

SWAT Parent Meeting, Tuesday, February 11 2020:

- **Swimming**
 - No one gets benched
 - Being Part of a Team, this is not an individual sport
 - Water vs Land
 - Developmental Process through the same program with the same coaches
 - Delayed Gratification
 - [Stanford Marshmallow Experiment](#)
- **The Differences Between Age Group (14 & Under) and Senior (15 & Over) Swimming**
 - Physical Maturity
 - Training Capacity
 - Training Focus, Attendance
 - Emotional Maturity
 - Graceful in both Success and Failure
 - Ownership
- **“In Order to Be Good at Racing You Have to Practice Racing”**
 - Understanding Pressure
 - Managing Success
 - Learning from Failure
- **Training Group Placement**
 - No such thing as moving up or down. Swimmers are in group where they can receive the most attention and build confidence in what they are doing.
 - Goal: Leadership Development.
 - swimmers will develop leadership skills in each group before they advance to the next level of training which requires more commitment, and maturity.
 - Must be leading the group before advancement
 - The worst thing a coach can do is move up a swimmer to soon.
- **Fundraising**
 - Why?
 - “I’d rather spend more money in dues than do more fundraising.”
 - Swim-A-Thon
 - More Dues or More Fundraising
 - Both
 - Cost of doing business increases every year
 - Recruiting
 - Relays
 - Stability with Coaching Staff and Facility use
- **End of season schedule**
 - Championship Meets
 - Swim-A-Thon
- **Navigating a Championship Meet**
 - Managing Emotion
 - What to say after a good race
 - What to say after a bad race
 - Positive Reinforcement
 - How to reward your athlete
- **Long Course**
 - Meet Schedule
 - Travel Meets