

# **Carter Center Aquatics Marlins**

## The Marlins' Philosophy



We believe that the number one objective of this program besides helping to shape productive and positive adults is to create the 'complete swimmer'. Our coaches believe the development of the complete swimmer will better prepare each athlete for a future in and out of the water. What is a 'complete swimmer'? A complete swimmer is able to swim all four competitive strokes over a range of varying distances.

Other 'local' teams say we are a 'distance' program, but that is not entirely accurate. Yes, the young athletes will swim 'distance' events but they will also swim 'sprint' events along with the varying distances of strokes. A more accurate description of our program is an Individual Medley (IM) based program. The ever changing physical and mental states of children becoming young adults would not be best served by focusing on one stroke or one type of training in our opinion. While numerous 12 & under swimmers may be drastically faster in one stroke than in others, as their bodies and minds matured, the strokes they were best at also changed. In some instances the stroke they were successful at as a '10' year old is now the stroke they are having the most trouble with as they get older. We recognize that each swimmer may have a certain number of preferred events and may even demonstrate talent in one stroke or distance over another, but our coaching staff strongly believes that training and competing in a wide range of events will better serve the long-term interests of each swimmer. A swimmer's previous club/high school team or future high school/collegiate team may have concentrated on certain events but it is our job to make each child the most socially responsible, physically fit, and versatile athlete we can.

This training also provides the athlete the ability to excel in many areas outside of the pool. When year round swimmers run laps for soccer, basketball, etc. they are typically at the front of the pack and often in first place. This is due to the physical fitness level each swimmer achieves through practice and is enhanced when the practices focus is on multiple strokes and distances. The coaching staff and each Marlin swimmer take pride in their ability to perform well in all the disciplines within the sport of swimming. This past summer season eight of the ten individuals who qualified for NCSA Junior Nationals did so in multiple strokes. We take great pride in this fact as should each swimmer.

In addition to creating better swimmers, it is our goal to help mold and shape more productive, confident, and successful adults. A great number of swimmers achieve honor roll and do other activities outside the sport of swimming. We believe that the discipline, time management, and goal setting components of this sport help provide each child and young adult the tools needed to become successful individuals.