

Blue Group

EXPECTATIONS

Training Attendance:

- The More practices you attend it will be faster to be able to improve your skill

Competition:

- Focus will be placed on the Emerging Swimmers Sweet Series.
- Coach will select all meet entries

EDUCATION

Training:

- Technical Skills (FR & BK)
- Underwater Training
- Intro to competition
- Technical Training on Starts
- Technical Training flip & open Turns
- Intro to FLY & BR Kick
- Strength & Conditioning Training
- Clock Management
- Intro to interval training

Competition:

- Enjoyment

Time Management:

- Organizing School and Training time in order to keep

up the good grades and attending practices to have the best possibilities to improve at the season's end

Mental Training:

- Believing in Oneself
- Overcoming Failure
- Hard Work Mentality
- Focus Mentality

Emotional Training:

- Understanding Life through the sport: its Successes, Failures, Trainings, Desires, Etc

Nutrition Training:

- Healthy Eating Recommendations

Stress Management:

- Enjoying the sport and the competitions

Character Development

Personal:

- Respect
- Responsibility
- Discipline
- Determination
- Desire
- (+) Attitude
- Leadership
- Organization
- Focus
- Humility

Social:

- Communication
- Teamwork
- Empathy
- Friendship
- Learning how to follow
- Learning how to lead
- Online Behavior
- Respect for one another
- Respect for others belongings