



## Become a Better Teammate and Athlete

### Better Teammate

Being a great teammate means creating strong, positive connections and making your team better. Our team is like a puzzle, and swimmers quitting is directly related to the friendships they form. If we want our team to be a complete puzzle, we must help our swimmers foster positive relationships on the pool deck.

Here are some simple steps for teammates:

1. **Show up** – you can't become a great teammate if you don't attend practices, meets, and events.
2. **Give high fives** – when teammates tell each other "good job," it builds camaraderie.
3. **Say hello to coaches and teammates** – we believe saying hi with a smile is a great first step to a good day.
4. **Ask teammates for help** – it could be a tough workout, schoolwork, or dryland training. If help only comes from coaches, our team will have a limit on improvement.
5. **Cheer for your teammates** – be the one who cheers for others. We don't want athletes only focused on themselves. Being happy and supportive of teammates is a beautiful thing to watch.

### Better Athlete

Being a better athlete doesn't mean winning every race — it means working to become the best version of yourself, every practice and every day. The goal is to become the best we can be.

**1. At practice.** Practice is like a recipe — if you're missing an ingredient, the dish won't turn out right.

1. Show up on time, ready and focused. *(Take Responsibility)*
2. Be competitive at practice. Compete in a fun, positive way. *(Smile, Be Honest)*
3. Bring all your equipment so you can swim, not search. *(Be Responsible)*

**2. Outside of the pool.** Better athletes make better swimmers. Think of a swimmer like a battery — if food, water, or sleep are low, they won't work well. Also, batteries don't charge instantly; fueling and recovery take time.

1. Strong athletes become strong swimmers — even outside the pool. Play outdoors or try other sports. *(Do More, Not Less)*
2. Snacks before practice: about 30 minutes before practice, fruit or a snack bar are great options.
3. Hydration: stay hydrated — drink water!
4. Sleep: gains are made during recovery. A great night's sleep is essential for learning skills and adapting to training.

### Extra for Parents

*Your energy sets the tone. Positive body language at meets and practice shows your swimmers you are not disappointed in them. Kids love their parents and love their support. Every year, our graduates remind us that the best thing their parents did was show up and cheer them on. A great way to communicate care on the car ride home is by asking: "What did you learn today?"*

***COM Aquatics creates life-changing environments where success is certain.***