



The emphasis is placed on each swimmer setting individual goals & working daily towards these goals to achieve success as a team. Leadership skills, team building & socialization are an integral part of the Blue Wave Swim process. Hard work, dedication, taking responsibility for your actions, & learning to support fellow swimmers are key elements in building a Blue Wave competitive swimmer. The team hopes to foster focused individuals, & enhance self - discipline. Increased self - esteem, physical conditioning, academic performance, & learning to be on time are some of the benefits of the swimmer's training program. Having fun means you will try and enjoy the process as much, or more, than the outcome. Also, having fun by being part of a team helps create a well-rounded individual. Learning to support teammates, work hard & generally contributing to the fellowship of the team.

THE HEIGHT OF YOUR SUCCESS IS DETERMINED BY THE DEPTH OF YOUR BELIEF!

Setting Smart Goals

When setting goals we want to think about the 5 magic words:

- **Specific:** tells the athlete what to do
- **Measurable:** able to measure and record progress
- **Attainable:** athlete can experience success
- **Realistic:** challenging but "do-able"
- **Trackable:** short-term goals build into long-term goals

Types of Goals:

- **Short Term:** These goals include technique goals for example: finishing freestyle stroke, not breathing off of turns, pulling with the bottom arm off the wall, pinky entering the water first in backstroke. These types of goals can be accomplished at practice. Eating healthy and drinking plenty of fluids.
- **Practice Goals:** Goals set that need to be achieved at practice. Examples would be: regular attendance, always bringing a drink to practice, completing warm-down every practice, and being on time to practice.
- **Long Term:** These goals would represent goals that can be accomplished in the latter part of your life. One example could be getting a college scholarship for swimming.
- **Meet Goals:** Goals that are set for each meet. This could include making a Senior Champs qualifying time or finishing in the top 2 at JO's to qualify for Zones.
- **Mental Preparation Goals:** These goals are to learn how to cope with nerves (belly breathing), thought control (clearing you mind by listening to music or stretching), and gaining confidence (understanding that practice is to prepare you for meets).

"Winning is not about coming in first, winning is learning to push yourself beyond your limits. Striving to do better than your best."

GOALS: To be the best that you can be!

Coach's expectations from swimmers

- Come to practice consistently
- Be on time for practice
- Be prepared for practice
- Know what to do, how to do it, and when to do it
- Have proper uniform: for dry land - shorts and T-Shirts for swimming - bathing suits, caps, and towels
- Eat nutritious foods, drink water
- Be focused, participate, listen to coach at all times
- Always care about your technique, condition and performance
- Know your best time and your goal time
- Be motivated
- Set-up your realistic goals, then work smarter and harder towards them

Coach's expectations from parents

- Bring children to practice on time consistently
- Develop a good environment to help kids do well in school and swimming
- Make kids eat nutritionally, and sleep well
- Be helpful during meets and events
- Try to understand what kind of sport swimming is
- Be motivated and supportive
- Help out at meets

Criteria for the end of the season TEAM AWARD

What is a team you may ask, now that you are a part of one? Well the dictionary defines "TEAM" as a distinguishable set of two or more individuals who interact dynamically, interdependently, and adaptively to achieve specified, shared and valued objectives.

At the end of each season we honor each member of the TEAM who achieves the above with an award. Now how do you achieve this award at BLUE WAVE, You may ask?

First thing, make sure that you are coming to practice. It is the best way to be a part of this great team. You get to know each of your teammates better and develop life long friendships. Also you get to know the coach and the coach gets to know you!

- Squad Attendance must be within your squad's minimum required attendance percentage during the season. If your squad does not have a minimum required percentage you must attend 50% of the total practices during the season.

Second, attend meets. If you put in all the hours of coming to practice and training you might as well show it off at the meets. The meets during the season (such as opens, qualifiers, etc...) allow us to qualify for the TEAM championship meets during the year such as JO's, SR Champs, Sectionals, JR & SR Nationals.

- Meet Attendance at:
 - TEAM scored meets – if you qualify you must attend to help your TEAM score points towards a team placing.
 - Other squad specific meets such as the January Distance Meet are required as some squads will be trying to see how well they perform as a squad.

Next thing, support your team by participating in the fundraisers and community service activities. These help the team grow and become better. Not only financially but also raise public awareness of the sport and of team you love, plus it is a way to give back to the community.

- Required fundraiser is the Swim-A-Thon and at least one of the other fundraisers we do during the season.

Finally show how much you love your team by hanging out with us at the team activities that we offer. Such as:

- Team outings, breakfasts, activities, bowling party, and end of the season picnic, etc...

Doing all this stuff will not only bestow upon you an award that you can bring home but you will get something more valuable that cannot be seen or held, only felt and that is the wonderful feeling of being a part of the

BLUE WAVE SWIM TEAM!



DATE: _____

NAME: _____

BIRTHDAY: _____

E-MAIL: _____

PHONE: _____ CELL PHONE: _____

1) What are some of your favorite sets to swim during practice? Why?

2) Do you like a coach to talk to you before a race? After a race? What is the most effective way for a coach to show his/her support for you as a swimmer?

3) What's one major aspect of the team you would like to see change?

4) What's one major aspect of the team you would like to stay the same?

5) List at least three team goals you have for this season.

6) List at least three individual swimming goals you have for this season.

7) List at least three non-swimming goals you have for this academic year.

8) If I was coach for a day I would. Why?:

9) What was your most significant and or prideful accomplishment last season?

10) With this in mind, what was your greatest strength last season in training and racing?

11) If you could, what would you change from last season?

12) Considering the above, what was your greatest weakness last season?

13) Are you pleased with your past training? What would you keep or change?

14) Are you content with your current level of success?

15) Given your above answer, describe your approach to training and racing this season.

16) Goals are no good if you do not work for them. Your goals must require pure work and focus. List 3 x things you plan on doing in regards to swim practice that will help you achieve these goals for the year (attending 100% of your assigned practices, being on time, no bathroom breaks, concentrate on turns, ask the coaches for more help, be the first one in the water, have a good attitude, compliment a teammate every day, breathing a certain pattern, work on kick, etc..)

17) List at least three specific things you must accomplish outside of practice to achieve your goals. How will you accomplish them?

18) What is your ultimate goal while swimming for BLUE WAVE?



2009-2010 Short Course Goal Times

Event	Previous Best	Mid Season Goal Time	Mid Season Pace	Goal Time for this season	Qualifying time and what meet?	Actual Time at the end of Season
50 free						
100 free						
200 free						
500 free						
1000 free						
1650 free						
100 back						
200 back						
100 breast						
200 breast						
100 fly						
200 fly						
200 IM						
400 IM						