



Delayed Gratification

In a society that stresses extrinsic rewards over intrinsic values. Swimming unlike other seasonal sports (football, basketball, and baseball) is one of the few sports that teach our children the value of Delayed Gratification; The notion that the work you do today will pay off tomorrow. We don't seek to win the game every weekend as a measure of our performance. Instead, we focus long term and use short term, "In-Season" Meets as markers or indicators of training intensities, volumes, strengths and weaknesses that need to be built upon in daily training sessions to prepare the swimmer for their culminating championship meet at the end of the season.

Too often we are willing to sacrifice larger future gains for smaller immediate rewards. This need for immediate gratification is usually of considerably poorer value than a long-term ethic of perseverance and dedication. Think in terms of money in the bank. Instead of saving an extra \$50 a month you go out and buy an unnecessary item for \$50 to satisfy short term indulgences. If you save it, that \$50 will add up over time and in eight months you will now have \$400 with which to buy something even better.

Make the Sacrifice, think, plan, and train for the long term.

Train for the Meet at the End of the Season not the Meet in the Middle.

"In-Season" Meets vs Championship Meets:

"In-Season" Meets are those that are during high volume training periods (ex: Fall Splash, Adam England). "In-season" meets serve as markers for Coaches to see how the swimmers are reacting to training. The Swimmer is expected to be tired from training during an In-season meet. When a swimmer is racing "in-season" the coach has an opportunity to identify the strengths and the weaknesses of each athlete, what improvements have been made or where improvements need to be made. It allows coaches to determine the physical shape of each swimmer, if the swimmer has too little endurance or not enough speed, if the athlete breaks down too quickly or has a short recovery time. Coaches then make adjustments in the training plan to fit the needs of each swimmer. It is then up to the athlete to

accept and do the work in practice necessary to prepare for the championship meet at the end of the season.

Train for the Highest Level of Competition

Training is always focused on the Highest Level of Competition for each individual.

- A National Level Swimmer does not train and taper for a local Championship Meet. They still participate with their Team; however, their priority is training for and competing at Nationals.
- A Champs level Swimmer does not train and taper for a Challenge Meet. They still participate with their Team; however, their priority is training for and competing at Champs.

In these cases short term rewards, such as Best Times “In-Season” may be sacrificed for larger returns in the future i.e. Larger time drops, higher rankings, qualifying for the next level.

Beyond this Season

Coaches are not only focused on the performance at the end of this season but on the long-term development of your child. A balanced approach is taken to keep athletes interested short term while developing long term skills that will serve them when they get older. These long-term skills prolong the lifespan of the athlete, allowing them to understand the process behind what they are doing which leads to better stress and failure management.