



Respect	Accountability	Preparation
"We" not "Me"	"We" not "Me"	"We" not "Me"
Parents	Smart devices...	Nutrition: eat to succeed
team-mates	Attendance	Training goals
Coaches	Motivating teammates	Focus on details: specific
Competition	Outward attitude	Positivity
Club members	Going extra mile	Set up pool/dry land
teachers, fellow students	Picking up after team-mates/self	Have equipment ready
Adults: general public	Own mistakes	Review goals & plan
Siblings	Failures to succeed	rest/sleep
Property	Goal setting	Stretch: pre-practice/race
Nature	Health & well being	Visualization
Animals		Self-preparation: equipment, etc
		Race Plan for meets