

SEMINOLE AQUATICS SWIMMER SELF ASSESSMENT TEST: The Seminole Aquatics “SAT”

INSTRUCTIONS: Answer each question thoughtfully and, most importantly, HONESTLY. This test is for your benefit, so answer all sections truthfully, not just as you would *like* to think of yourself. Spend some real time on this, and thoroughly consider each question and all of the possible responses. Circle each answer, and then use the scoring guide at the conclusion to arrive at a total score.

1. Practice Attendance

- a) You come to practice virtually every day, without ever missing.
- b) You average about one missed practice a week.
- c) You come to about three practices a week, on average.
- d) For a variety of reasons, you have a hard time coming consistently—you have “good” weeks and “bad” weeks (or months) in terms of attendance.

2. Punctuality

- a) You are **always**, without fail, in the water at the designated time (“leaving on the :60”) to begin the first set of warm-up, every day.
- b) You usually get in a few seconds late, or miss the first 50 or 100 of the warm-up set.
- c) You are routinely in the latter half of the swimmers getting in—you’ll miss the first couple of intervals, and you’ll often have to ask someone what the warm-up set is.
- d) You are consistently one of the last ten people to get in the water.

3. Doing Main Sets

- a) You never stop in the middle of ANY practice set for ANY reason. If you ever do miss an interval, you just flip and keep swimming without a stop.
- b) On rare occasions you will stop in the middle of a set when you miss an interval—this seldom happens, but you do occasionally stop during a set in order to re-group.
- c) You stop fairly frequently during hard sets, usually because you try intervals that are too hard or too fast.
- d) You almost never complete a full interval set without stopping, getting out, fixing your cap or goggles, or switching lanes. It is very hard for you to imagine a set of 20 x 100, on a fast interval, without having to stop.

4. Getting Out of the Pool During Practice

- a) You never, ever get out of the water for any reason during the practice, even for a bathroom break.
- b) You occasionally get out to stretch or go to the bathroom, but usually just during recovery sets or easy swimming.
- c) You get out of the water at least once a week, usually for the bathroom, to stretch, or to get a drink.
- d) You typically get out to stretch or use the bathroom one or more times a day.

5. Warm Down Sets (For example, 10 x 50 easy choice @ :60)

- a) You always complete **every single warm down** without skipping or sitting any out.
- b) Out of a set of 10, you routinely do 8 or 9.
- c) You usually use this as a bathroom or water break, but end up getting most of them done.
- d) You typically miss over half of the warm-down sets.

6. Saturday Practices
 - a) You come to nearly all Saturday swim practices.
 - b) You come about half the time, maybe a little more.
 - c) You come once in a while, maybe once or twice a month.
 - d) You never go to Saturday practices.

7. Getting Out of Practice Early
 - a) You never get out early.
 - b) You get out early on some nights, maybe once a month, but for what seem like “good” reasons.
 - c) You get out of practice early, fairly consistently. You always have a reason (homework, soreness, family dinner, tiredness), but the fact is that you’re out consistently early.
 - d) You get out early almost every chance you get.

8. Effort During Hard Practice Sets—As a Worker, Assess Where You THINK Coach Ackerson and Your Teammates Would Rank You:
 - a) In the top 10% of the hardest workers on the team.
 - b) Average to above average—a pretty good worker.
 - c) Probably in the bottom half.
 - d) In the lowest 25% (other swimmers may have called you a “slacker”, “lazy”, or words to this effect).

9. Year-Round Consistency—Over the past 12 months, how many months have you come to (**AND COMPLETED**) practices **at least five days per week** (including high school)?
 - a) 11 or more months.
 - b) 8 to 10 months.
 - c) 5 to 8 months.
 - d) 4 months or less.

10. Alcohol, Tobacco or Drug Use
 - a) You’ve never used any alcohol, tobacco, or illegal drug, not even once.
 - b) You may have “experimented” with some of these things, but do not use any of them regularly.
 - c) You’ve used **any** of these substances at least twice over the past three months. Be very honest with yourself.

EXTRA CREDIT: If you almost NEVER miss our weight room workouts, give yourself three extra points. If you’ve **averaged** two of our weight room workouts a week over the past six months (this means you might miss one or two workouts a month), then give yourself one extra point. If you do Saturday mornings only, or you “work out” on your own, no points, sorry.

SCORING GUIDE:

For **questions 1-9**, score each letter as follows:

- a) = 10 points
- b) = 8 points
- c) = 6 points
- d) = 4 points

For **question 10 only**, score “a” as plus 10 points, “b” as a zero, and DEDUCT ten points if you marked letter “c”.

Total your score for all 10 questions, and refer to the below descriptions:

100: You are in that epic group of people that have set goals in swimming and are willing to do whatever you have to in order to achieve them. At the end of your swimming career, if you continue to work like this, there is a very good chance that you will achieve most of these goals. But, more importantly, you will be able to look back and say that you did everything possible to be as good as you could be. You are the hardest worker on every team you'll ever be a part of.

90 and above: You are one of the hardest workers on the team, and you do virtually everything the right way. Try to find the one or two areas that you can still improve in, as you obviously are very committed to becoming a great swimmer. At this work level, you are **exactly** what the good college teams want (and trust me, the smart college coaches DO ask your club and high school coaches). If you aren't blessed with great natural talent, you can still end up being a State-level, college-prospect swimmer. You're on track to have a fantastic swimming career, and you're a leader on the team, whether you realize it or not.

80-89: People in this range tend to WANT to be very good in the sport. The younger kids have ambitions of doing well at the Florida Age Group meet, while the older swimmers aspire to having good high school Regional and State Meet finishes. They also tend to think of themselves as very hard-working, committed swimmers. But, as this test shows, in terms of practice and / or personal habits, **they could do better**. These people are long on desire, but they need to eliminate the negative habits that are going to keep them from succeeding at the highest level.

70-79: If your score puts you in this group, it's time to face some hard truths: You're not doing what you need to in order to succeed at the level you'd like. If you're one of the faster swimmers, this is the difference between just going to the State Meet and actually scoring at the State Meet. If you're not one of our fastest swimmers, this could mean the difference in your even being **entered** in a high school Conference or District championship meet. The bottom line is that unless you make some drastic changes, you'll never become as good as you should have been, and that's a pretty sad legacy.

60-69: Most of the "social" swimmers on teams fall into this category. You like being associated with the team, but you really aren't committed to being good at swimming. Often times, swimmers in this group don't work hard because deep down they don't believe that they can be good at it. Of course, this attitude makes no sense—some of the most talented swimmers I've had are in this group, but they never flourish because they don't work. Conversely, some of the kids in the 90 and over group have very little talent, yet are some of the fastest kids on the team. If you work hard, live right, and do your best, you get fast. I can promise you that.

Less than 60: If you scored in this group, you probably aren't overly surprised. Swimmers in this group come to practice very infrequently, and when they do, they're so out of shape that they don't work very hard. They look for reasons to get out early, and they tend to be what I call "Next Month" swimmers, as in, "I'm going to start coming regularly next month." There's also usually a good reason in their minds as to why they don't practice consistently---they've got a big school load, they can't get transportation, they've been sick, they're not in shape to swim hard yet, they're going to start back in the summer, etc, etc, etc.

"The person who really wants to do something finds a way; the other person finds an excuse."
-Unknown