

SILVER EXPECTATIONS

Expectations	Education		Character Development	
Training Attendance	Training	Mental Training	Personal	
Swimmers in this group must attend as many practices as they can	- Technical Skills for all Strokes	- Believing in Oneself	Respect	(+) Attitude
	- Underwater Training	- Overcoming Failure	Responsibility	Leadership
	- Technical Training on Starts	- Hard Work Mentality	Discipline	Organization
	- Technical Training flip & open Turns	- Focus Mentality	Determination	Focus
	- Smart Yardage Training		Desire	Humility
		Emotional Training		
		- Understanding Life through the sport: its Successes, Failures, Trainings, & Desires		
Competition	Competition		Social	
This group is not required to attend USAS swim meets, but may attend USAS meets	- High School Meets		Communication	Friendship
			Teamwork	Empathy
			Learning how to follow	
If they attend a swim meet, swimmers will select their entries with coach's approval	- Energy Endurance Efficiency throughout the swim meet		Learnin how to lead	
		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			
		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		