



## SWIM MEET MOTTO



# LEARN SOMETHING

- **Learn from every experience.**

Every race, good or bad, presents an opportunity to learn how to perform better next time. React to disappointing races with sportsmanship and a positive attitude towards what you will do to improve; react to successful races with class and the humble outlook that it will take even more hard work to get faster from there.

# GIVE EVERYTHING

- **Give your best effort on every race.**

Whether you lost your goggles, your cap flew off or you're falling behind, show respect to yourself and your competitors by giving it all you have. There have been countless times mishaps have happened and swimmers still get their best time because they didn't give up. If you know you just got disqualified and your time won't count, find other reasons to race hard, like rehearsing your race strategy. If you know you have another important race coming up and don't want to tire yourself out for it, put trust in your training. This is what we prepare for with all the work we put in at practice. If you need reassurance, talk with your coach.

- **Fight fatigue with focus.**

Everyone looks good the first 25, but those who maintain great technique throughout the race are the ones finishing strong enough to win. When your body screams of fatigue, your brain needs to shut it out and stay concentrated on those technique focus points you've been practicing daily.

- **Swim fast in the morning, and get faster at night.**

Never put yourself in a position where you are watching finals from the sidelines with regrets that you could have given more. Even at local competition, when it may not take a best effort to make finals, attack each morning race as practice for the big championship meet when it WILL take everything you have to make it back that night. At finals, in any given finals heat, you will generally see 6 out of 8 finalists swim faster than what they did in prelims. If you want to be competitive and move up the ranks, you have to find more speed too.

- **Improve as the meet progresses.**

Towards the end of a long meet, everyone has swum multiple times, experienced great stress and pressure, and sat around for hours. Everyone is tired, not just you! Champions step up, get stronger and win because they have decided to do it that way and have prepared to do it that way.

- **Get tougher when conditions get tough.**

A reason can always be found for why you should not be able to swim your fastest ("the water is too warm, the air is too cold, the pool is too shallow, the walls are too slippery..."), but champions make the decision that the conditions are just right, or at least irrelevant, and focus on reasons why they SHOULD be able to swim fast and things they CAN control to make it happen.

# SUPPORT EVERYONE

- **Lift your teammates up and cheer them on.**

If a teammate is happy, celebrate with them and spread the joy. If a teammate is upset, lift their spirits. If a teammate is nervous, help them stay calm and regain focus. If a teammate is in the water, cheer them on with all you have!

- **Show sportsmanship to your competitors.**

Great competitors push each other and help each other reach another level. The swimmers in the lanes around you are not your enemy; they are kids just like you trying to put in their best race. Wish your competitors good luck. Thank them for a great race and shake their hand afterwards.

- **Thank your coaches, officials, timers and volunteers.**

Your coaches are deeply invested in you, and work hard to help you succeed. The timers, bullpen helpers, computer table workers and officials are all volunteers who are not paid; the only reason the swim meets can happen is because they have chosen to give their time so you can have an opportunity to race and achieve your goals. Show gratitude by thanking everyone at the meet.

- **Respect the facility and keep it clean.**

After each meet, there are people who have to clean up the facility and put equipment away. Show empathy for these people and make their job easier by keeping the team area clean at all times. Be careful not to spill or spread crumbs when snacking. Put all trash into trash cans. If you see any trash on the floor, whether it belongs to you or not, pick it up. Before you leave the meet, make sure the team area is as clean and neat as we can get it.