

DCS LEVEL 2

Emergin Swim Group

SKILL REQUIREMENTS

Minimum Distance:

- 100 Freestyle
- 100 BK
- 25 Fly
- Starts/dives ***FROM*** block, flip turns, open turns

Minimum Knowledge:

- All 4 strokes AND their order
- Legal FLY and comprehensive BR
- "Time parameters" apart

EXPECTATIONS

Training Attendance:

- The more practices you attend, the faster you will improve your skills

Competition:

- The focus will be placed on the Emerging Swimmers Sweet Series.
- The coach will select all meet entries

EDUCATION

Training:

- Technical Skills (FR & BK)
- Underwater Training
- Train to Compete
- Technical Training on Starts
- Technical Training flip & open Turns
- ***PERFECT*** FLY & BR
- Clock Management
- Understand interval training
- Understand small sets and patterns

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, Training, 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

