

# Progressing as a Swimmer

Swimmers join BBST at different times in their swimming years. Some begin as Novice or Prep Squad swimmers and move up from group to group. Some come in at the Senior level group and some may enter at the Junior or Pre-Senior levels. Each BBST group offers ability/experience appropriate opportunities designed to help individual swimmers reach their potential. Here are some of the things your swimmer will learn/do as part of BBST's comprehensive training program. Group placement is always at the Coach's discretion.

***Goal Setting:*** Learning how to make challenging yet realistic goals is another important aspect of a swimmers' motivation and an important part of an athletes' progress to excellence. Goal setting takes place at every level of the club and everyday at practice. Novice swimmers are encouraged to think in terms of developing technique and good practice habits. As swimmers progress through the age groups a larger emphasis is placed on training and a more dedicated approach to BBST and performance. Specific time goals and achieving higher levels of competition have more significance.

***Individual Conferences:*** These conferences are sometimes encouraged by the coach, but can also arise by request from the swimmers themselves. Typical topics for discussion may include but are not limited to: goal setting, general progress, social issues with BBST, and season planning. Meetings are set outside of regular practice times and are scheduled based on the coaches' availability.

***Meet Performance Review:*** BBST swimmers are given the opportunity to reflect on their performances from monthly competitions. These performance review sessions will be different according to the group in which the swimmer participates. Sectional swimmers are required to more closely monitor their progress as it pertains to their training. They are also required to go over race strategy and participate in post race discussions with their coach. Swimmers involved in the Age Group program also have brief pre-race and post-race discussions with their coach at the meets. Those needing additional advice have the option of scheduling a swimmer/coach conference.

***Log Books:*** The log books progress from simple record keeping at the Age Group level to comprehensive record keeping, goal setting and training records at the Senior level.

***Work Ethic:*** Swimmers, through goal setting will learn the value of work ethic and commitment as they work to reach desired goals set by swimmer and coach.