



*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 plan 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 molding 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 responsibility of CAC **athletes**.

All great teams have some unifying characteristics that bring them to the forefront, and it is no different in the sport of swimming. The coaches have discussed these as the foundation of the CAC program; commitment, loyalty, integrity, leadership, and initiative.

Each member of CAC shares responsibility in our unified goal to be the best team at any competition in which we compete. That starts at the beginning and runs throughout the season with a strong work ethic and commitment to work on every aspect of the sport. Each athlete should strive to make every workout have a positive impact on their performance. The CAC athletes also understand there will be small sacrifices throughout the season that will benefit the team.

CAC prides itself on a team environment in which every athlete is equally important to the team and the success of the team. CAC has created a team concept where every athlete is respected and allowed to flourish in a cohesive atmosphere. CAC athletes are expected to provide positive leadership to younger athletes and pass on the beliefs and goals of the program.

Competitions are an excellent opportunity for each and every athlete to demonstrate the skills that they have learned and perfected. These skills go far beyond the swimming pool. Every athlete is expected to show CAC spirit, cheering for every CAC athlete, proper meet management, doing the little things that ensure success, and proper sportsmanship, respect for all competitors. By achieving these aspects, the CAC athlete will have a very successful competition and help the team accomplish its goal.

Finally, CAC athletes are expected to be loyal to the team goals and team atmosphere. A swimmer's career will always have peaks and valleys, but trusting the long term training plan that has been created by the coaching staff will ensure not only a successful swimming career but long lasting life lessons.

The athletes of CAC are in the forefront of the CAC program. Following the training plan and executing the ideals that have made CAC a successful program are critical.