

DCS LEVEL 1

Emergin Swim Group

SKILL REQUIREMENTS

Minimum Distance:

- 50 freestyle (1lap/2 lengths)
- 50 backstroke (1 lap/2 lengths)

Minimum Knowledge:

- All 4 strokes

EXPECTATIONS

Training Attendance:

- The more practices you attend, the faster you will improve your skills
- Active listening and no talking when the coach is talking

Competition:

- This group will be encouraged to compete in Non-Sanctioned meets hosted by DCS

EDUCATION

Training:

- ***PERFECT*** FR & BK
- Intro to Competition
- Intro to Competition Starts
- Intro to Flip Turns & Open Turns
- Underwater Training
- Intro to interval training driven by coach

Mental Training:

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

Competition:

- Enjoyment by competing in non-sanctioned meets
- Becoming a part of the summer league

Emotional Training:

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

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

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