AQUAJETS
Power of the Team
THE BEGINNING

3 lanes

3.5 feet across

26.2 yards

Ages 6-15
GROUP STRUCTURE

- 6-8 year olds (Goldsharks, Goldjets, Goldlightning)
- 9-11 year olds (Bluesharks, Bluejets, Bluelightning)
- 11-13 year olds (Junior 1, Junior 2, Junior 3)
- 13-Up (Senior 1, Senior 2 and National)
GROUP EXPECTATIONS

3 TIER PROCESS

• The emotional readiness of the child

• Actual age of the child

• Physical abilities of the child (practice training and meet performances)
POWER OF THE TEAM

• Coaching Staff

• Values

• Atmosphere
COACHING STAFF

- Deck Staff
- Dryland Staff
- Sports Psychologist
- Board Members
- Finance Person
## AQUAJETS DRYLAND PROGRAMMING

### NATIONAL TEAM

<table>
<thead>
<tr>
<th>WEEK 15 – National 12/21</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
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<tr>
<td><strong>DWU</strong></td>
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<tr>
<td><strong>STRENGTH/POWER – LOWER</strong></td>
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<tr>
<td>I. EMOM @ 7-min</td>
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<tr>
<td>5 Back Squats 45# ROM!</td>
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<tr>
<td>5 Box Jump Overs</td>
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<td><strong>STRENGTH/POWER – UPPER</strong></td>
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<tr>
<td>II. Pull-up Progression Set</td>
<td>5-Rounds</td>
<td>5-Rounds</td>
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<tr>
<td>5 Pull-ups*</td>
<td>5 Pull-ups*</td>
<td>5 Pull-ups*</td>
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<tr>
<td>5 Power Push-ups (Bench)</td>
<td>5 Power Push-ups (Bench)</td>
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<tr>
<td>*1 Pull-up = 3-sec Top-of-PU Hang</td>
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<tr>
<td><strong>STABILITY &amp;/or METCON</strong></td>
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<tr>
<td>III. STABILITY</td>
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<tr>
<td>5-Rounds</td>
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<tr>
<td>6 x TTB</td>
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<tr>
<td>6 x 1-Leg Box Squat (L+R=2)</td>
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<td>6 x Ab Roller</td>
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<td>6 x KB Ground to OH</td>
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<td>10 Hollow Rocks</td>
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<tr>
<td>T-spine: LAX Ball Peanut Hip Series</td>
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<tr>
<td>Foam Roll – Legs and Back</td>
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COMPETITION NUTRITION

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GIVING BACK

Talking to the TEAM about:

• Determination

• Commitment

• Dedication

• Loyalty
Research Says

- Adults on average smile 20 times a day
- Children smile as many as 400 times per day!
Power of One SMILE

ONE smile can provide the same level of brain stimulation as up to 2,000 chocolate bars

ONE smile can provide the same level of brain stimulation as up to 16,000 Pounds Sterling CASH....$25,000

Smiling will make you healthier reduces stress, blood pressure and you look good in the eyes of others
Motivation

noun: motivation; plural noun: motivations
the reason or reasons one has for acting or behaving in a particular way.
synonyms: motive, motivating force, incentive, stimulus, stimulation, inspiration, inducement, incitement, spur, reason; informal carrot
the general desire or willingness of someone to do something.
enthusiasm, drive, ambition, initiative, determination, enterprise
TEAM MOTIVATION

- Powerful
- Exciting
- Better Results
COL

Circle of Love!
STORYTELLING
Embrace the Shake
ATMOSPHERE

Energetic
Process
Make the WHY FUN
ENERGETIC
- Pool deck
- In the pool
- In dryland

PROCESS
- Understanding
- Buying into it
- Be a part of it

WHY
- Understanding
- Trying
- Embracing
Seniors....where are they now?
IT TAKES THE POWER OF THE TEAM TO DREAM!