

# The SLACer Mentality



An overview of the values and goals of  
the South Lake Aquatic Club Lightning

# OUR CORE VALUES

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Honesty

Integrity

Dedication

Compassion

Hard Work

Development



# True SLACers

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## Honesty and Integrity

We strive to provide a safe, healthy and inclusive swimming environment for all of our team members.

We work to teach life skills through the sport of swimming which will help our swimmers succeed athletically, academically and emotionally.



# True SLACers

## Dedication and Compassion

We provide expert instruction in competitive swimming and provide the opportunity to reach the highest levels of our sport for those who want it.

We are diligent in our efforts to be inclusive to those who may not target the highest levels of the sport but wish only find a love for a lifelong activity.



# True SLACers

## Hard Work and Development

Our expectation is that each team member will give their best efforts in the pool, in the classroom, with their families, and to their community.

We believe in constant and consistent improvement. We have many ways to measure improvement and new best times are low on the list.



# OWN IT

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Be positive with yourself and with your teammates.

Be the swimmer who coaches at the next level want to recruit.

Remember your why.

Help everyone around you reach their goals.

Be ready to earn the t-shirt.

Always move forward. There will be ups and downs but always forward.



# The Long Range Forecast

## Team Structure and Practice Expectations

Coaches think in the long term but are fluid with decisions in the short term to get there.

We have 6 practice squads and we have goals for swimmers 4-10 years down the road. Squad goals and placement decisions change every season based on normal variations in the makeup of a team of this size. (ages, abilities, experience). Parents should be open-minded, should be patient, and should trust the coaches with group placements.

Attendance is not a requirement to be a SLACer but is required to improve in the long term. Occasional and seasonal absences aren't issues until higher goals are in mind.

Our practice schedule is designed to provide the opportunities necessary for those with higher goals in mind. We will practice in the rain, in the wind, in the cold, in the sun, on a school holiday... Your swimmer is not required to attend but yes, we do have practice.

It is imperative that your swimmer be prepared by bringing their practice equipment each day. Please make sure they have the recommended (required) pieces. Searching Amazon for random paddles and fins can be like showing up to a golf lesson with a driver when the coach said let's work on our putting.



# Bring the Hammer

## Swim Meet Expectations

Swim meet levels- Think of a flow chart... Begin at the local invitational level then move to day trips, local prelims/finals invites, then travel meets, then local championships, state level championships, national invitationals, USA Swimming regional and national competitions.

Remember swimming is a sport and this is a sports team. Coaches pick the events just like a lineup. The tent is for the team, just like the bench. Pre and Post race talks are for coaches/swimmers just like huddles are for coaches/players. Swimmers should talk to coaches about meet goals and season planning (why these events at which meet, when to wear THE suits, when we rest, when to shave...)

Most swim parents are not former swimmers. Swim meets are new, hard to follow, and crowded. Parents get nervous. Your swimmers pick up on that. Play grandparent at the meet and let the coaches take over parenting duties for a few (four to five) hours. No swim talk off the pool deck and only positive conversations on the deck. Let the coach handle any necessary criticisms.



# Stormy Weather

## When and How to Ask for Help

New parents should review all team emails, should read the team handbook and review the team website. Then ask Coach Alex for help on meet info and signups, ask Coach Gibb or Coach Alex training/racing questions, and ask our parent booster club members for help on other smaller things. When in doubt consult the team website. It's very likely the information is there.

All parents should remember the parent-swimmer-coach triangle relationship for communication. Encourage your swimmers to talk to the coach. Good relationships with all our swimmers is a top priority for us. Come directly to us in cases of safety, health, and general well-being.

Meet event selection, relays, practice squad placement, and training are 100% Coach Only Territory... any questions?

Swimmers should not be afraid to ask for a little bit of one-on-one coaching if struggling. We keep 15 minute windows each week for this purpose. Coach Gibb 4:00-4:15 pm Wednesdays.  
Coach Alex 5:00-5:15 pm Fridays.

Coach Alex is available for private lessons for more in-depth one-on-one training.

Some senior squad swimmers work for our lessons program and are also available.

