



CAC SEAHAWKS – P.A.C.T.

PARENTS*ATHLETES*COACHES*TEAM

The CAC Parent, Athlete, Coach, Team (P.A.C.T.) plan is our team's coordinated outline for success, unifying the involvement of the parents, individual athletes, coaches, and the team as a whole. At CAC, our P.A.C.T. plan is the foundation upon which we are continually building a great team. Each group is a critical part of the team that must function flawlessly to make the Cincinnati Aquatic Club the best overall team possible. As a group working together, we must all continually seek ways to make CAC a unique and positive team environment where athletes are able to flourish and reach their full potential. This article details the CAC coaching philosophy and how the coaches are working to have a positive impact on each and every one of the club's athletes.

The CAC coaches have developed a single unifying goal for the team. The coaches strive to be “the best team at every competition”. That goal does not entail winning the competition, but rather being the most prepared, the most spirited, and the most focused team at the competition. Swimming is a sport in which one competes both as an individual and as a team member.

The CAC coaches work in a system that develops each athlete over the span of their age group experience through their high school years. In the beginning years with CAC, the main goal during practice is to develop great stroke technique and competency in the water. Once taught, technique is something the athletes will have the rest of their lives and, if lucky, perhaps pass on to others.

Swimming provides lifelong pleasure and teaches many great values and life lessons. The CAC coaches are mentors and find great satisfaction in helping each athlete learn and grow as swimmers and individuals. Setting high and achievable goals is extremely important in swimming, as in most of the things we will do in our life time. The coaches want to work with each swimmer as they develop goals and strive to be their best.

CAC coaches strongly believe in teaching great sportsmanship and integrity. Each athlete is a representative of the club and is expected to treat all members of the swimming community (teammates, coaches, officials, competitors, etc) with the utmost respect. CAC coaches are very proud that every team member demonstrates the highest level of sportsmanship and camaraderie.

Finally, an important aspect of the CAC model is keeping athletes having fun and injury free. One important way that we do this is in our out of water or “dry land” training program. This program has been developed to build important anatomical strength that will help to prevent injuries and build strong swimming bodies.

These are the aspects that the coaches of CAC expect from themselves, and they will help each individual grow into a great swimmer as well as a strong, self confident individual.