

Character Development/ Life Skills Descriptions	Level One Minimums	Level Two Minimums	Level Three Minimums
<p>Many coaches support the learning of life skills as a major benefit of participating in a swim program. These skills include such things as championship behavior and accountability, work ethic and self discipline, time management, and commitment and loyalty. Ten years after a swimmer has stopped swimming, the items most often mentioned about his or her swimming career are in this category. As in all the other categories presented, each level builds upon the previous level.</p>	<p><b>Championship Behavior and Accountability</b></p> <ol style="list-style-type: none"> <li>1. The swimmer understands that he or she is part of a team and has respect for his or her teammates.</li> <li>2. The swimmer listens to recommendations from their coach and, to the best of their abilities, makes the appropriate changes.</li> <li>3. The swimmer understands appropriate team rules and the consequences of breaking the rules.</li> </ol> <p><b>Work Ethic and Self Discipline</b></p> <ol style="list-style-type: none"> <li>1. The swimmer will pick up and put away any equipment he or she used in practice.</li> <li>2. The swimmer will be ready to start practice on time with the appropriate equipment.</li> <li>3. The swimmer understands the importance of giving the coach his or her undivided attention while the coach is talking. The swimmer should focus his or her eyes on the coach and remain quiet when the coach is talking. The swimmer will also follow directions set forth by the coach in practice.</li> <li>4. The swimmer will “just say no!” to drugs and other harmful substances.</li> <li>5. The swimmer will show respect for the facilities and equipment.</li> </ol> <p><b>Time Management</b></p> <ol style="list-style-type: none"> <li>1. The swimmer will arrive to practice on time.</li> </ol> <p><b>Commitment and Team Loyalty</b></p> <ol style="list-style-type: none"> <li>1. The swimmer will know the team name and the team colors.</li> <li>2. The swimmer will know the names of teammates and coaches in his or her practice group on the team.</li> <li>3. The swimmer will know the name of all training groups on the team besides his or her own group.</li> </ol>	<p><b>Championship Behavior and Accountability</b></p> <ol style="list-style-type: none"> <li>1. The swimmer demonstrates an understanding of sportsmanship-championship behavior (e.g. doesn't throw goggles, congratulates opponents).</li> <li>2. The swimmer will treat teammates, parents, and coaches like he or she would want to be treated.</li> <li>3. The swimmer talks to the coach before and after each race.</li> <li>4. The swimmer knows basic meet procedures, including how to use and read a heat sheet.</li> </ol> <p><b>Work Ethic and Self Discipline</b></p> <ol style="list-style-type: none"> <li>1. During practice the swimmer will: <ol style="list-style-type: none"> <li>a. Leave on time during sets</li> <li>b. Start and finish at wall</li> <li>c. Swim the set in the prescribed manner (e.g. doesn't do freestyle on butterfly sets, doesn't pull on kicking sets, performs all turns legally).</li> <li>d. Swim the entire set (e.g. doesn't walk on bottom, counts accurately).</li> </ol> </li> <li>2. The swimmer will communicate with their coach.</li> </ol> <p><b>Time Management</b></p> <ol style="list-style-type: none"> <li>1. The swimmer will turn in appropriate team paperwork in a timely fashion.</li> </ol> <p><b>Commitment and Team Loyalty</b></p> <ol style="list-style-type: none"> <li>1. The swimmer chooses a swimming role model, whom may be a part of the team, and knows the event in which the individual competed or competes.</li> <li>2. The swimmer takes pride in being a member of the team, which the swimmer demonstrates by: <ol style="list-style-type: none"> <li>a. Participating in team cheers</li> <li>b. Knowing the coaches' names</li> <li>c. Cheering on teammates during swims</li> <li>d. Wears the team uniform.</li> </ol> </li> </ol>	<p><b>Championship Behavior and Accountability</b></p> <ol style="list-style-type: none"> <li>1. The swimmer will demonstrate a higher level of sportsmanship - championship behavior than in level 2 (e.g. respects competitors and gets along with friends regardless of ability level).</li> </ol> <p><b>Work Ethic and Self Discipline</b></p> <ol style="list-style-type: none"> <li>1. The swimmer attends the recommended meets and understands the importance of being on time for meet warm up.</li> <li>2. The swimmer will meet the established attendance requirements.</li> <li>3. The swimmer will understand why he or she must “just say no!” to drugs and other harmful substances.</li> <li>4. The swimmer will learn to challenge him or herself to perform the utmost of his or her ability in practice.</li> </ol> <p><b>Time Management</b></p> <ol style="list-style-type: none"> <li>1. The swimmer demonstrates an ability to balance school and outside activities.</li> </ol> <p><b>Commitment and Team Loyalty</b></p> <ol style="list-style-type: none"> <li>1. The swimmer chooses a national swimming role model and knows what events he or she competes in.</li> <li>2. The swimmer will know the history of the team.</li> </ol>
Date Achieved			

Level Four Minimums	Level Five Minimums	Level Six Minimums	Level Seven Minimums	Level Eight Minimums
<p><b>Championship Behavior and Accountability</b></p> <ol style="list-style-type: none"> <li>1. The swimmer will know their competitors' names.</li> <li>2. The swimmer knows the qualifying times for the highest level in state meet.</li> </ol> <p><b>Work Ethic and Self Discipline</b></p> <ol style="list-style-type: none"> <li>1. The swimmer is not influenced by the negative behavior of his or her teammates.</li> <li>2. The swimmer understands and takes responsibility for attendance, performance, and habits in practice and how these three relate to meet performance.</li> <li>3. The swimmer understands the traits of a positive leader and endeavors to become one.</li> </ol> <p><b>Commitment and Team Loyalty</b></p> <ol style="list-style-type: none"> <li>1. The swimmer demonstrates commitment to his or her team by continued dedicated membership of at least two years.</li> </ol>	<p><b>Championship Behavior and Accountability</b></p> <ol style="list-style-type: none"> <li>1. The swimmer accepts the responsibility of being a leader and/or role model. The swimmer will lead by being a positive example.</li> <li>2. The swimmer knows the requirements for qualifying to compete in finals for the highest level in state meet.</li> </ol> <p><b>Work Ethic and Self Discipline</b></p> <ol style="list-style-type: none"> <li>1. The swimmer will be able to explain the rationale of the five categories of banned substances.</li> <li>2. The swimmer has their own personal diet plan.</li> </ol> <p><b>Time Management</b></p> <ol style="list-style-type: none"> <li>1. The swimmer has learned to prioritize and make sacrifices to prevent interference with their training and competition.</li> </ol> <p><b>Commitment and Team Loyalty</b></p> <ol style="list-style-type: none"> <li>1. The swimmer demonstrates commitment to his or her team by continued dedicated membership of at least four years.</li> <li>2. Decides to be a swimmer.</li> </ol>	<p><b>Championship Behavior and Accountability</b></p> <ol style="list-style-type: none"> <li>1. The swimmer accepts the responsibility of being a leader and/or role model. The swimmer will lead by being a positive example.</li> <li>2. The swimmer knows the time standards to qualify for Sectionals.</li> </ol> <p><b>Work Ethic and Self Discipline</b></p> <ol style="list-style-type: none"> <li>1. The swimmer will demonstrate an understanding of the short and long term effects of performance enhancing drugs.</li> <li>2. The swimmer maintains their diet plan, even while traveling.</li> </ol> <p><b>Time Management</b></p> <ol style="list-style-type: none"> <li>1. The swimmer has mastered time management skills so outside activities do not interfere with practice and meet attendance.</li> </ol> <p><b>Commitment and Team Loyalty</b></p> <ol style="list-style-type: none"> <li>1. The swimmer understands the need to sacrifice self interest for team goals.</li> <li>2. The swimmer demonstrates commitment to his or her team by continued dedicated membership of at least six years.</li> </ol>	<p><b>Championship Behavior and Accountability</b></p> <ol style="list-style-type: none"> <li>1. The swimmer demonstrates leadership responsibilities by working with younger swimmers (e.g. talking with them, helping them at meets).</li> <li>2. The swimmer understands the importance of seasonal, yearly, and quadrennial planning and the consistency of the plan within each of the cycles.</li> <li>3. The swimmer will recognize the effects of poor communication.</li> <li>4. The swimmer knows the qualifying standards for Junior Nationals.</li> </ol> <p><b>Work Ethic and Self Discipline</b></p> <ol style="list-style-type: none"> <li>1. The swimmer takes pride in doing the little things well and goes beyond the call of duty.</li> <li>2. The swimmer demonstrates self motivation.</li> </ol> <p><b>Commitment and Team Loyalty</b></p> <ol style="list-style-type: none"> <li>1. The swimmer demonstrates commitment to his or her team by continued dedicated membership of at least eight years.</li> </ol>	<p><b>Championship Behavior and Accountability</b></p> <ol style="list-style-type: none"> <li>1. The swimmer understands the relationship of seasonal, yearly, and quadrennial planning and works with the coach in establishing priorities.</li> <li>2. The swimmer recognizes the importance of communicating with the media.</li> <li>3. The swimmer accepts and appreciates the responsibilities and benefits of being an ambassador of swimming by participating in public speaking, interviews, autograph sessions, ect.</li> <li>4. The swimmer knows the qualifying standards for Nationals.</li> </ol> <p><b>Work Ethic and Self Discipline</b></p> <ol style="list-style-type: none"> <li>1. The swimmer demonstrates consistent, high quality performance in training.</li> <li>2. The swimmer can manage setbacks so they don't interfere with long range goals.</li> <li>3. The swimmer will consistently make choices that positively affect training performance.</li> </ol> <p><b>Commitment and Team Loyalty</b></p> <ol style="list-style-type: none"> <li>1. The swimmer demonstrates commitment to his or her team by continued dedicated membership of at least ten years.</li> </ol>