GOLD 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	- The Utilization of Goal Setting	Respect	(+) Attitude
	- Detail Oriented Training	- Believing in Oneself	Responsibility	Leadership
	- Game Planning for events	- Overcoming Failure	Discipline	Organization
- Absences must be excused by head coach via Email, Text, or phone call with knowledge of communication by swimmer's parent	- Underwater Explosive Training	- Hard Work Mentality	Determination	Focus
	- VO2 Max Training (Mid/Dist)	- Focus Mentality	Desire	Humility
	- Sprint Precision Training	Emotional Training		
	- Strength & Conditioning Training	- Controlling Emotions & utilizing the feelings to help performances, & overcoming failures		
	- Practices Oriented to Speciality events for each individual Stroke and IM			
Competition			Social	
- GOLD TEAM Swimmers are expected to attend every swim meet on the calendar marked for Gold Team.		- Understanding Life through the sport: its Successes, Failures, Trainings, Desires, Etc	Communication	Friendship
			Teamwork	Empathy
	Competition		Learning how to follow	
	- Increase knowledge of events	Nutrition Training	Learnin how to lead	
- Coach will select all meet entries with input from the swimmer	- Energy Endurance Efficiency throughout the swim meet	- During Training months		
		- For Competition Taper Moments		
		- Knowledge of Nutrients and where we can get them from		
	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	- Knowledge of Nutrients and where we can get them from		
		Stress Management		
	- 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	- Being very committed to improving in the water yet we still want the athletes in this group to enjoy the sport and love it because this is a sport for life		
		- Being able to Maintain a high level of training with the expectations of keeping good grades in school		