

## **Philosophy of Competition**

The Fort Leavenworth Lancers swim team engages in a multi-level competition program with USA Swimming that provides challenging, and success-oriented competitive situation for student-athletes of all ages and abilities. Swim meets are an opportunity for swimmers to measure training progress, develop and use sportsmanship skills, and to give and receive team support. We believe competition enhances the overall experience of each swimmer in the following ways:

1. We emphasize competition with oneself. Winning ribbons, medals or trophies is not the main goal. Even if the swimmer finishes first, but has swum poorly in comparison to his/her own past performances, he/she is encouraged to do better. Each individual's improvement is our primary objective.
2. Sportsmanlike behavior is of equal importance to improved performance. Respect for officials, congratulating opponents and teammates, determined effort and mature attitudes are examples of behaviors praised on rewarded by the FTLL coaching staff.
3. A swimmer is praised for improving his/her stroke or time. It is the coach's job to offer constructive criticism of a swimmer's performance. It is the parent's responsibility to provide love and encouragement that bolster the swimmer's confidence along the way.
4. Swimmers are taught to set realistic, yet challenging goals for meets and to relate those goals to practice to direct their training efforts.
5. Swimmers are prepared and encouraged to compete in all swimming events, distances, and strokes. This policy promotes versatility and encourages the swimmer to explore his potential in the wide range of events offered in competitive swimming.