

## PLATINUM SWIMMER GOALS

1. Have 100% attendance. It's not required but why not go for it? You won't know you can do it unless you try.
2. Face your fears, Don't be afraid to Fail. Learn to Fail without losing confidence. Elite athletes know how to set goals that aren't easy to obtain, then try and try and try again and never quit!
3. Understands that each practice is a necessary component for success, show up early, stay the entire time.
4. Don't take racing so seriously, it's just a race. Keep things in perspective and insist on having fun!
5. Love the sport of swimming, and everything about it.
6. Be passionate about the art of racing
7. Be positive, guard your thoughts from negative and critical thinking. Recognize what you are doing well.
8. Have confidence in yourself. After all, you've made it into the Gold group which is not easy. So if you can that you can do anything you put your mind and are willing to work for.
9. Enjoys challenges and difficult tasks, understands that these challenges build character and help the process of success in and out of the pool. Don't be afraid to ask for help and support.
10. Always seeks to do more than what is asked, is not satisfied doing the minimum
11. Understand that confidence is gained by being courageous and taking actions you've never taken before. Confidence, not arrogance is a key factor in being successful.
12. Give yourself honest self-assessment in practice and meets without putting yourself down.
13. Take responsibility for your actions and your impact on others in practice and meets
14. Understands that the "Athlete" has the most influence on the outcome, not parents, not coaches. Your success is within your power to effect.
15. Come to practice prepared with proper equipment and nutrition (water, sports drink, power bar)
16. Carry at all times spare suit, cap and goggles
17. Consult the coach concerning injury or illness or any other problems
18. Consult the coach when needing to miss practice to get an excused absence
19. Consistently offer the coach feedback on personal technique, training and meet performances
20. Improve ability to Focus and be involved in one's own process, mindful training gets results faster. No mindless training.
21. Commit to doing your best and when you fall short or break an agreement, address it directly and get back on track as quickly as possible. You do not have to do this perfection. It's PROGRESS NOT PERFECTION.
22. Support your teammates 100%. In order for one person to win everyone must win. Take on making sure your teammate is successful and you will find new access to have successful, purposeful practices.

**By committing to these goals, we believe you will create your best possible chance to achieving your highest potential not only in swimming but in every area of your life!**