

SWAT 101

“Come with a dream, train like an athlete, leave like a role model” ~ Dhruvi Joshi

- Every action made reflects upon SWAT as a whole, so approach everything you do as a respectful and responsible athlete – be a role model.
- Arrive on time to all scheduled workouts (prior to activation). If this is un-achievable email the lead coach of your specific program.
- Arrive prepared to all workouts; this includes having the required gear, water bottle, towel, bathing suit, and appropriate land training attire (when applicable).
- If maltreatment of any kind (verbal or physical) occurs during training hours report the incident to a coach immediately.
- When a coach is talking, all athletes must listen and remain quiet. If a question presents itself, wait until the coach has finished speaking and raise your hand to ask the question.
- Strive to always do better; there are always areas for improvement!!!! (in regard to pool training, land training and mental training. We can do this through goal setting, positivity etc.)
- Concentrate on the focus of the set and aim to maintain technique throughout the entire practice. Bring your best self each day!
- Be flexible with the leader of the lane and the athletes whom you are sharing a lane with.
- Acquire ability to read pace clock (this skill should be ‘mastered’ by the Junior level with minimal to no help from a coach).
- Always ask before leaving the pool during training times (bathroom, water, appointments, adjustments to set). Swimmers must not leave during the main set for the bathroom.
- Stay hydrated and remember to properly fuel your body! **FUEL FOR RECOVERY & PERFORMANCE.**
- Come prepared to swim meets with ALL equipment, water bottle, healthy snacks, SWAT clothing, towels etc. Arrive prior to (~5 minutes) pre-determined check-in time.
- Exhibit team spirit both on and off of the pool deck! If there is an athlete competing in the pool it is expected that teammates are at the end of their lane cheering if they are not preparing for their own race.
- (*Junior and Senior athletes*) If you have obtained rehabilitation exercises, the athlete must take accountability to ensure the exercises are being completed. This is not the responsibility of the coach.
- Have FUN, work HARD, be SUPPORTIVE and learn to embody SWAT’s 4 Team values on a daily basis: Team Pride, Integrity, Dedication & Leadership.