

News For
SWIM PARENTS
Published by The American Club Swimming Association
2101 North Andrews Ave., Suite 107
Fort Lauderdale FL 33311

Goals and Values

We develop the swimmers progressively with great patience. Winning is not an issue with our younger age groups. We want swimmers to be their best in their later teen age and college age years. Technique, endurance, and speed are the primary physical attributes we strive to develop in our young swimmers. We spend the majority of time with our youngest swimmers developing technique, some time developing endurance, and very little time developing speed. As swimmers become older and more skilled we increase the amount of endurance work, continue to develop technique, and introduce speed. At higher levels the emphasis is on speed and endurance while teaching higher levels of technique.

On the mental side we want the swimmers to learn to take responsibility for their own performance and to learn the importance, and the thrill, of meeting challenges straight forward. We also teach swimmers to; learn to read a pace clock and understand time relationships; learn about setting goals and the relationship between work and achieving goals; learn that everyone on the team contributes to each other's performance; learn a sense of control in pacing swims, sets, and practices that is applicable to other areas of life.