

## WHY SWIM?

**By Coach Tay Stratton**

There are many great aspects the sport of swimming can offer to young children to lead a healthy and fun-filled lifestyle. Below are listed some of the aspects that develop through our sport.

***Swimming skills will last a lifetime.*** Because swimming is a non-impact, low injury sport, it is an exercise a person may do from a young age well into their 90' and 100's. I have had countless adults wish their parents had put them on a team when they were young. The "feel for the water" is something that comes naturally for most children but is harder for us to learn as adults. That is why you can watch an adult swimmer that is smooth and effortless in the water and know they probably learned and practiced at a young age.

***Healthy heart and lungs*** are a result of competitive swimming.

Because of the training methods that include many hours of aerobic conditioning, both the heart and lungs are developed in a greater way than most sports. Many asthmatic children will take up swimming to improve their lung capacity.

***Physically Fit:*** swimmers tend to be very physically fit as the amount of training, and the addition of strength development make for a very healthy body.

***Every child gets to participate*** regardless of his/her ability. Swim meets are organized to allow all children a chance to swim in any races they choose. Practices are divided up into levels to give every one a challenging but attainable practice session.

***Measures success by personal improvement.*** The sport is based on a tangible mean of time, so every child may compete against ones own time to gauge improvement and set goals.

***Competition as an opportunity.*** We teach our athletes to look at competition as a way to improve. They recognize that competitors allow them to achieve a higher ability than they would achieve without it. This is a healthy skill they will take on to all walks of life.

***Teamwork:*** Competitive swimming is a team sport. It takes peers to help push, encourage and motivate each other at practice and meets. Swim Meets are usually scored by how many points the swimmers on your team combined earned.

***Positive Peers and Social aspect:*** Swimmers usually end up becoming very close friends as they work extremely hard to achieve their goals, and choose to be with like-minded people. The travel swim meets allow the swimmers to have a lot of fun experiences.

***Great Work Ethics:*** The athlete will learn that their results are based on the time and effort put into preparation. Since swimming is individually based the athlete becomes accountable for himself.

## ENJOY THE PROCESS!!

