

## Sailfish Pattern for Success

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It is important for every member of the team to understand how the Sailfish program continuously generates above average results. It is not an accident that every year since the creation of the team, we have passed up on average of over 100 teams each year, in national ranking performance measured by USA swimming! Here it is in a nutshell.

1) **Trust the Sailfish system.** We strive to be the best in developing swimmers with quality life-long habits. Our coaches are continually training, learning and improving.

2) **Talk to your coach** about how, when and what to swim in practice, about technique, about success and frustration. Talking to your coach is the most important training you can do. There are no good substitutes for direct communication with the only professionally trained person that is invested in you, your coach. Though well intentioned, parents, other coaches, peers from other teams and friends cause a second stream of information that is can cause confusion and doubt undermining the coach swimmer relationship and a swimmer's confidence in themselves and their coach.

3) **Write down short, medium, and long term goals** for meets and practice and share them with your coach.

4) **Consistency is the key** from the 50 to the mile.

- a. Consistently attend practice and then practice consistency at increasingly more challenging intervals. During the school year, the cooler months, especially Thanksgiving and Christmas holidays are the most tempting time for losing momentum and getting distracted from staying consistent. July and August are the distracting summer months. If anything, think about going to more practices during this time. Consult your couch for the best plan of action.
- b. Consistently attend meets to gain race experience and feedback from your coach on what to practice.
- c. Sleep, hydrate and eat properly daily. This is needed to grow normally, think clearly, stay well, recover from physical activity and reduce the likelihood of injury.

5) **Swim every event at meets every season.** According to many college coaches, no one knows until the late teens what the best event or distance will be for any one swimmer. Also, swimming longer events develops self confidence and knowledge in a swimmer on how to do better at the sprint events. It is not uncommon for a feared event to become a favorite event once it is finally faced. The sooner you do them all, the better.

6) **Repeat the previous 5 steps every day/month/season/year.**