

BRONZE TEAM EXPECTATIONS

Expectations	Education		Character Development	
Training Attendance	Training	Mental Training	Personal	
Swimmers in this group are expected to attend every training practice on the schedule.	- Technical Skills for all Strokes	- Using Goals to set expectations in practice and in meets	Respect	(+) Attitude
	- Detail Oriented Training		Responsibility	Leadership
	- Underwater Training	- Believing in Oneself	Discipline	Organization
Absences must be excused by head coach via Email, Text, or phone call with knowledge of communication by swimmer's parent	- Intro to VO2Max Training (Mid/Dist)	- Overcoming Failure	Determination	Focus
	- Intro Sprint Training	- Hard Work Mentality	Desire	Humility
	- Technical Training on Starts	- Focus Mentality		
	- Technical Training flip & open Turns	Emotional Training		
	- Strength & Conditioning Training	- Understanding Life through the sport: its Successes, Failures, Trainings, & Desires		
Competition			Social	
Gold Group Swimmers are expected to attend every swim meet on the calendar indicated for the Gold group			Communication	Friendship
			Teamwork	Empathy
	Competition		Learning how to follow	
	- Increase knowledge of events		Learnin how to lead	
Coach will select all meet entries with input from the swimmer	- Energy Endurance Efficiency throughout the swim meet			
		Nutrition Training		
		- Healthy Eating Recommendations		
	Time Management			
	- Organizing School and Training time in order to keep up the good grades and attending practices to have the best possibilities to improve at the season's end			
	- Optimizing time for the priorities in each swimmers life which also includes athlete's social life outside the water, be it with family, friends, and teammates	Stress Management		
		- Being very committed to improving in the water as well as wanting the athletes in this group to enjoy the sport and love it because swimming is a sport for life		