

Islanders Developmental Philosophy/Goals

March, 19th, 2019

During every season, on almost any team, you'll hear some athletes complain about how much time they commit to our sport, or ruminate on how "hard" it is to be a competitive swimmer. These issues range from the obvious comments "*I have no life,*" or "*all I do is swim,*" or the single most frustrating illustration of this apathetic approach; "*I just want to be a normal kid.*"

In all honesty, my world view of these complaints is simple...a "normal life" isn't nearly as valuable, fulfilling, satisfying or happiness-producing as the life of a dedicated competitive swimmer. That "normal life," is just easier, and quite frankly, a lot lazier.

I believe that if we can teach our 18 & under athletes to be really honest with themselves, eventually they'll learn to embrace challenges, struggles and develop critical life skills that extend far beyond the boundaries of the pool. Creating a process-driven lifestyle will NEVER be boring; rather it will be admittedly strenuous, uncomfortable and affirming.

Ultimately athletes who make a decision to follow their own path towards greatness live as outcasts among their peers, they've bucked their social hierarchy to strive for higher levels of achievement; this, in and of itself is a tremendous challenge and is exactly the type of environment we want to nourish at IA.

WE WANT A TEAM THAT'S UNAFRAID!

MARCH 19

**Islanders Aquatics-Team Philosophy Memo:
Developing Championship Vision**

