

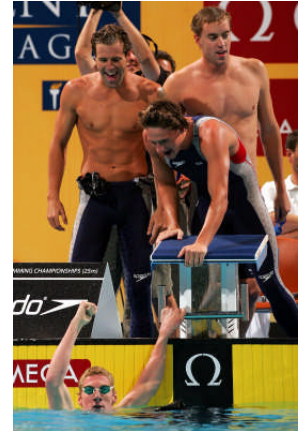
NJW – CREATING AN ENVIRONMENT OF EXCELLENCE

“And what is honoured is cultivated, and that which has no honour is neglected.”

- Plato, Republic

Affirmations necessary to create an Environment of Excellence:

- 1. We come to practice everyday, no excuses.**
- 2. We come to practice prepared.**
- 3. We start together on an interval (time).**
- 4. We don't stop during warm-up or get out in the middle of sets.**
- 5. We do all turns and finishes legally and fast.**
- 6. We start our repeats exactly on time, and quickly.**
- 7. We get our times on every repeat.**
- 8. We count our strokes per length.**
- 9. We set goals for each repeat.**
- 10. We expect best times or at least goal splits in practice.**
- 11. We use meet results to establish practice goals and practice results to establish meet goals.**
- 12. We use established breathing patterns in workout and meets.**
- 13. We never “swim ugly.”**
- 14. We don't whine or complain.**
- 15. We focus the most on technique at the end of repeats and sets.**
- 16. We always finish fast.**
- 17. We always Communicate openly with the coach(s) and each other.**
- 18. WE DO THINGS RIGHT ALL THE TIME (or we do them over).**



These standards / affirmations result in well disciplined swimmers who earn confidence as a result of their disciplined behavior / environment. These swimmers train like champions, and they know it. Older swimmers are expected to be role models for younger swimmers by MODELING the behavior that is expected of a BEST swimmer. Each swimmer is a teacher for those younger, whether they like it or not.