

ADOPTING A HEALTHY SWIM PHILOSOPHY FOR SUCCESS: TOP 10 TIPS FROM SPORT SCIENCE

- #1: The ART and SCIENCE of successful coaching is a delicate balance between intuition and intention.**
- #2: Competitive swimming occurs in a set of complex interconnected systems.**
- #3: Sport injury and peak performance exist on a continuum.**
- #4: Post-pandemic kids are different.**
- #5: Coaching post-pandemic kids is different.**
- #6: We have two eyes, two ears, and one mouth for a reason.**
- #7: Commitment and accountability are skills that require practice.**
- #8: Winning and having fun are not mutually exclusive.**
- #9: Parents are part of the package.**
- #10: Put your own mask on before helping others.**
- BONUS: What is your coaching and swim philosophy?**