

Expectations

1. Push off strongly using proper streamline on every start and turn.
2. The minimum for kicks off every wall during practice is $\frac{1}{4}$ of Max. More is always OK.
3. Swim strongly at the end of every swim. Finish all racing sets holding your breath for the last $12 \frac{1}{2}$ yards.
4. Turn how you want to turn in a meet. Understand that if you practice outstanding turns your turns will stand out as one of your strengths.
5. Update your progress sheet and goal sheet daily. You will only gain confidence by remembering your accomplishments.
6. Know your quality counts for free and stroke and know your fall off during any set.
7. Know your times in practice.
8. Know your current best times.
9. Know your strengths and weaknesses as well as those of your teammates.
10. Decide to make it work. Always demonstrate an attitude of endurance.
11. Take responsibility for your actions. Take pride in the work you do that will help you accomplish your goals. Be accountable when your lack of work or focus causes you to fail.
12. Understand that you can only get faster from hard work in the water. If you are getting faster without hard work it's only because your body is growing.
13. Understand that changing your technique is hard. It may feel strange or even slow.
14. Be Positive - between sets and at meets. Talk up your teammates strengths. Notice when a teammate makes forward progress on a weakness.
15. Use what your Team, Teammates and Coaches give to you.
16. Represent your team positively.