

A valuable but often overlooked tool is the Swim Journal. Early in your swimming career you spend a lot of time learning proper technique, what it means to race and how to take care of yourself outside of the pool. The more time we spend in the sport we are responsible for our own performance. This means getting to practice on time, both eating and sleeping properly at home, and keeping both the brain and body engaged while in the water. The beauty of the sport is that you will get out of it whatever you put into it. The more you focus on doing the little things correctly and giving your best effort every day you will continue to succeed.

As an athlete you have many options on how you help yourself be accountable. One of the best ways is to take time to reflect on your effort and how you did every day. This is where you give yourself a grade every day based on how your prepared for the day (practice and school) but then also how well you performed in your training.

Starting this week every day after practice you will need to take about a minute to reflect on your day. Your reflection will not be shared with your teammates but only your coach. This is an easy first step to create a swim journal so that you can look back and see how well you are doing. In order to keep your dailey login's together you must use the same email address and write you name the same every day.

- Where do I go to
 - Check in every day after practice to start recording your swim journal. Instructions can be found under "Notes" on how to save the link and login every day. The link can also be found under the "athletes tab" on our website. Each link is specific to your group.
 - Otters <https://goo.gl/forms/aexB6gbM8ywjKBkL2>
 - Juniors <https://goo.gl/forms/jmruJnazUANS0pc33>
 - Tigersharks <https://goo.gl/forms/yt5W3pmuxoHU3fJ42>
 - Sr's <https://goo.gl/forms/iNuuAFchkNtq4vzb2>
- How do I create a shortcut on my phone
 - Android: Launch Chrome for Android and open the website or web page you want to pin to your home screen. Tap the menu button and tap Add to homescreen. You'll be able to enter a name for the shortcut and then Chrome will add it to your home screen. The icon will appear on your home screen like any other app shortcut or widget, so you can drag it around and put it wherever you like.
 - iPhone/iPad: Launch the Safari browser on Apple's iOS and navigate to the website or web page you want to add to your home screen. Tap the Share button on the browser's toolbar — that's the rectangle with an arrow pointing upward. It's on the bar at the top of the screen on an iPad, and on the bar at the bottom of the screen on an iPhone or iPod Touch. Tap the Add to Home Screen icon in the Share menu. You'll be prompted to name the shortcut before tapping the Add button. The shortcut can be dragged around and placed anywhere, including in app folders — just like a normal app icon. (To create app folders on iOS, touch-and-drag an app's icon onto another app's icon and hold it there for a moment.) When you tap the icon, it will load the website in a normal tab inside the Safari browser app.

- 8 Reasons to keep a Swim Log
 - <https://swimswam.com/8-reasons-keep-swim-log/>

