

TOP TIP #1

Competitive swimming occurs in a set of complex interconnected systems.

Much like the world – and sport as a microcosm within it – competitive swimming is a set of complex, interconnected systems. Within these systems, everyone plays a role in creating environments that provide the athletes best chance of success.

As an official, you are particularly important in creating the right environment for peak performance. Being an athlete is a balancing act, characterized by ups and downs. No career in sport is linear, or indeed a continuous path of evenly spaced steps upwards towards goals. In swimming, particularly as the athlete's get older, achieving **peak performance** is typically limited to taper meets. And since you as an official do not know when each athlete is tapering, each meet is important!

As an official, you have two main roles: **(1) to ensure formal rules and regulations are followed at the swim meet**, and in doing so, **(2) to create an environment that fosters positive, safe, and healthy environment for peak performance**.

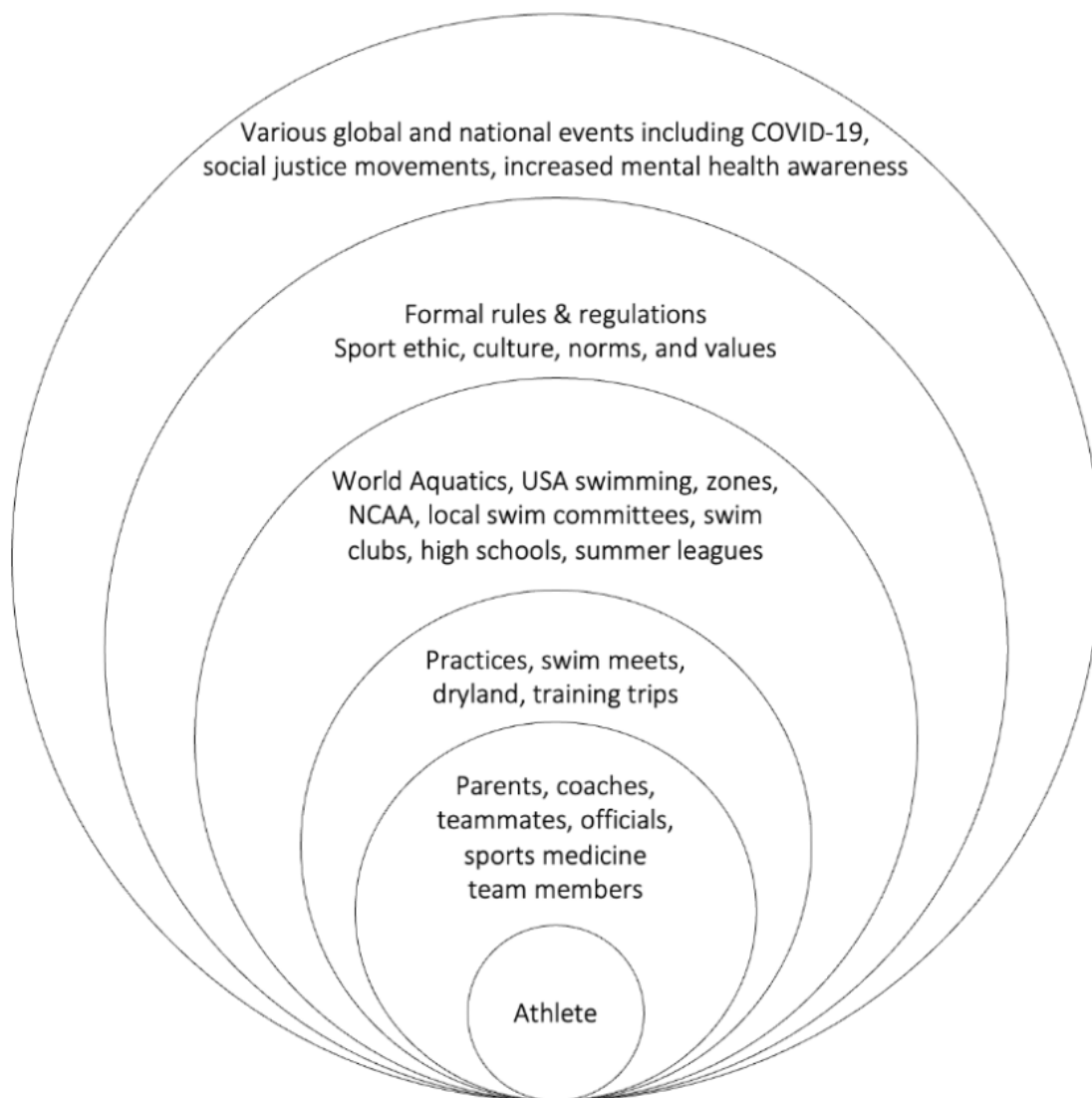
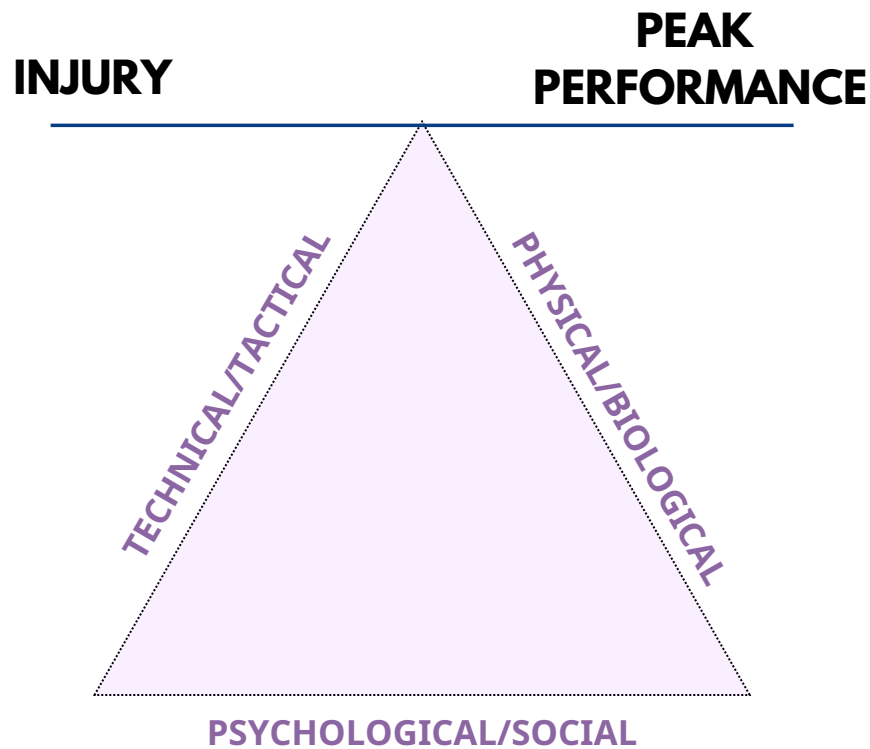


FIGURE: The Athletic See Saw

Want to know more about Athletic see saw? Check out athlete TOP TIP 1!



FOOD FOR THOUGHT:

A great official creates an environment where the attention is on the athletes, rather than on the official.

Critical Questions:

When considering the factors within various levels of the systems and your pivotal role in facilitating peak performance, as an official, reflect on the following:

1. How do I, as an official contribute to the various systemic levels?
2. What connections am I able to directly influence? How and why?
3. What connections am I able to indirectly influence? How and why?