FUTURE TEAM EXPECTATIONS

Expectations

Training Attendance

The More practices you attend it will be faster to be able to improve your skill

Competition

Focus will be placed on the Emerging Swimmers Sweet Series

May attend but are not required to go to USA Swimming meets

Education

Training

- Intro to Fly & BR
- Technical Skills for all Strokes
- Underwater Training
- Intro Sprint Training
- Technical Training on Starts
- Technical Training flip & open turns
- Strength & Conditioning Training

Competition

- Energy Endurance Efficiency throughout the swim meet

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

Mental Training

- Intro to Goal Setting
- Believing in Oneself
- Overcoming Failure
- Hard Work Mentality
- Focus Mentality

Emotional Training

- Understanding Life through the sport: its Successes, Failures, Trainings, & Desires

Nutrition Training

- Healthy Eating Recommendations

Stress Management

- Enjoying the sport and the competitions

Character Development

Personal

Respect	(+) Attitude
Responsibility	Leadership
Discipline	Organization
Determination	Focus
Desire	Humility

Social

Communication	Friendship
Teamwork	Empathy

- Learning how to follow
- Learnin how to lead