

SILVER GROUP

EXPECTATIONS

Training Attendance:

- Swimmers in this group must attend as many practices as they can

Competition:

- This group is not required to attend USAS swim meets, but may attend USAS meets
- If they attend a swim meet, swimmers will select their entries with the coach's approval

EDUCATION

Training:

- Technical Skills for All Strokes
- Underwater Training
- Technical Training on Starts
- Technical Training flip & open Turns
- Smart Yardage Training
- Being a guinea pig

Competition:

- High School Meets Focus
- Energy Endurance Efficiency throughout the swim meet

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:

- Being very committed to improving in the water yet we still want the athletes in this group to enjoy the sport and love it because this is a sport for life

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