

## ***PreNational (1+2) Expectations and Requirements:***

1. Attend a minimum of 87% of practices. Both PreNational Groups are offered 6 practices per week. Swimmers in the PreNational 2 Group are welcome to attend an additional morning practice. Attendance will be discussed with swimmers on a weekly basis and will be updated at the end of every month. A full training week is 6 training sessions (PreNational 1 3.25 hours of dryland/ 11.5 hours in water training; PreNational 2 3.25 hours of dryland/ 13.5 hours of in water training). Exceptions to the attendance policy will be discussed and handled on an individual basis (with the swimmer's, group's, and team's best interest in mind).
2. Swimmers who participate in high school swimming will be granted one exception per week during their high school season that will not count towards their attendance.
3. Communication in regards to attendance, training plan, goals, physical and mental well being, etc are necessary and important to each swimmer's individual success, the success of the group, and ultimately the success of the team. Swimmers will given ample opportunity to discuss all aspects of their swimming and their training with both their peers and their coaches. Communication in regards to attendance or altering of the training plan needs to occur in a timely manner.
4. Foster a healthy-coach relationship. In many instances, the strength of the swimmer-coach relationship relies on open and honest communication. At this level, the swimming relationship should start to move towards coach/ athlete in order for the swimmer to reach an appropriate stage of autonomy. The individual who has the most influence of the athletes' success is the ATHLETE. A big part of being in PreNational Group is being put in situations in which the swimmer must take responsibility of their actions, take ownership of their choices, and understand the potential consequences on their personal growth/ swimming development.
5. Swimmers should arrive to practice on time with a positive attitude. Positivity is contagious.
6. Train at a level at or above a level appropriate for current experience and speed.  
Swimmers in this group should never opt to not give their best because they do not like a set, deem a set too hard, or do not feel the set suits their specialty.
7. Live a lifestyle appropriate for achieving personal success. Swimmers in this training group must attend informational sessions to discuss nutrition, recovery, injury prevention, etc. For swimmers in this group, swimming and their goals should direct choices when it comes to nutrition, sleeping, meet preparation, time management, etc.
8. Swimmers must abstain from the use of drugs, alcohol, and tobacco products (being in the presence of illegal activity is in violation of the team code of conduct).
9. Swimmers attend all competitions recommended by the coach. The exceptions to this rule will be the expenses of team travel meets or high school rules that prohibit attendance. In both scenarios, athletes will do their best to arrange their schedules, talk to the coaches about financial difficulties, utilize their high school waivers, etc so that they can stay on the group's training and competition schedule. At meets, swimmers will participate in all events prescribed by the Head Coach (the Head Coach will pick your events based upon what is best for the team, aligns with the IMX/ power point/ Virtual Club Championships/ team ranking goals of the team, and is needed to challenge each individual swimmer out of their comfort zone).
10. Swimmers will always represent themselves, their teammates, and Phoenix Swimming with respect, honor, and with integrity. Sportsmanship with both teammates and competitors is expected. Conduct yourself with selflessness and trust that your

individual success in directly tied to the team's success.

11. Swimmers in this group are expected to learn and develop the skill of advocating for themselves, their swimming, their teammates, and for the team.
12. Team spirit is a key ingredient of a successful swim program- Participate in or lead team cheers, wear team attire (including meet suits and caps at all meets), and be proud to be a Phoenix Swimming member. The Head Coach should be able to rely on PreNational Swimmers to serve as positive role models for all team members.

**Sanctions:** Failure to meet the above expectations may result in revocation of the privilege of PreNational Group membership. The Head Coach/ Associate Head Coach may administer other sanctions appropriate to the breach of any expectations of this agreement. Our primary directive in deciding on consequences is always going to be putting the swimmer in the position to learn and in a scenario that reinforces team principles/ life lessons.

## **Attributes and Characteristics of a Successful PreNational**

### **Swimmer:** (CONSIDER THESE GROUP GOALS)

1. Maintains a high practice attendance (87% minimum), commitment level, and work ethic.
2. Arrives on time and does not leave early from practice.
3. Understands that each practice is a necessary component for success and starts to comprehend a seasonal training plan.
4. Incorporates a team-first mentality and understands the association between individual success and team success.
5. Loves to race and compete.
6. Loves the sport and is committed to it.
7. Maintains an open mind and believes that anything and everything is possible.
8. Has confidence in yourself, your training plan, the work you have put in, and in the obstacles/ challenges you have overcome.
9. Enjoys being challenged and facing difficult tasks.
10. Understands that being challenged, success, and failure all build character and are all crucial in the process of achieving goals and being successful both in and out of the pool.
11. Always seeks to do more than what is asked and is not satisfied just doing the minimum.
12. Understands that confidence, not arrogance, is a key factor in successful performance.
13. Gives honest self-assessment in practice and meets.
14. Takes responsibility for their actions in practice and meets.
15. Understands that the "ATHLETE" has the most influence on the outcome.
16. Comes to practice prepared with proper equipment (including an extra suit, cap, and goggles) and nutrition (water, pre-practice meal or snack, post-practice recovery snack or drink).
17. Consults the Head Coach/ Associate Head Coach with all swimming matters, including but not limited to, attendance, training plan, goal setting, physical/ mental state, illness/ injury, and team culture.
18. Consistently maintains open communication with coaches and peers on personal technique, training assessment, and practice/ meet performance.
19. Practices good self-talk during all practices and meets.
20. Uses team goals, teammate's goals, position as a role model, etc. to get the most out of yourself and your teammates.
21. Understands that focusing on solutions is far better and more productive than focusing on problems.
22. Willing to use all resources and tools to improve performance and self-development.

23. Understands the importance of trusting, supporting, and advocating for yourself, your teammates, the training, your coaches, and the team.
24. Above all, commits to doing everything within your power to reach your goals and maximize your own potential through personal growth.