



SWIM PRACTICE MOTTO



WORK HARD

- **Come to practice.**

Trust in the coach's plan. If a practice is scheduled, there's a reason to be there. Achieving great things involves sacrifice. With good organization and thoughtful time management, a lot can get done.

- **Give your best effort and focus.**

Even if you're tired, even if there's still an hour left of practice, even if it's your least favorite stroke, even if you think you're bad at something... find reasons to challenge yourself, not excuses to back down.

- **Embrace challenges.**

Make yourself tired, and take pride in doing hard things. The greatest feelings of confidence and satisfaction come from doing hard things. You don't get that same sense of accomplishment from doing easy things. When we tell ourselves, "It's hard," we respond with "Yes, but I can do hard things."

WORK SMART

- **Come to practice prepared and on time.**

Arrive on deck 10 minutes before practice starts so you have time to loosen up. Come properly fueled and hydrated, with all necessary equipment. Use the bathroom before or after practice, not during.

- **Do things correctly.**

Stay engaged with the objectives and focus points of the set, and strive to meet the coach's standards. Perform skills as you would in a meet. Know the interval, know your sendoff, start on time, finish strong.

- **Set goals.**

Know your times and stroke counts at practice, and set goals in order to stay engaged and motivated.

- **Accept feedback and make changes.**

Change is the dawn of improvement. Doing things better means doing things differently than you are right now. Listen and respect your coach's feedback, and ask questions if you don't understand. Be self-aware and try to correct mistakes as soon as you notice them, even before a coach has a chance to correct you.

WORK TOGETHER

- **Get to know your teammates and coaches, and communicate.**

Building strong relationships starts with learning someone's name. If you don't know someone, introduce yourself. Give people a friendly greeting. Share stories, listen intently and make connections.

- **Listen first.**

When a teammate or coach is addressing the group, make eye contact, stay silent and listen for understanding. Do not interrupt. Ask follow up questions to show you listened and you care.

- **Challenge teammates to be their best, and help each other rise to the next level.**

Follow proper lane etiquette. Encourage each other. Compete alongside one another, not against one another. Celebrate a teammate's success as it is your own, and lift each other up after a failure.

- **Spread positivity, squash negativity.**

Be kind to yourself and others. If someone says or does something nice, pay it forward. If someone is mean, don't add negativity by being mean back. Disengage and, if safe to do so, call out bad behavior and support your teammates. Communicate concerns immediately with your coach.