

Training Goals:

Technique Goals
Able to complete a legal 500/400 Free in competition.
Able to complete a legal 200 of each stroke.
Consistently uses bi-lateral breathing in freestyle.
Always executes breaststroke pull-downs.

Knowledge Goals
Understands core strength and flexibility.
Learns and uses a positive mental attitude.
Understands and uses the pace clock.
Understands how to hold a pace.
Understands distance per stroke and executes drills to improve it.
Understands splits, building, descending, and negative splitting.
Sets practice, seasonal and yearly goals.
Knows the team Stroke Drill Progressions.
Knows Safety Rules.

Stress Management
Controls emotions at practices and at meets.
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
Understands training sets.
Able to apply technique suggestions/recommendations for training.

Competition Goals
Competes in several USA Swimming meet per season.
Competes in appropriate 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

Communicates with coaches.

Listens to coach, doesn't talk while the coach is talking.

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

Wears team suit and cap at meets.

Wears team t-shirt at meets.

Cheers with and for teammates.

Helps pick up pool deck.