

Nutrition Goals

Water bottles at practices and at meets.

Demonstrates proper pre-meet and pre-practice meals.

Understands and plans a healthy diet.

Stress Management

Prioritizes school work, social activities and other commitments including swimming.

Balances school, home, and extracurricular activities.

Understands work versus reward relationship.

Understands meet and practice performance.

Performance Goals:

Training Goals
Challenges themselves every day in practice and performs test sets at maximum effort
Accepts new and challenging dryland and water training.
Able to apply technique suggestions/recommendations for training.

Competition Goals
Competes in most scheduled USA Swimming meets per season.
Competes in Championship Meets, Qualifying Meets and Travel Meets
Participates in athlete/coach communication and planning.
Talks with coaches before and after swims.
Completes proper warm up and warm down.

Character Development:

Sportsmanship/Spirit Goals
Respectful of meet officials.
Understands lane etiquette.
Congratulates teammates/competitors.
Encourages teammates.
Respectful of opponents and other teams.
Congratulates opponents.
Demonstrates proper meet behavior.
Makes friends with swimmers of other teams.

Social Skills

Initiates communication with coaches.

Showcases positive leadership behavior

Respectful of others' space in practice.

Accepts criticism from a coach and understands they are critiquing the individual skill and not the individual person.

Participates in group and team events.

Respectful of pools, locker rooms, team equipment, and other swimmers' property.

Understands and takes responsibility for attendance, performance and practice habits and how to relate these three to meet performance.

Picks up equipment and belongings after one's self.

Team Commitment

Attends group and team activities.

Understands why being a positive role model for the team and for the sport is important

Wears team suit and cap at meets.

Wears team t-shirt at meets.

Cheers with and for teammates.

Helps pick up pool deck.