

# Training Goals:

Technique Goals
Able to complete a legal 200 IM.
Able to complete a legal 100 of each stroke.
Able to execute a relay start.
Able to perform advanced starts and turns.

Knowledge Goals
Comes to see coach before and after every race at meets.
Learns a positive mental attitude.
Knows best times.
Able to effectively utilize pace clock and interval training.
Understands building, descending.
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:

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.

## Character Development:

Sportsmanship/Spirit Goals
Respectful of meet officials.
Understands lane etiquette.
Congratulates teammates/competitors.
Encourages teammates.
Respectful of opponents and other teams.
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.
Participates in group and team events.
Respectful of pools, locker rooms, team equipment, and other swimmers' property.
Knows that splashing and touching others is inappropriate.
Picks up equipment and belongings after one's self.

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