

How Would I Get To Be Swimmer Of The Month?

It is impossible for the coaches or I to tell you that, “if you do this – you will win Swimmer of the Month,” because what if many people do something more impressive than that - that week. So I have devised some ideas of what the coaches are told to look for when thinking about who is their, “Swimmer of the Month.”

During Regular Weeks:

Effort: Probably the Biggest thing that coaches look for during non-meet weeks is effort. I know that whenever I do a hard set I really pay attention to whomever I think worked the hardest on the set(s) or did the best during the set(s) (especially during a Challenge Set for the Gold/Senior/National Groups).

Leadership: One of the things that I know that I look for is Leadership, if someone has really been a leader at practice that week. A swimmer could win the award by just being a leader. What does a leader do: goes first in the lane, cheers on other swimmers, tells them to do the set right, has the right attitude, listens to the coaches intently and does what is asked of them, doesn't complain when a hard set is given, pushes other swimmers to work hard during the set, etc...

Attendance: I know for a fact that during weeks when there isn't a meet going on, I really take a look at attendance. What I look for is = “Who has been increasing the number of practices they have been going to lately?” Or “Who has started coming to morning practices/weekend practices lately?” Many times I will give the award to someone that has answered those questions recently.

During Meet Weeks:

Many times during when VAST has a meet during that week I like to give the award to a VAST swimmer that went to the meet. It doesn't always happen that way – but probably will. How do you improve your chance to win it at a VAST Meet?

Records: If you break a VAST Team Record at a VAST Meet, you are probably going to win Swimmer of the Month, however you may not. When you would probably win the award: if its your first time breaking a VAST Team record, if you haven't won swimmer of the month for breaking a VAST Team record recently or ever or if it is your first VAST Team record this season. When you may not win the award?: if you have won Swimmer of the Month already for breaking a record that season, if the record was your own record, if that was the only swim you did well in the previous weekend or if the record was in a relay.

Cuts: If the Coaches believe that someone qualifying for a Championship Meet was the highlight of the meet, they might win the award (but not always).

Best Times: Sometimes from a previous meet it is a great chance to award a swimmer that went to the meet and achieved Best Times in everything they swam (100%) best times. Usually there is at least 1 swimmer at every meet from VAST that accomplishes this feat and sometimes they win Swimmer of the Month for doing so.

Leadership: Sometimes at VAST Meets one the Coaches may also give the award to a VAST swimmer that shows leadership at the meet. They could show leadership by: going first in warm-ups, leading team cheers, cheering for VAST swimmers, going to Team Functions or just having the “Right Attitude” in general.

All in all I suppose it is much too difficult for me to tell you that doing a certain thing will earn you swimmer of the month. The best thing that I can do is to tell you what the coaches will be looking for when deciding who to give Swimmer of the Month to.

Remember: There are 95 registered swimmers swimming for VAST and the coaches only give out 4 Swimmer of the Month awards each month. It is a tough decision the coaches have to make every month, but they should be explaining why they made it so swimmers know.

A swimmer can win the award more than once; however I know that I strive to let others also have a chance at winning the award if they also have earned it.

In reality almost everyone earns the award every month but We are trying to award the swimmers that really stuck out to us and did something Outstanding that they normally don't do. It could be their effort in practice, their leadership in practice, their attendance improvements, breaking records at VAST Meets, qualifying to future VAST meets, achieving best times or their leadership at swim meets.