

The Aquajet Way



The Aquajet Way is a guide for Ron's Group members.

This guide tells us how to conduct ourselves as Aquajet Leaders, how to perform tasks and activities and how to interact with others.

This document is organic.
If we need to add something, we can!



1. YOU AND THE AQUAJETS

Welcome to the top group of our team!

As one of the Club's top swimmers, you will be supported to reach your goals as a swimmer and a person. You are now one of our leaders. In the past, we have had some super role models in our group. You will be expected to carry on their tradition of:

- being an excellent teammate
- model best behavior as an example to the younger swimmers
- take control of your career

So let's get into it...

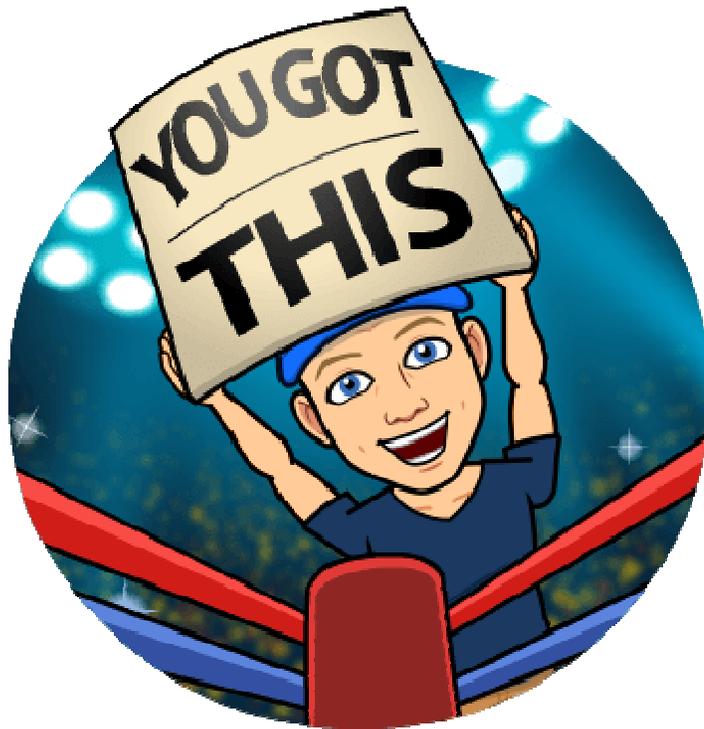
You have the Head Coach to help you have a super year. Every teacher, boss and coach you have is different. "The Aquajet Way" gives insight into how Ron wants things to be done. Some activities seem simple. Over time, we have come to an understanding about the right way to do things, for our group. Execute tasks using these pages as your guide.

The *Aquajet* Way

Ron has coached thousands of swimmers over 40 years.
Here are traits our most successful swimmers have embraced:

- ✓ Arrive at practice early
- ✓ Bring a great attitude
 - ✓ Don't complain
- ✓ Support teammates
 - ✓ Work hard
- ✓ Show gratitude
- ✓ Be coachable

ALL CONTROLLABLES that require ZERO talent
(Alistair McCaw)



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Where are YOU on the pyramid?

7 University, Adulthood

6

- ✓ Cause team to upgrade
- ✓ Acknowledged team leader
- +Demand to do tougher sets, more practices
- ✓ Talent recognized outside of swimming

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- Model group goals
- Committed to improvement
- +Strive for excellence in practice
- Regularly complete set ahead of team
- +Make teammates better by words and actions
- Enhanced attention to detail in technique

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- ❖ Use pace clock to gauge progress
- ❖ Can perform all facets of practice routine
- ❖ Relate practice performance to race results
- ❖ Aspire to above average attendance
- ❖ Accept responsibility for swim career

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- Will to improve
- Complete most sets
- Can use pace clock independently
- Arrive at meets and practice promptly
- Attend required number of practices
- Understand skills needed to improve
- All strokes and turns are legal
- Aspire to achieve group and personal goals

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- Understand and follow Basic team rules
- Aware of practice and meet schedules
- Aware of group goals for stroke technique
- Understand preparation for practices and meets

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Member in Good Standing

- Good Health, Fees Paid, Interest in Sport

AQUAJET PROGRESS PYRAMID

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2. SUCCESS OFF THE DECK

You are an athlete.

Some of your friends may be able to light the candle at both ends, but you can't.



- Stay healthy.
- Sleep well.
- Eat well.
- Keep up with your school work.

Be careful of your online brand. Always be a supportive team player.
Can you afford to waste time online?
Check [Commit](#) for detailed practice info.
Click your [Go Swim](#) account for video stroke tips.

Consult our web site for meet info.
Look to [Meet Mobile](#) or host team sites for meet results.
Keep your phone charged for practice in case we video.
If you text me, tell me who you are.

Talk to Ron about time conflicts.

You are now in the top group.



Leadership

Be a leader on deck, in the change room and at meets.
If you see an Aquajet misbehaving, talk to them or tell a coach.

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3. At Practice

We spend 95% of our time here, so....

Activation, positive self-talk, lots of energy.

We need all of our group members to have great practice habits for us to succeed.

Set Up

Think team set up before your own.

Lane Ropes

Put in ropes by unrolling the required number of ropes and put in water.

Leave 1/2 metre on the deck. 2 people go in and take to the other end.

Must hold e deep ends out of water. Shallow end clipped in first.

Straddle rope to tighten up. Tighten the big extender, not the little silver ones.

Extra pieces are in blue locker.

Take out ropes: Find out which ones stay, which ones go.

Loosen ropes and bring to the reel. At least 2 people to reel in.

Don't reel too fast

Flags

Use blue tool to take out fillers.

Insert first pole on the bleacher side with no wrapped flag.

Unroll flags from other pole until you can insert into hole.

Make sure flags are fully off the pole.

Take Out: put spacers back in, leave poles where they will not fall.

Kickboards

Bring your own out unless somebody is nice and gets you one.

Water Bottles

Bring your own, no throw away plastic and no glass.

Equipment

Two pair of goggles, extra suit, fins, snorkel, charged phone.

Before we hit the Surf

Get your personal stuff slotted into a lane.

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Read the practice, especially the warm up.
Think about your approach to get the most from practice.

In Pool

No diving unless directed.
Warm up is not a race. Think distance per stroke.
Not splashy.

How to Pass



If you are catching up, try to pass.
Passer goes to the inside,
Passee stays outside and waits a tick on the wall to allow the pass.
Change lane order as required(no biggee)

Be vigilant

See someone acting strange or in distress? Help out and tell the coach.

Sick

If you don't feel well, get out and tell the coach.
Regroup and rejoin practice when you are ready.
If you need to go to the change room, notify your coach as you go.

Test Sets

As a bridge from our regular practice work to racing at meets, we do test sets.
Our test sets show us how we are doing at various distances, strokes and speeds.
Understand the goals of each test set and give it a go!
Some test sets have us time each other.
Do not put the watches on the deck.

Check your test set results, the results of others to see how you are progressing

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through the year.

Fast test set results bode well for future racing success.

4. Swim Meets



YOU take responsibility for your business at swim meets.

Integrate your goals, your practice performance with some swim meet knowledge.

Know your events, where and when the meet is, what time to be on deck, do I have a chance at finals, am I on a relay.

Don't leave a meet session without checking in with the coach.

What to bring to a meet

Race suits needed for this particular meet. No tie backs, no taping.

Have Aquajet warm up gear, only, on deck.

Have a water bottle, any dry land toys you like.

Use Meet Mobile or host web site to check results.

Bring your positive attitude for the team and for you.

Talk Swimming with your teammates.

Racing

Think about your race plan.

Confer with coach if you like.

Think about two main things to accomplish in this race.

After the race, accept your result as the best you could do this time.

Talk to your coach right after every race.

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Let's celebrate your swim together!

5. Beyond the Pool

Here is an important concept to embrace:

You are expected to take as much control over your career as possible.

YOU should know about upcoming meets, events etc. YOU need to be in charge of you...not your parents, not me.

University is not far off...prepare yourself to thrive as a fully functioning human.

Yes, I can be a reference for jobs, school stuff etc.

Want to try coaching?



Get your NL and instructors.

Need any help with school projects? Maybe we can do a swimming thing.

Need help picking a university from a swimming Perspective? We can do that.

Questions? Talk to Ron.