

# Kevin Zacher

---

## Coaching Philosophy

I believe in helping each swimmer reach their individual potential as a swimmer. To do that, swimmers need to learn the values of commitment, dedication to a goal and hard work. I will teach them the skills to be successful both in and out of the pool. All I ask is that they are committed to that process. An athlete cannot reach their potential without a full commitment.

I also believe that in order to race fast you have to train fast. You have to train with focus and purpose. I design our training program in a way that helps the athletes stay in the moment. It is also important that I educate the athletes as to why we train the way we do. I want them to understand the reasons for their training. In training we will put the athletes into situations that will simulate their races and execute skills in those conditions. We train at speed. We emphasize great technique and skill execution at speed.

I want educate the athletes in what it takes to be successful. Every athlete is different. What may work for one individual may not necessarily work for another. There are many factors that contribute to this: age; maturity (physical and mental); personal physiology; body composition; ability to handle/manage other activities (school/studies, faith, family activities, etc); parental support; et. I will work with each athlete to find out how to best help them. I will educate the athletes as to what it takes for them to be successful in the sport and give them ownership of their swimming. This process takes time and patience...when they graduate out of our program, they will know what is important for them to continue to have success in the pool.

I believe in providing an environment where the swimmers are encouraged and supportive. I will provide a positive environment for training and competition. Swimmers will be treated with respect and encouragement. The athletes will be respectful of each other and support one another. The environment will be friendly and welcoming. Swimmers will work together to help each other reach common goals. Everyone will celebrate each other's successes. We will refrain from "drama" and cliques. The environment will be safe and healthy for children to be a part of. Together Everyone Achieves More...a statement our team will embody.

Swimmers in my program will learn a lot about themselves, as swimmer and as people. They will have self-awareness, self-belief, self-confidence. They will be able to speak to adults respectfully and advocate for themselves. They will know what it takes to be successful. They will be good teammates. They will know what they want to achieve in life and have a plan to get there. They will be ready to handle whatever life has in store.