

The background of the slide is a light gray gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance. The main title is centered in the middle of the slide.

TRAINING FOR PERFORMANCE

NOV 28, 2021

AGENDA

- BACKGROUND
- TRAINING PRINCIPLES
- HOW WE TRAIN – TRAINING PYRAMID
- CROSS-TRAINING
- OVERTRAINING
- HABITS OF A HEALTHY SWIMMER
- HYDRATION/NUTRITION
- ROLE OF THE COACH
- ROLE OF THE PARENT

LONE STAR

MISSION

PROVIDE THE HIGHEST QUALITY LEVEL OF TRAINING FOR ALL LEVELS OF COMPETITIVE SWIMMING WHILE PROMOTING POSITIVE HABITS THROUGH TEAMWORK AND RESPECT IN A SAFE AND SUPPORTIVE ENVIRONMENT.

VISION

DEVELOP SWIMMERS WHO CONSISTENTLY MOVE ON TO COMPETE AT THE COLLEGIATE AND INTERNATIONAL LEVEL.

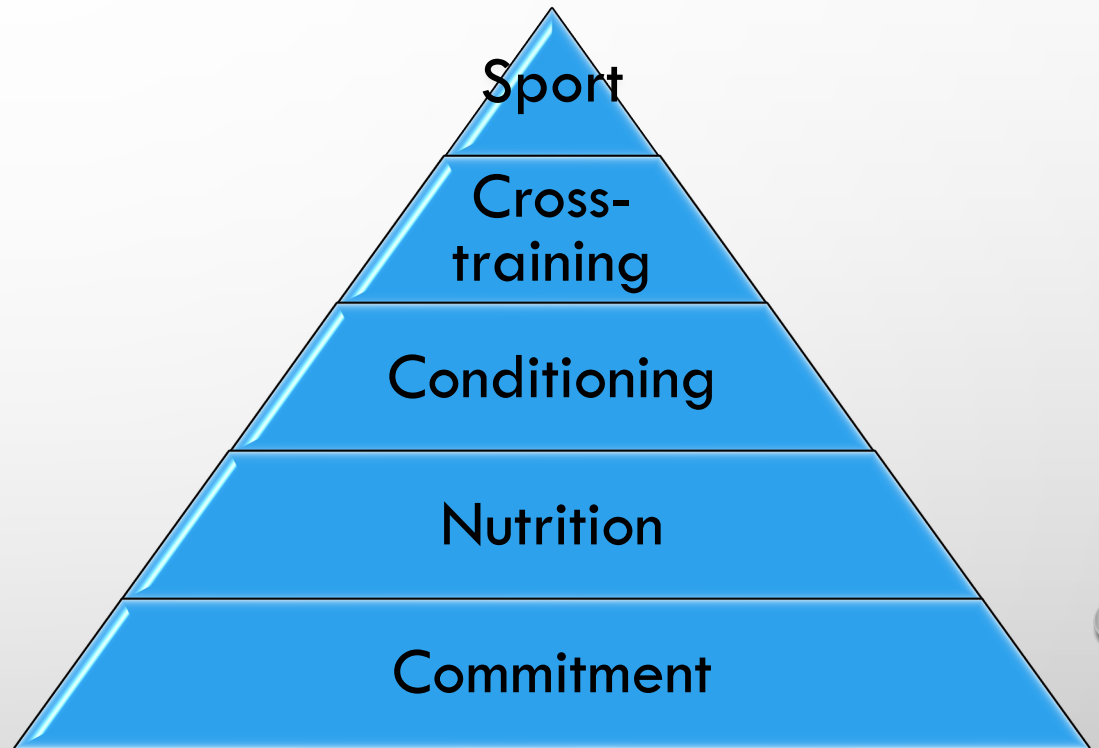
CORE VALUES

INTEGRITY, RESPECT, EXCELLENCE

TRAINING PRINCIPLES

EACH CONCEPT IS DEPENDENT ON THE FOUNDATION BENEATH IT. IF THE FOUNDATION IS NOT SOLID THEN ALL LEVELS ABOVE IT SUFFER

- 1) NO INSTANT FIXES – THERE IS A TIME AND PLACE FOR EVERYTHING
- 2) PROPER NUTRITION BUILDS SOLID MOLECULAR FOUNDATION
- 2) METABOLIC (AEROBIC) CONDITIONING IMPROVES OXYGEN EXCHANGE
- 3) CROSS-TRAINING BUILDS BODY CONTROL AND COORDINATION
- 5) SPORT (OR FUNCTION) COMBINES ALL OF THE ABOVE INTO A SPECIFIC ADAPTATION

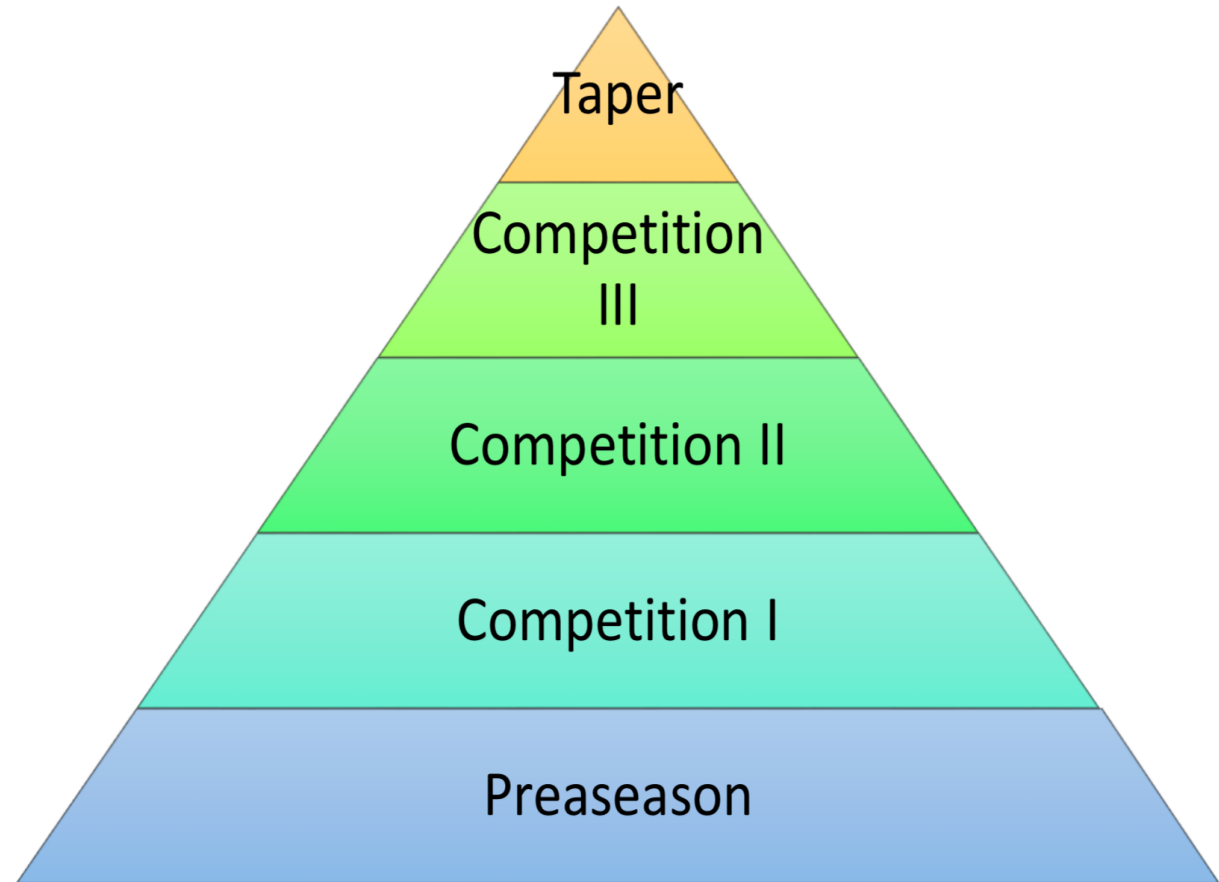


TRAINING PYRAMID



TRAINING PYRAMID

- THE PRESEASON REPRESENTS LOW-MODERATE LOADS OF INTENSIVE TRAINING THAT IS DEVOTED TO RECRUITING MUSCLE AND SENSORY AWARENESS
- THE FIRST 2 COMPETITION MESOCYCLES DEVELOP, CONDITION, AND EDUCATE THE ATHLETE AS ADAPTATIONS OCCUR (COMPONENT/FARTLEK)
- THE FINAL COMPETITION MESOCYCLE PREPARES THE ATHLETE FOR PEAK PERFORMANCE (FARTLEK/AEROBIC)
- OPTIMAL PERFORMANCE OCCURS DURING THE TAPER



PRESEASON

- ASSESS CURRENT TRAINING LEVEL
- RECOVER CONDITIONING LEVEL FROM PREVIOUS SEASON
- CREATE AEROBIC BASE - KICKING
- ESTABLISH BREATHING PATTERNS/BREATHING TECHNIQUES
- INSTITUTE PROPER HEAD POSITION AND BODY ALIGNMENT
- RECRUIT MUSCLES AND DEVELOP MUSCLE PATTERNS NEEDED FOR OPTIMAL PERFORMANCE LATER IN THE SEASON



COMPETITION SEASON

- FOLLOWING PRESEASON; 3-6 MONTH DURATION
- ADJUSTMENT PERIOD – ATHLETE ADJUST TO DEMANDS OF SPORT
- INCREASE IN TRAINING INTENSITY, TECHNIQUE AND LOAD
- COMPONENT TRAINING
- GAS (GENERAL ALARM SYNDROME)

COMPETITION SEASON

COMPETITION I

- REINFORCE TRAINING GOALS FROM PRESEASON
- BREAKDOWN PRACTICES IN HI-LOW, KICK-PULL, AND ISOLATION SEGMENTS; BREAKDOWN THE STROKE AS MUCH AS POSSIBLE (**COMPONENT TRAINING**)
- DEVELOP BASIC STRENGTH FOR ALL 4 STROKES INCLUDING STREAMLINE WITH THE USE OF FINS, PADDLES, PULL BUOYS, AND OTHER IN WATER EQUIPMENT
- DEVELOP SPECIFIC STRENGTH FOR PRIMARY STROKE
- INCREASE AEROBIC ENDURANCE
- INCORPORATE DRILLS FOR FLIP TURNS AND OPEN TURNS
- INCREASE CAPACITY TO PERFORM UNDERWATER (STREAMLINES AND PULL DOWNS)

COMPETITION II

- INCREASE PERFORMANCE POTENTIAL SPEED THROUGH FREQUENT IMPLEMENTATION OF **FARTLEK AND INTERVAL TRAINING**
- SWIM THE STROKE MORE AS A WHOLE WITH FEWER DRILLS
- MAINTAIN AEROBIC ENDURANCE
- GRADUALLY REDUCE EQUIPMENT USED SO SWIMMER CAN DEVELOP A BETTER “FEEL” FOR THE WATER
- INCREASE SPEED AND POWER OFF WALLS AND STARTS

THINKING BIG BY GOING SMALL

SKILL OVERLOAD AKA COMPONENT TRAINING

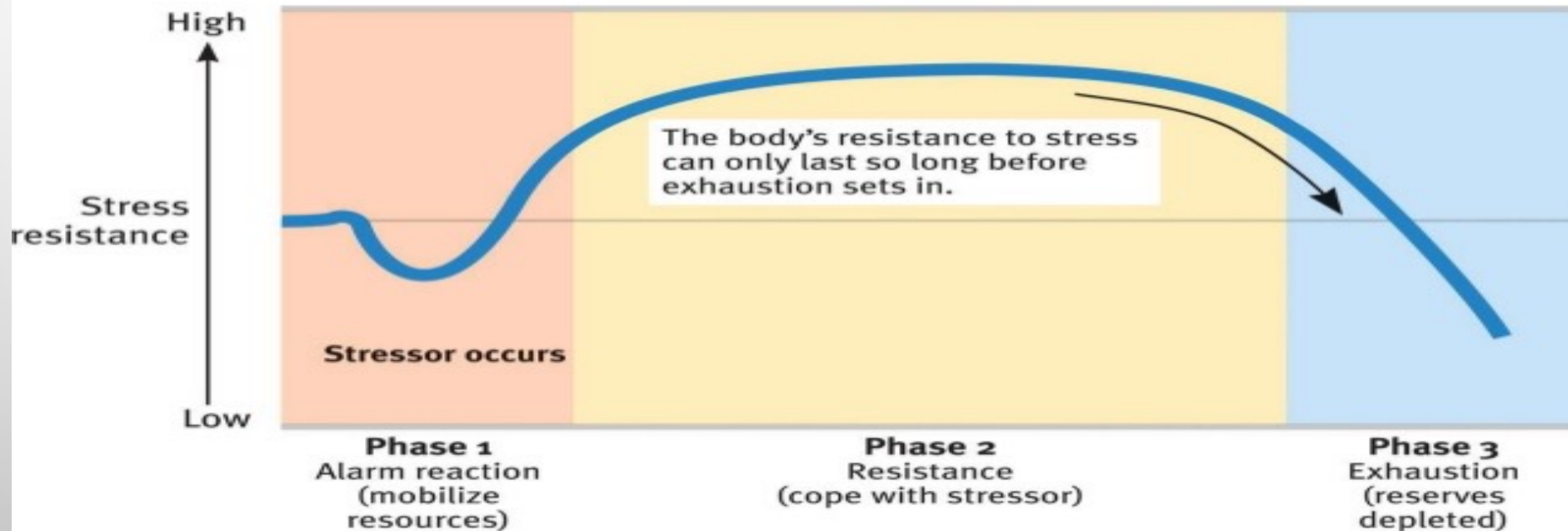
- **CARDIOVASCULAR/ RESPIRATORY ENDURANCE, DEFINED AS SYSTEMIC ENDURANCE** - EFFICIENT UPTAKE, PROCESSING AND DELIVERY OF O₂
- **STAMINA, DEFINED AS LOCAL AREA ENDURANCE** - THE BODY'S SYSTEMS EFFICIENTLY PROCESS, DELIVER, STORE AND UTILIZE ENERGY
- **STRENGTH** - THE ABILITY OF A MUSCLE OR MUSCLE GROUP TO APPLY FORCE
- **FLEXIBILITY** - THE ABILITY TO MAXIMIZE THE RANGE OF MOTION (ROM) OF ANY PARTICULAR JOINT (AND TO APPLY EITHER FORCE OR RELAXATION THROUGHOUT THAT ROM)
- **BALANCE:** THE ABILITY TO MAINTAIN EQUILIBRIUM WHILE STATIONARY OR MOVING
- **COORDINATION:** THE ABILITY TO USE THE SENSES AND BODY PARTS IN ORDER TO PERFORM MOTOR TASKS SMOOTHLY AND ACCURATELY
- **AGILITY:** THE ABILITY TO RAPIDLY AND ACCURATELY CHANGE THE DIRECTION OF THE WHOLE BODY IN SPACE
- **ACCURACY:** THE DEGREE TO WHICH THE RESULT OF A MEASUREMENT, CALCULATION, OR SPECIFICATION CONFORMS TO THE CORRECT VALUE OR A STANDARD
- **SPEED:** THE AMOUNT OF TIME IT TAKES THE BODY TO PERFORM SPECIFIC TASKS
- **POWER:** THE AMOUNT OF FORCE A MUSCLE CAN EXERT
- **REACTION TIME:** THE ABILITY TO RESPOND QUICKLY TO STIMULI

THESE SKILLS ARE OFTEN REFERRED TO AS MOVEMENT SKILLS. OUR SWIMMERS ARE EVALUATED ON HOW WELL THEY ARE ABLE TO DEMONSTRATE COMPETENCY IN MOVEMENT FORMS THAT ARE SPECIFIC TO SWIMMING. PROFICIENCY IN THESE MOVEMENTS ARE EVALUATED THROUGH TEST SETS IN PRACTICE AND PERFORMANCE IN COMPETITION.

GENERAL ALARM SYNDROME

General Adaptation Syndrome [GAS] (Identified by Hans Selye):

Our stress response system defends, then fatigues.



COMPETITION III

PUTTING THE PIECES TOGETHER

- INCREASE METABOLIC CONDITIONING BY IMPLEMENTING SPEED-ENDURANCE SETS
- EMPHASIZE RACE PACE TECHNICS BY INCREASING COMMUNICATION BETWEEN COACH AND SWIMMER AND ALLOWING MORE TIME TO RECOVER BETWEEN SETS
- ESTABLISH STROKE COUNT FOR PRIMARY STROKE
- MONITOR AND CHART TIMES IN PRACTICE TO ENSURE WE ARE ON PACE TO ACHIEVE OUR GOAL TIMES

TAPER

- MAINTAIN AEROBIC ENDURANCE
- DECREASE INTENSITY
- HIGH EMPHASIS ON RACE COMPONENTS
- PERFORM REHEARSAL SWIMS AT SUBMAXIMAL PACE AND PROVIDE FEEDBACK BETWEEN EACH SWIM
- PROVIDE INFORMATION REGARDING CARB LOADING



CROSS-TRAINING

CROSS-TRAINING IS THE ACTION OR PRACTICE OF ENGAGING IN TWO OR MORE SPORTS, OR TYPES OF EXERCISE, IN ORDER TO IMPROVE FITNESS OR PERFORMANCE IN ONE'S MAIN SPORT.

- ESSENTIAL FOR LONG TERM DEVELOPMENT
- HELPS PREVENT BURNOUT
- KEEPS ATHLETES HEALTHY AND ENGAGED
- DEVELOPS BETTER OVERALL CONDITIONING

CROSS-TRAINING



OUR FAVORITE EXERCISES

- SKATING
- BASKETBALL
- BODY WEIGHT EXERCISES (PUSH-UPS, SIT-UPS, PULL-UPS)
- VOLLEYBALL
- BIKING
- PLYOMETRICS

THE KEY IS APPLYING CROSS-TRAINING AT THE RIGHT TIME.

CROSS-TRAINING AND PERFORMANCE

- CROSS-TRAINING EARLY IN THE SEASON INCREASES CAPACITY TO PERFORM LATER IN THE SEASON
- CROSS-TRAINING LATER IN THE SEASON HINDERS ABILITY TO PERFORM DURING TAPER
- GOAL IS TO GRADUALLY REDUCE CROSS-TRAINING AS SEASON PROGRESSES
- CROSS-TRAINING WITH A SPORT THE ATHLETE ENJOYS INCREASES THEIR CHANCES OF STICKING TO THE SPORT



OVERTRAINING

OVERTRAINING, AKA BURNOUT, OCCURS WHEN A PERSON EXCEEDS THEIR BODY'S ABILITY TO RECOVER FROM STRENUOUS EXERCISE.

MAY BE PHYSICAL, MENTAL, NEUROLOGICAL, EMOTIONAL... OR ALL THE AL'S COMBINE



OVERTRAINING AND PERFORMANCE



- DECREASED AEROBIC CAPACITY (VO₂ MAX)
- POOR PHYSICAL PERFORMANCE
- INABILITY TO COMPLETE WORKOUTS
- DELAYED RECOVERY
- POOR SCHOOL PERFORMANCE

SIGNS AND SYMPTOMS

OVERTRAINING MAY BE ACCOMPANIED BY ONE OR MORE OF THE FOLLOWING SYMPTOMS:

- PERSISTENT MUSCLE SORENESS
- PERSISTENT FATIGUE, DIFFERENT FROM JUST BEING TIRED FROM A HARD TRAINING SESSION, OCCURS WHEN FATIGUE CONTINUES EVEN AFTER ADEQUATE REST
- ELEVATED RESTING HEART RATE, A PERSISTENTLY HIGH HEART RATE AFTER ADEQUATE REST SUCH AS IN THE MORNING AFTER SLEEP, CAN BE AN INDICATOR OF OVERTRAINING. REDUCED HEART RATE VARIABILITY
- INCREASED SUSCEPTIBILITY TO INFECTIONS
- INCREASED INCIDENCE OF INJURIES
- IRRITABILITY
- DEPRESSION
- MENTAL BREAKDOWN

OVERCOMING OVERTRAINING

THE MOST EFFECTIVE WAY TO TREAT THE EFFECTS OF OVERTRAINING IS TO ALLOW THE BODY ENOUGH TIME TO RECOVER:

- TAKING A BREAK FROM TRAINING TO ALLOW TIME FOR RECOVERY
- REDUCING THE VOLUME AND/OR THE INTENSITY OF THE TRAINING
- TAKE A STEP BACK IN PERIODIZATION OF TRAINING
- SPLIT THE TRAINING PROGRAM SO THAT DIFFERENT SETS OF MUSCLES ARE WORKED ON DIFFERENT DAYS
- INCREASE SLEEP
- SHORT SPRINTS WITH LONG RESTING TIME ONCE THE ATHLETE IS ABLE TO CONTINUE WITH LIGHT TRAINING
- DIET - ADAPTING NUTRITIONAL INTAKE CAN HELP TO PREVENT AND TREAT OVERTRAINING



HABITS OF A HEALTHY/MOTIVATED SWIMMER

- SWIMMER HAS A “QUIET” MIND OR A “CLEAR” HEAD
- ABSENCE OF NEGATIVE-SELF TALK
- HANDLE PRESSURE BY EMBRACING PRESSURE
- ADAPTIVE FOCUS ON TASK RELATED CUES
- HIGH MOTIVATION IN REGARDS TO SKILL RELATED COMPONENTS
- EXCELLENT MANAGEMENT IN REGARDS TO MENTAL PROCESSES
- STAY COMMITTED!



COMMITMENT

The Hierarchy of Commitment



- EYES ON PRIZE – STICKS TO GOALS
- RELAXATION TECHNIQUES – DIAPHRAGM BREATHING, MUSIC, LIMIT DISTRACTIONS
- MENTAL IMAGERY – ABILITY TO SEE THE STEPS THAT LEAD TO SUCCESSFUL SWIMMING

ROUTINES OF A HEALTHY SWIMMERS

ROUTINE STARTS AS SOON AS YOU WAKE UP

- STRETCH (BALLISTIC, STATIC, PNF, ETC.)
- DRINK WATER RIGHT AWAY – TWO CUPS WHEN YOU WAKE UP
- 20G OF PROTEIN IN THE AM
- BURN CLEAN – NO SUGAR
- CORE EXERCISES DAILY – PUSH-UPS, ABS
- CONTINUALLY DISCUSS GOALS WITH COACH
- MAKE EACH AND EVERY TRAINING SESSION

HYDRATION

- PROPER HYDRATION IS CRITICAL TO BOTH HEALTH AND ATHLETIC PERFORMANCE. EVERY DAY WE LOSE BODY WATER DUE TO BASIC LIFE PROCESSES SUCH AS RESPIRATION AND GASTROINTESTINAL FUNCTIONS. AS AN ATHLETE, ONE OF THE BIGGEST SOURCES OF OUR DAILY WATER LOSS IS SWEAT.
- ON AVERAGE THE METABOLIC PROCESSES IN THE BODY ARE ONLY ABOUT 20% EFFICIENT. WHICH MEANS THAT 80% OF THE ENERGY WE PRODUCE IS LOST IN THE FORM OF HEAT. THIS HEAT HAS TO GO SOMEWHERE IN ORDER TO MAINTAIN BODY TEMPERATURE, AND THE BEST WAY TO LOSE IT IS TO SWEAT.

HYDRATION



- A MODEST 3% LEVEL OF DEHYDRATION CAUSES A MUSCLE TO LOSE 10% OF ITS CONTRACTILE STRENGTH AND 8% OF ITS SPEED.
- SCIENTIFIC, PEER-REVIEWED TESTS OF ATHLETES SUFFERING 5% DEHYDRATION SHOW UP TO A 30% DECLINE IN STANDARD PERFORMANCE, AND THESE RESULTS WERE MEASURED DURING EVENTS LASTING 35 MINUTES OR LESS.

EFFECTS OF DEHYDRATION

DEHYDRATION REDUCES BLOOD VOLUME AND INCREASES THE VISCOSITY OF THE BLOOD. SEVERAL PROBLEMS ENSUE:

- DECREASED FLOW OF OXYGEN (VIA RED BLOOD CELLS) AND NUTRIENTS TO THE MUSCLES
- DECREASED EFFICIENCY IN REMOVAL OF CO₂ AND ACID BY THE BLOOD
- DECREASED AEROBIC EFFICIENCY
- IMPAIRED CIRCULATION TO THE EXTREMITIES THAT COULD RESULT IN COLD-RELATED INJURIES
- INCREASED HEART RATE
- LOSS OF STRENGTH AND SPEED
- SYMPTOMS OF DEHYDRATION INCLUDE MUSCLE CRAMPING (MAY ALSO BE DUE TO SODIUM DEFICIENCY), EXCESSIVE FATIGUE, AND SHORTNESS OF BREATH

HYDRATION RECOMMENDATIONS

- DRINK 2 GLASSES OF WATER AS SOON AS YOU WAKE UP
- DRINK BEFORE AND DURING PRACTICE
- IF YOU ARE THIRSTY, YOU WAITED TOO LONG
- KEEP A BOTTLE BY YOUR LANE AT ALL TIMES
- FLUID TEMPERATURE BETWEEN 59-72 °F OPTIMIZES PALATABILITY AND ABSORPTION
- THE FLUID SHOULD BE COMPOSED OF A 4-8% CARBOHYDRATE CONCENTRATION
- CARBOHYDRATES SHOULD BE INGESTED AT A RATE OF 30-60G PER HOUR, WHICH CORRESPONDS TO THE ABOVE RECOMMENDATIONS FOR OVERALL INTAKE AND COMPOSITION
- CALCIUM, MAGNESIUM AND POTASSIUM MAY ALSO BE PRESENT AND ARE BENEFICIAL ELECTROLYTES (IF THESE ARE NOT PROVIDED IN THE DRINK THEY SHOULD BE SUPPLEMENTED)

NUTRITION

PROPER NUTRITION PROVIDES ENERGY TO FUEL PHYSICAL PERFORMANCE AND THE BASIS FOR RECOVERY FROM THAT EFFORT. THE BASIC NUTRIENTS ARE CARBOHYDRATES, PROTEINS, FATS, VITAMINS, MINERALS AND WATER.

IN TERMS OF TOTAL CALORIES, SWIMMERS SHOULD AIM FOR A DIET OF:

60% CARBOHYDRATE - 25% PROTEIN - 15% FAT

OF COURSE, THIS WILL VARY, BUT CARBOHYDRATE INTAKE SHOULDN'T DROP BELOW 50%, PROTEIN SHOULD NOT GO ABOVE 25%, AND FAT SHOULD NOT GO ABOVE 30%

NUTRITION

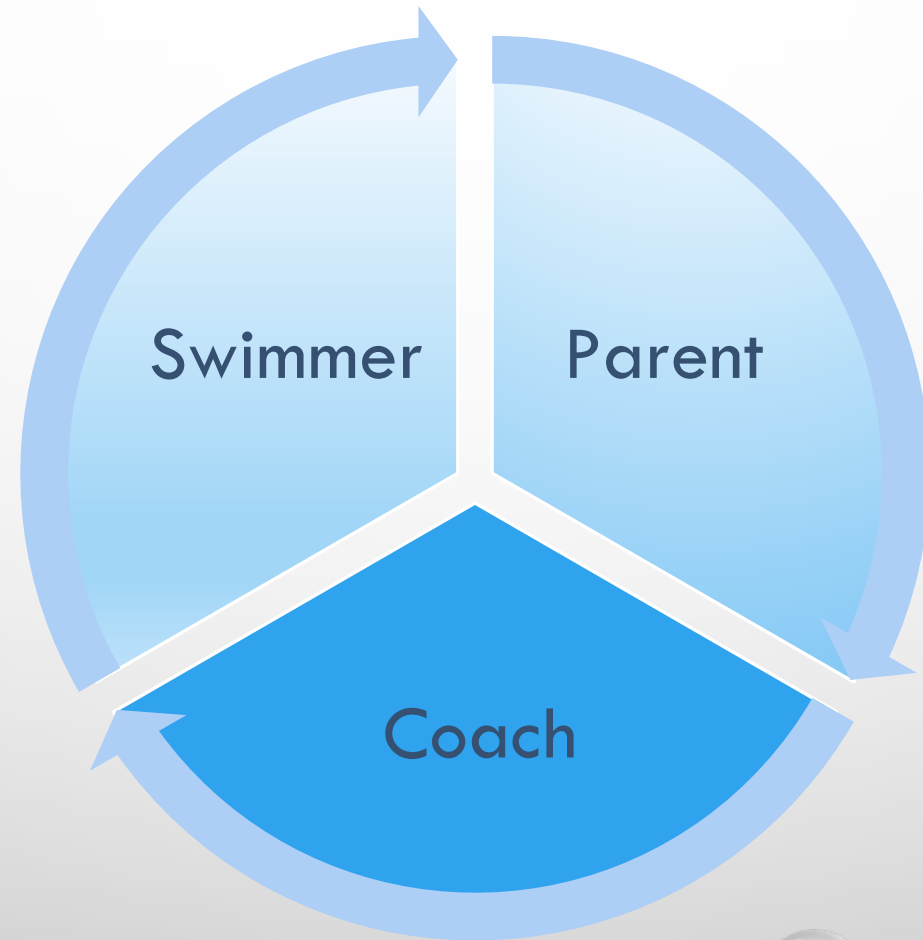
- **CARBOHYDRATES** ARE THE PRIMARY FUEL SOURCE FOR AEROBIC ATHLETES AND, CONTRARY TO POPULAR OPINION, ARE NOT FATTENING. IF TAKEN IN REASONABLE AMOUNTS, CARBOHYDRATES ARE USED FOR ENERGY, LEAVING LITTLE TO BE CONVERTED TO BODY FAT.
- **PROTEIN** BUILDS AND REPAIRS MUSCLE, PRODUCES HORMONES, SUPPORTS THE IMMUNE SYSTEM, AND REPLACES RED BLOOD CELLS. PROTEIN IS NOT A MAIN SOURCE OF ENERGY EXCEPT IN CASES OF MALNUTRITION OR STARVATION. MOST ATHLETES DO NOT NEED EXTRA PROTEIN. THEY GET ADEQUATE PROTEIN FROM A NORMAL DIET. AGAIN, CONTRARY TO POPULAR OPINION, PROTEIN DOES NOT BUILD MUSCLE BULK; ONLY EXERCISE DOES THAT.
- **FATS** ARE ESSENTIAL FOR HORMONE PRODUCTION, STORAGE OF VITAMINS, AND DELIVERY OF ESSENTIAL FATTY ACIDS. THE BODY NEEDS FAT, BUT THE AVERAGE AMERICAN DIET CONTAINS MORE THAN ENOUGH. HIGH FAT FOODS SHOULD BE TRADED FOR LOW FAT SUBSTITUTES SO THAT FAT INTAKE IS LIMITED TO 25% OF TOTAL CALORIES.
- THE NECESSARY **VITAMINS AND MINERALS** ARE ALSO READILY AVAILABLE IN THE FOODS CONSUMED IN A HEALTHY DIET. VITAMINS, MINERALS, AND WATER MAKE THE BODY MORE EFFICIENT AT ACCESSING CARBOHYDRATES, FATS, AND PROTEINS WHEN THEY ARE NEEDED DURING EXERCISE AND RECOVERY.

NUTRITION

THERE ARE NO MAGIC FOODS AND NO MAGIC FOOD GROUPS! EXTRA VITAMINS, MINERALS, AND SUPPLEMENTS ARE NOT NECESSARY IN A HEALTHY DIET. THE EASY GUIDELINES FOR YOUR ATHLETES ARE AS FOLLOWS:

- EAT COLORFUL FOODS. THE MORE NATURALLY COLORFUL, THE MORE VITAMINS, MINERALS, ANTIOXIDANTS, AND CARBOHYDRATES ARE AVAILABLE FOR RECOVERY AND GENERAL HEALTH.
- EAT EARLY AND OFTEN. THE FIRST TWO HOURS POST-WORKOUT ARE THE MOST CRITICAL.
- ADEQUATE CARBOHYDRATE INTAKE IS ESSENTIAL TO REPLENISHING MUSCLE GLYCOGEN STORES.
- HIGHER FAT INTAKE INCREASES FATTY ACID OXIDATION AS AN ENERGY SOURCE, SPARING MUSCLE GLYCOGEN.
- ATHLETES WHO SIMPLY CHANGE THE TYPE OF FATS THEY EAT, INCREASE FAT INTAKE, AND ADD APPROPRIATE LEVELS OF PROTEIN TO THEIR DIET CAN EXPECT IMPROVED PERFORMANCE AND FASTER RECOVERY.

PERFORMANCE PARTNERSHIP



ROLE OF THE SWIMMER

OUR GOALS:

- OWN YOUR LUCK – BECOME AN EXPERT, TAKE INITIATIVE, VISUALIZE AND PLAN FOR SUCCESS
- PUT IN THE WORK – UNCONDITIONAL COMMITMENT
- OWN YOUR EMOTIONS AND UNLEASH THEM STRATEGICALLY
- SEE THE BIG PICTURE - SWIMMING AS IT RELATES TO LIFE
- KNOW YOUR TEAMMATES – WE ARE HERE TO SERVE SOMETHING BIGGER THAN OURSELVES

OUR EXPECTATIONS:

- SHOW RESPECT FOR YOUR OPPONENTS
- SHOW RESPECT FOR THE OFFICIALS
- KNOW, UNDERSTAND, AND APPRECIATE THE RULES OF THE SPORT
- MAINTAIN SELF CONTROL AT ALL TIMES
- RECOGNIZE AND APPRECIATE AN OPPONENT'S GOOD PERFORMANCE
- ENCOURAGE OTHERS TO BE GOOD SPORTS

ROLE OF THE COACH – WHAT DO COACHES DO?

- INSPIRE CHANGE THROUGH EMOTIONAL CONNECTION
- HELP ATHLETES TO DREAM AND TO CREATE THE ENVIRONMENT AND THE OPPORTUNITY FOR THOSE DREAMS TO BECOME REALITY
- CONVINCED ATHLETES THAT THEY CAN - AND THEY WILL - ACHIEVE ANYTHING THROUGH A RELENTLESS COMMITMENT TO HARD WORK AND THROUGH THE UNCOMPROMISING PURSUIT OF EXCELLENCE IN EVERYTHING THEY DO
- HELP ATHLETES SEE MORE AND BE MORE THAN THEY COULD EVER CONCEIVE IMAGINABLE

ROLE OF THE PARENT


PARENT EXPECTATIONS:

- ALL PARENTS WILL ENGAGE IN POSITIVE FAN BEHAVIOR. THIS INCLUDES VOLUNTEERING TO TIME AT MEETS AND SERVING ON THE BOARD.
- PARENTS MUST NEVER INTERFERE WITH TRAINING SESSIONS. THIS CREATES A LIABILITY ISSUE WITH OUR TEAM AND USA SWIMMING.
- LET COACHES' COACH
- LET OFFICIALS OFFICIATE THE MEET
- NEVER COMPARE YOUR ATHLETE TO ANOTHER
- COACHES AND ATHLETES SET PERFORMANCE GOALS, WHEN APPROPRIATE NEEDED. **NEVER SET PERFORMANCE GOALS WITH YOUR SWIMMER.**
- BE A FAN, NOT A FANATIC



ROLE OF THE PARENT

MOST OF ALL, TO BE A GREAT SWIMMING PARENT, LOVE YOUR CHILD UNCONDITIONALLY, GIVE THEM ALL THE LOVE, CARE AND SUPPORT THAT YOU CAN AND LEAVE THE COACHING TO THE COACHES.

- **TEACH THEM TO BE HONEST AND TO TAKE RESPONSIBILITY FOR THEIR ACTIONS.**
 - **TEACH THEM TO BE SINCERE AND RESPECTFUL TO THEIR COACH.**
 - **TEACH THEM ABOUT PERSEVERANCE. WINNING MEANS NEVER GIVING UP.**
 - **TEACH THEM TO NEVER COMPROMISE ON THEIR GOALS.**
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SUMMARY

ATHLETE – SWIMS

COACH – SERVES

PARENT – SUPPORTS

