

# CHAT Standards

## 1. I am responsible for my own Swimming

All of our swimmers need to learn and understand that swimming is a sport that is entirely dependant upon the effort that they are willing to give. The first step, which is directly related to the #2 standard, is to be aware of what they want to achieve. This will help in the process of why they are at practice and what they need to try and accomplish each day.

## 2. I am in charge of my own Goals

Far too often, swimmers come to depend upon those around them for what their goals should be and ultimately what their goals actually are. A swimmers goals should be very personal as this is an inner commitment to what they are willing to give to make that goal come to reality.

"If YOU can dream it, YOU can make it so. If YOU can dream it, then YOU can achieve it. All our dreams can come true, if we have the courage to pursue them."

"When you love something, you get to know it. Then you feel the ownership and if it changes, you only love it as far as you know it"

- We must love what we do in order to dream. This is why we show up on a day to day basis, because we love what we do. As we do what we love every day we must allow ourselves to dream. But you must also understand our goals are only achievable if you take the responsibility for the process. What I mean is that we must remember that your goals are YOURS. Remembering "I am in charge of my own goals". You must see the dream and want it. But remember YOU are the only one who can achieve your dream. It is your dream. "I am in charge of my own goals"
  - Coaches will help you understand the process and the steps you need to take. They will help you understand what stepping stones (dailey, weekly, monthly goals/ "The Process") must be met. They will challenge you to be your very best, as they know you are capable of so much more.
  - Parents are your biggest cheerleader. They love and support you more than you know. Your parents make it possible for you to do what you love and so that you can work towards what you want. Parents make it possible for you to dream big.
- Teammates are working with you every day. They have goals of their own that they want to achieve. They are their for you, to help you be your very best.
- Make the most of the opportunities you have around you. But remember, you are responsible for what you do in and out of the water every day. YOU decide the amount of effort that will be given in what you do.

You are the only one who can decide to be your very best. Because at the end of the day You are incharge. You are the only one who can decide who you will become and what you will achieve.

## 3. I am my own Motivator

Too often we expect those around us to be our motivation, but only you can motivate yourself. The only thing those around you can do, is to better create an environment for you to motivate yourself. If you truly want something but have a hard time staying motivated, it often means you are not ready. What I mean be this, is that you often do not understand the what or the how it needs to be done. Often you are afraid of the unknown and what may happen. To better prepare we must work to become aware of who we are and what we are capable of doing. We must look to see all the variables that make up who we are and are apart of what needs to be done.

## **4. Whether or not I achieve my goals, is the Result of My Actions in practice**

When a goal is not met we often CHOOSE to blame those around us for not motivating or making us do more. We must recognize that we are responsible for our actions and the ability to succeed is dependant on our efforts. We must also recognize that efforts are not only physical but also require concentration. As we recognize that we have the power to choose we must reflect on the result of the choices we have made. As we recognize the result of our choices, we are more able to discipline ourselves to choose the results we want.

Recognizing the affect our choices have and taking responsibility for our choices we can learn to do the following

- Focus on what you have control over
- Accept that you are not able to control everything but you can learn from it and always give your best
- Recognize the Process, think about what needs to be done and how to do it
- Be adaptable, recognize what we can control and become aware of all of the variable of our environment. As we are aware of our environment we are better able to understand how to adapt.

## **5. I am an athlete that comes Prepared for practice and meets**

Are you prepared and ready to swim? How have you taken care of yourself at home so that you are ready when you arrive?

If you are not on time and ready you are not late but you are Selfish. Take 5 minutes and read one of my favorite articles I came across a couple of years ago.

**No, you are not 'running late', you are rude and selfish**

- <http://www.evernote.com//AQ-gCDiZFx5CX73rmhjRjyIPWF7s4ksMtFM/>

Examples of being prepared

- Showing up on Time. Early is On Time, On Time is Late, and Late is Unacceptable!
- Getting the proper amount of sleep and eating according to your bodies needs. Not only the day before but the week before.
- Packing your bag for the day (swim/ training gear, clothes for dryland, water bottle & snacks for the day)
- Visualizing how you will train, and compete
- Warming up for practice and at swim meets. This is often overlooked as we must prepare our thoughts, visualization, emotions and our body to properly Race.
- Cooling down is how you reflect on your performance from a race and look to learn. But also physically prepare the body to recover for the next race or the next day.

## **6. I am Respectful to my teammates, my coaches, the CHAT Swim Team, other teams and other competitors**

What does this mean? We could go on for pages on this one alone, so we will keep it as short as we can, with the idea we will come back to it again later. All of our athletes should understand that they are ALL here to be the best that they can be. We want a completely positive and hard working atmosphere to help all in their pursuit of excellence. Speak kindly, encourage others, listen and allow others to listen to what is being taught and expected. Most of all, always give your best effort

## **7. I am an athlete who represents CHAT in a positive way in and out of the pool**

For this one I am going to share some thoughts from a fellow coach in California

"I have seen all too clearly that it is not navigating the academic or athletic landscape that is the most challenging for youth. It is navigating the character landscape; to live a life of integrity in the midst of extreme social and peer pressures. You have not only done this, but become the standard."

- Character First Challenges

- Age Group Athletes: If you want to be a leader on this team, don't ever leave your teammate alone while waiting for practice or at a swim meet.
- Older Athletes: Get to know your teammates, find 5 people you need to know better and make a positive impact
- Reflective Questions
  - Is your life more about giving or getting? Why? How?
  - Is your life more about how you appear or how you are? Why? How?

## 8. I am an athlete who pushes off of Every wall in streamline

Streamlining off of every wall and every other aspect of disciplining yourself is always a choice. Each of you have the power and ability to choose what you want and are able to follow through with that choice. Often that choice is hard as we do not comprehend what it will take. We must first see that it is hard and recognize what we are capable of doing. Choosing to streamlining is hard as you trust the process. Recognize what you are capable to doing and do what you can.

- Steps
  - Recognize it will be hard and it takes work
  - Visualize what it looks like
  - Do what you can. Practice Tall lines at dryland and push yourself every day to do a little more than you did the day before. This mean you must reflect on what you are doing and do a little more each time

## 9. I am an athlete that Completes the entire set correctly

We must be Finishers. That means you complete everything you start, even when we may be left alone or it is flat out hard. A true power lies in those that are Finishers. They set out to complete everything they start. A Finisher does not "Just Do It" but they are resilient in everything they do. Remember your best today may not be your best tomorrow, and that is okay. Be your best at whatever the set or race may be, but do not give up. Be a Finisher as you give your very best all the way to the "Wall" and not the "Flags".

The picture if from the 100 Fly at the 2008 Olympics when Milorad Cavic did not finish. Cavic could have been the only one to stop Michael Phelps from achieving 8 Gold Medals. Cavic is to the right and lifted his head before the finish only to be touched at the finish. **STREAMLINE!**



## 10. I am an athlete that Gives my all in meets and practice

We goals to do something we have never done before in a Meet. We must recognize if we want to achieve something we have never done before we must first work and train like we never have before. We must give our ALL in everything we do.

Yes we are not physically capable of a Max Sprint for an entire work out. This is why your workouts are written and built with **different sets each having a specific purpose**. This is where **listening** comes in to play. Recognize what it is we are being asked for a race, a set, dryland cycle or even a certain stroke technique. Your coaches write workouts that challenge you and are HARD. Remember, these workouts are each written with a different purpose and focus if done CORRECTLY your are better prepared. Some sets you are asked to race as FAST as you can, while the next set you may be asked to specifically work a certain skill or technique. This may

allow some time to catch your breath and be ready for another fast set later one. Where at times you may be asked to not all our race but hold a certain pace, helping you better understand how to swim strong through a longer Race.

## **11. I am an athlete that Checks in with my coach before and after every race**

What is the reason for this? As coaches, we want to take advantage of every teaching moment that we possibly can. That time before a race is a time to remind each athlete what we have been working on and what they should be striving to accomplish in that race. After they have raced is a time to reflect on what went well as well as what we need to continue to work on. When these athletes don't talk to us at meets, they are missing out on critical information in their development to being the best that they can be.

## **12. I am an athlete that has fun while maintaining a Safe practice environment**

Yes we are all about having fun and swimming fast. But in order to do this we must work together to keep our environment Safe for everyone. This means, we are all looking out for each other on and off the pool deck. Be a builder as you encourage and build your teammates to be their very best. We do not tolerate any sort of bullying in any form on the team. Swimmer please help us keep a safe environment by telling your coach if you see or hear any form of misconduct. Misconduct is conduct that results in harm, potential harm or an imminent threat of any form.

We want a completely positive and hard working atmosphere to help all in their pursuit of excellence. Speak kindly, encourage others, listen and allow others to listen to what is being taught and expected. Remember we are character first athlete as we look to build and lift those to be their very best. As you LIFT and make those around you better, you will find yourself lifting and becoming better as well.

"The more you lose yourself in something bigger than yourself, the more energy you will have"

-Norman Vincent Peale