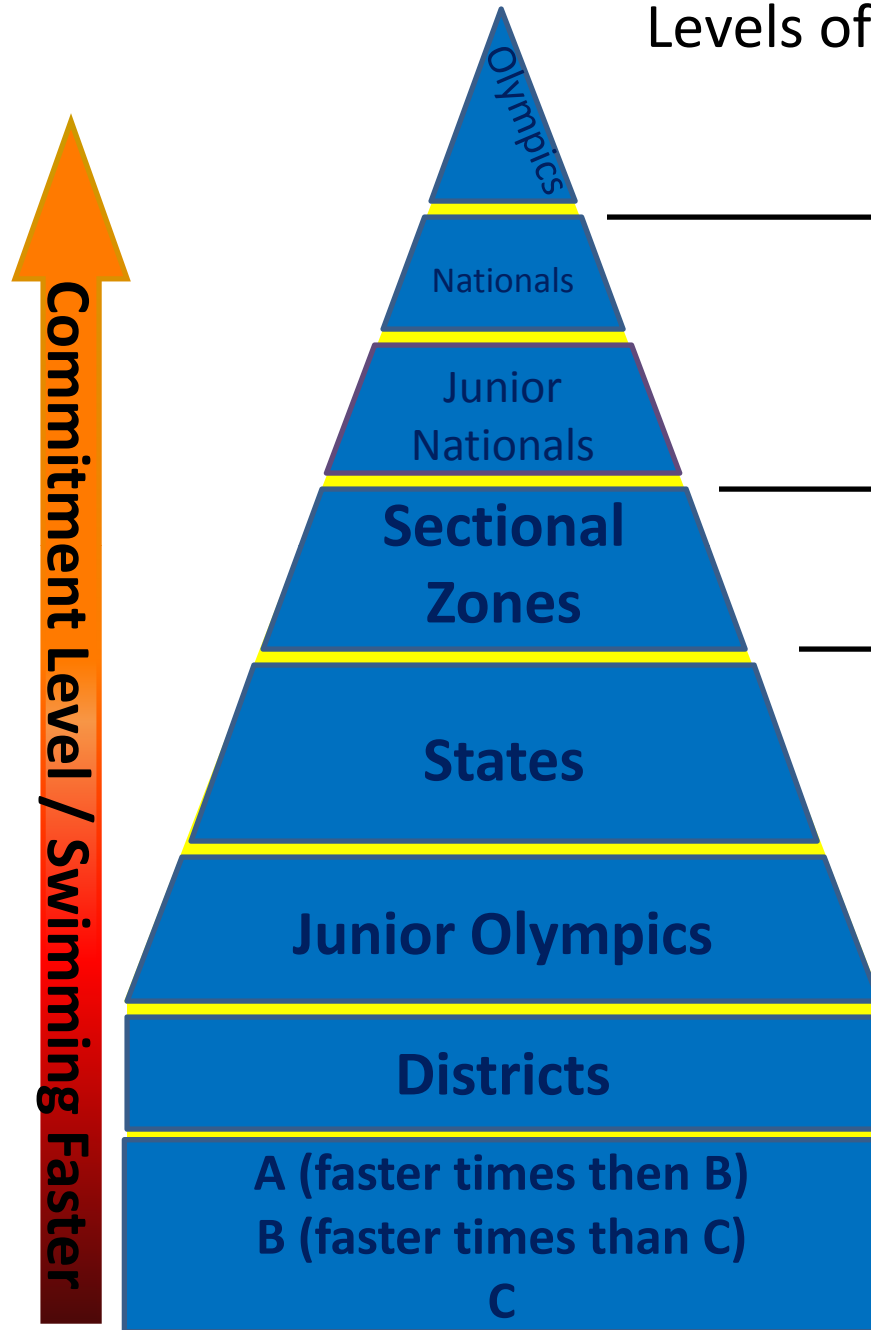


Levels of Competition / Commitment



International Level Meets

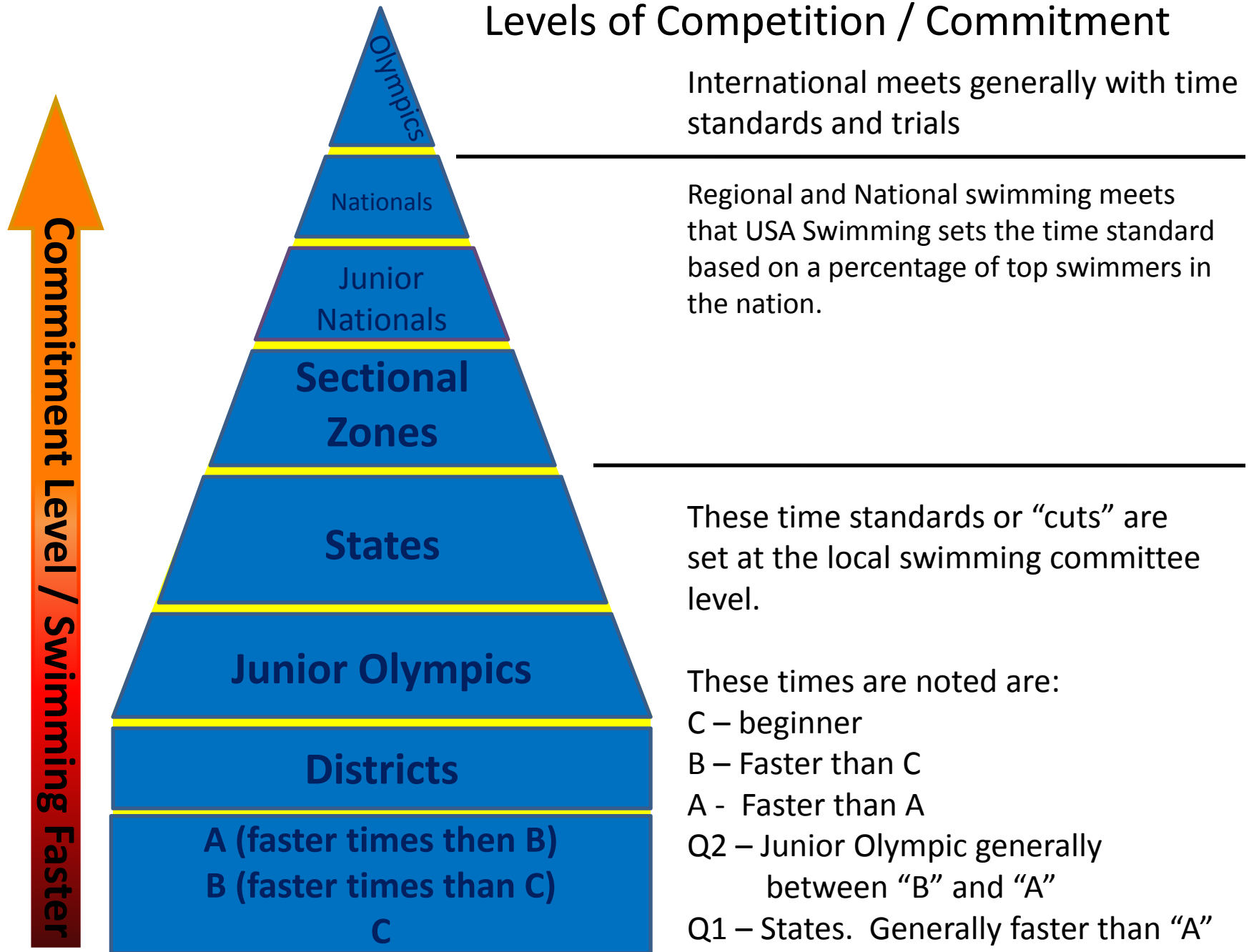
National level meets – Swimmers from all over the US compete at one location and one set of qualifying times

Regional meets –Sectionals: Short & long course (1 set of qualifying times).
Zones: Long course, age group qualifying times

Championship meets at state level:
States (**Q1**) are both long (August) and short (March) course.
Junior Olympics (**Q2**) are short course only.
First level of championship meets requiring qualifying times.
Beginning of championship are short course Only. Everyone qualifies for at least this level.

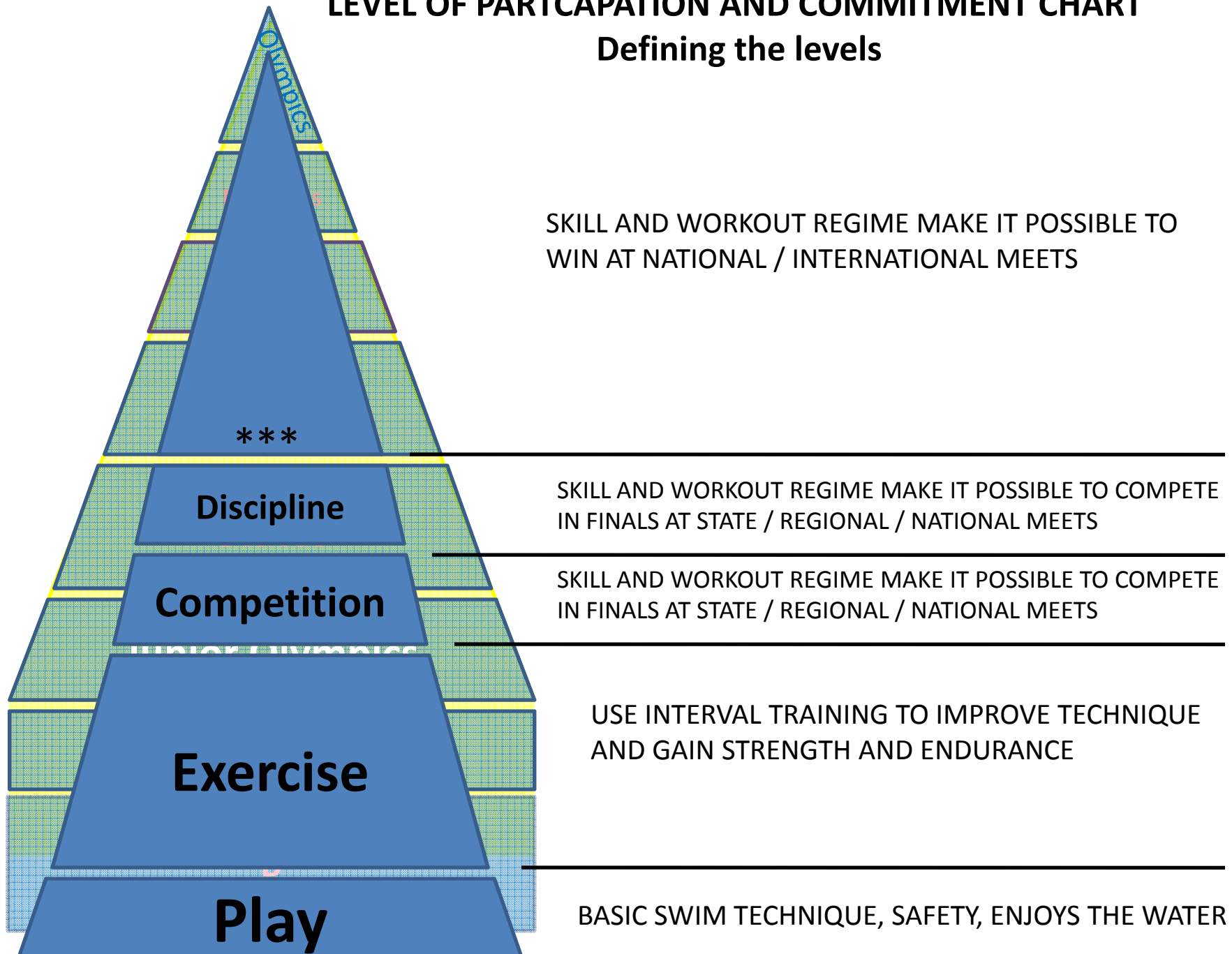
General meets throughout the season:
August – April: Short course (25 yard pools)
April – August: Long course (50 meter pools)

Levels of Competition / Commitment



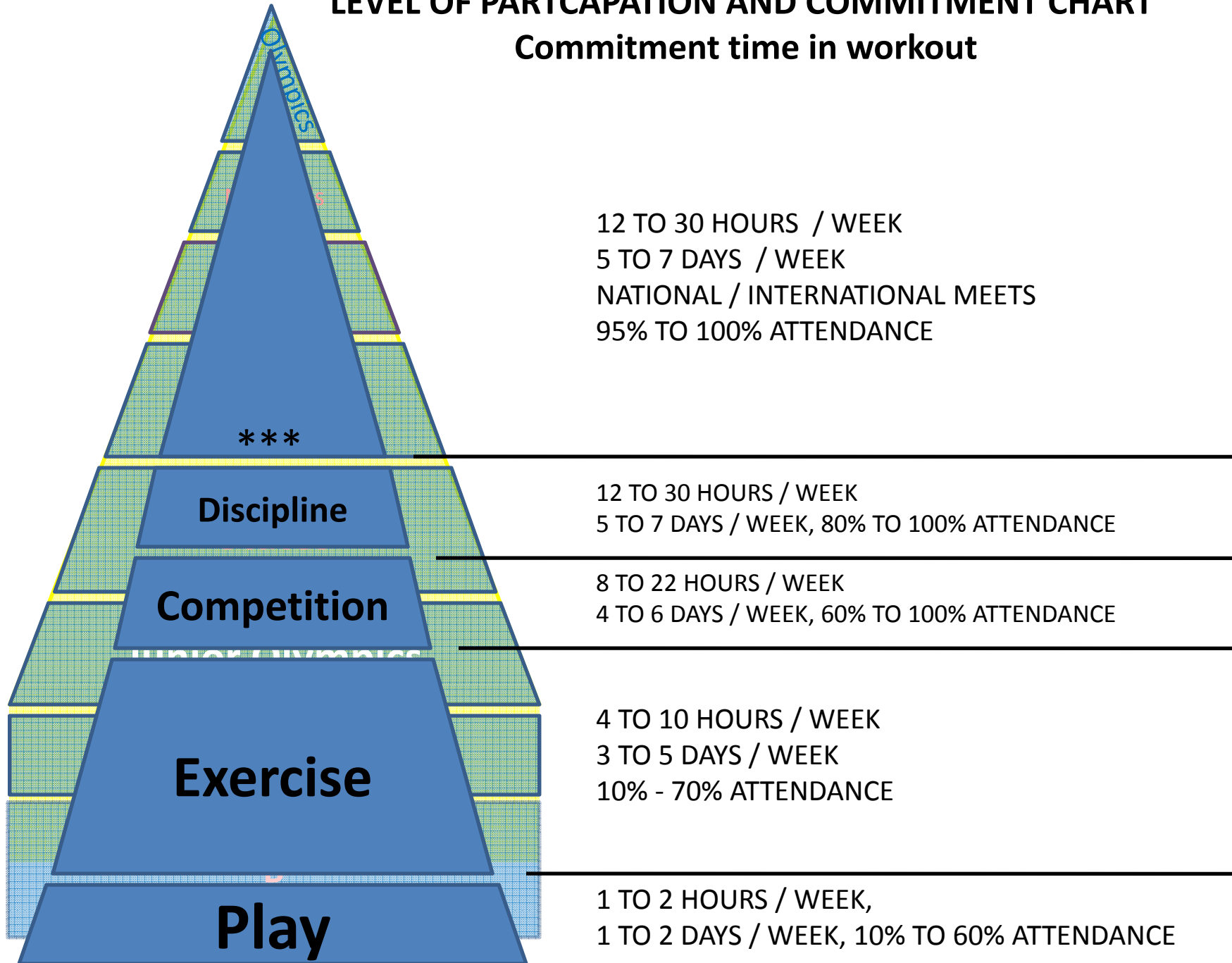
LEVEL OF PARTICIPATION AND COMMITMENT CHART

Defining the levels



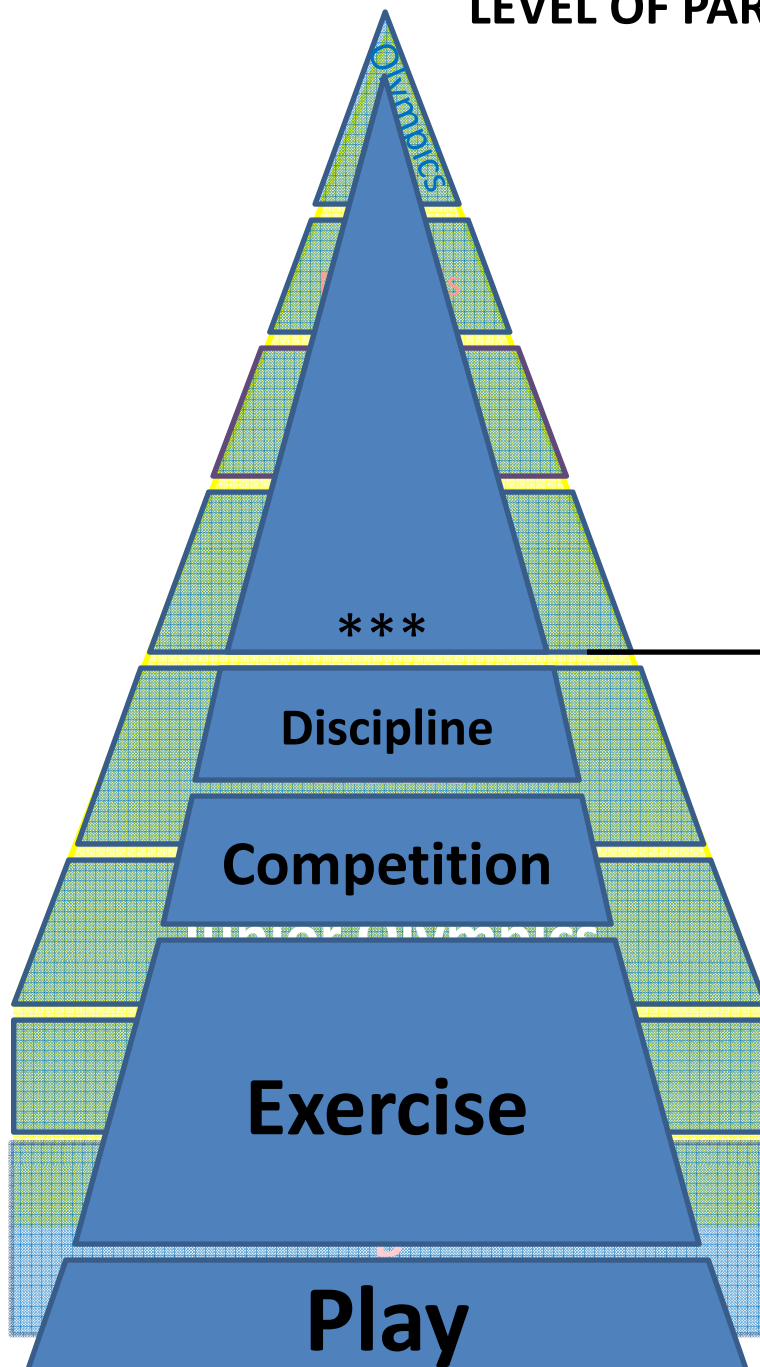
LEVEL OF PARTICIPATION AND COMMITMENT CHART

Commitment time in workout



LEVEL OF PARTICIPATION AND COMMITMENT CHART

Change in attitude



"I LIKE TO WIN MY RACES AT SWIMMEETS, AND THIS IS POSSIBLE ONLY THRU CONSANT QUALITY WORKOUTS. MY DAILY WORKOUTS ARE MY PRIORTY . I FEEL BAD WHEN I MISS.

I PLAN MY DAY AROUND MY WORKOUTS

I MAKE LONG RANGE PLANS, FOR FUTURE MEETS"

Discipline

"I LIKE SWIM MEETS, AND WORKOUT IS O. K. IT IS NOT A PRIORITY TO ME IF I DO NOT GET MY WORKOUT IN.

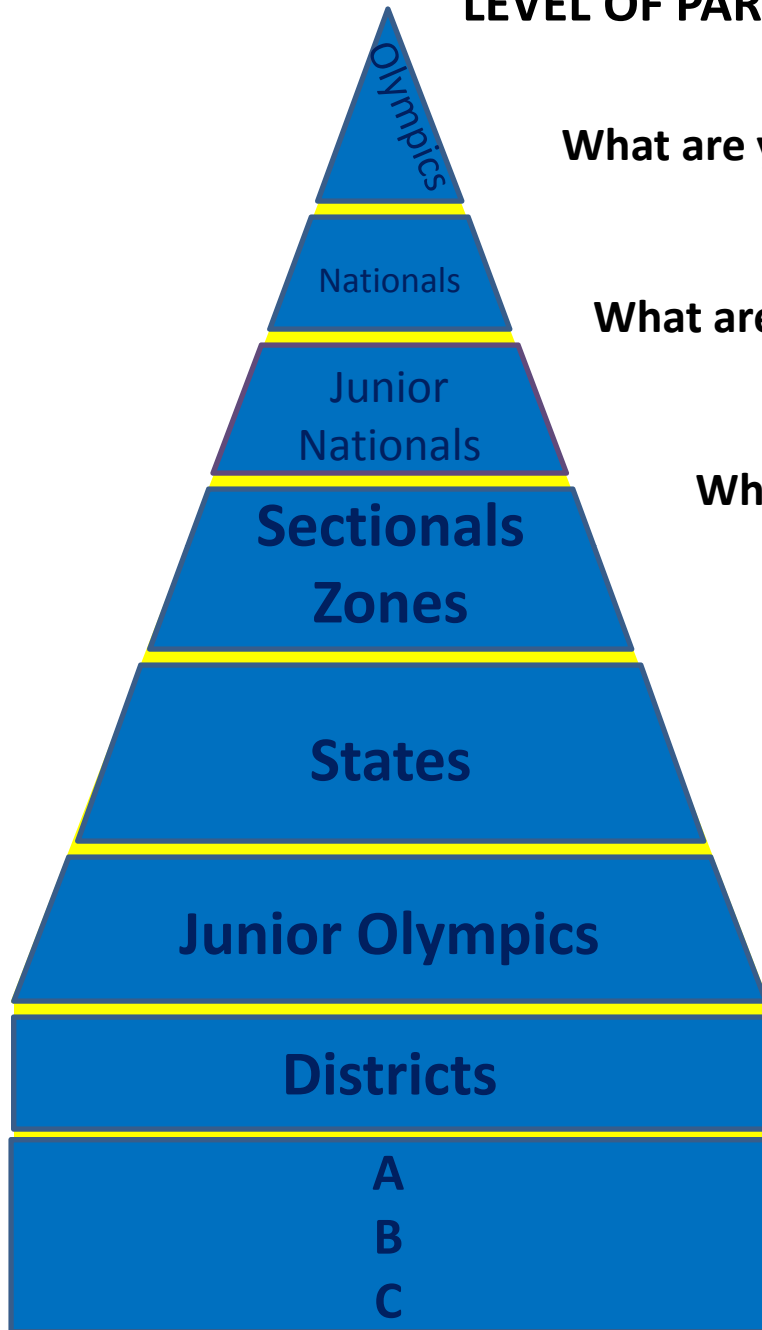
Competition

I DO NOT PLAN MY DAY AROUND MY WORKOUT, AND I DO NOT MAKE LONG RANGE SWIM MEET PLANS"

Exercise

Play

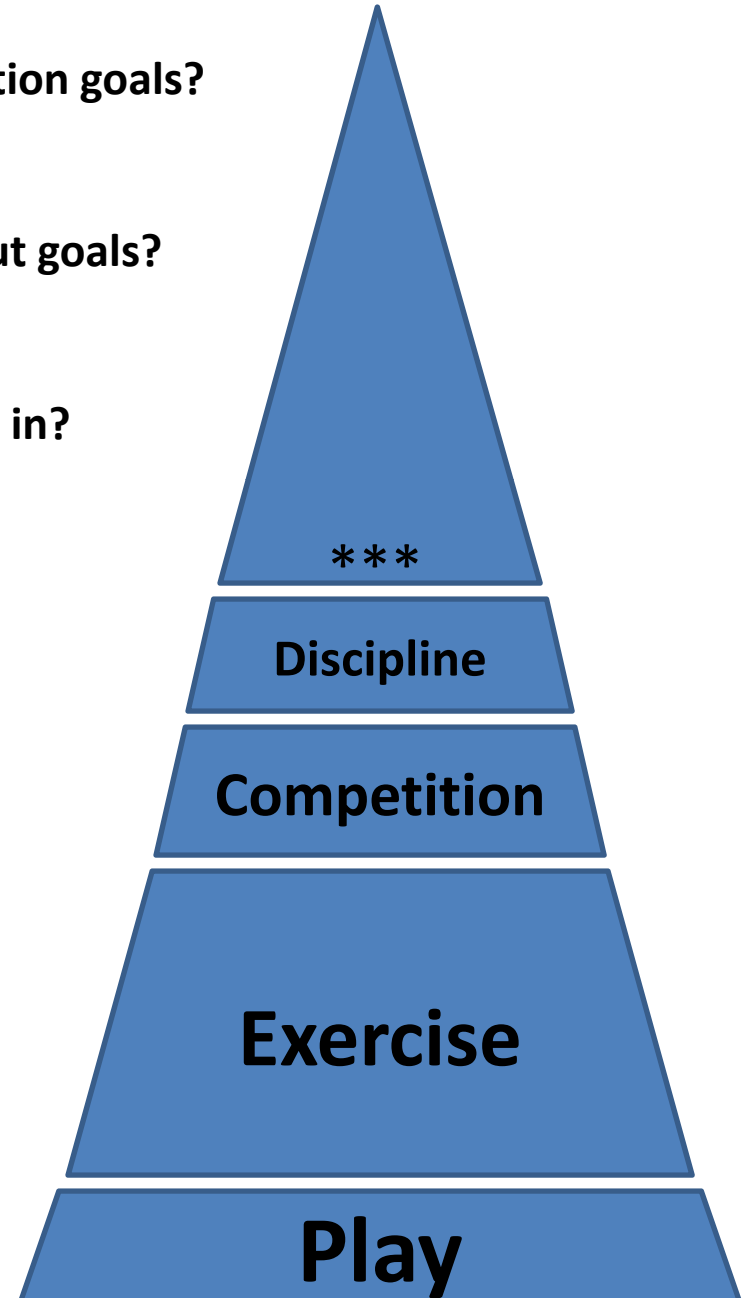
LEVEL OF PARTICIPATION AND COMMITMENT CHART



What are your competition goals?

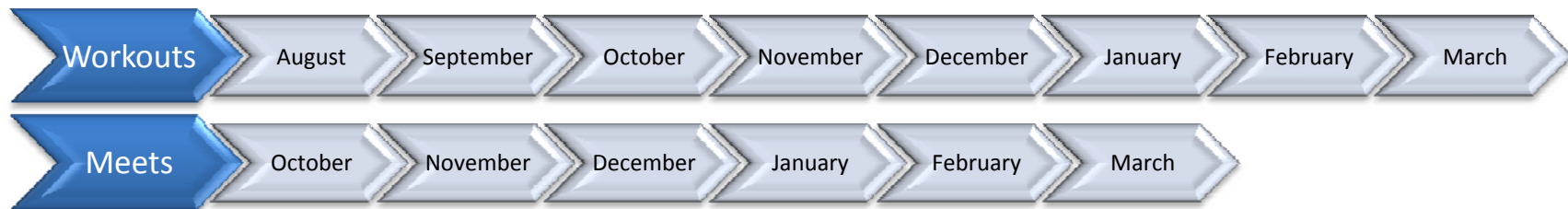
What are your workout goals?

Where do you fit in?



Where does today's workout show up?

Coach, its August, why should I workout hard now championship meets are months away?



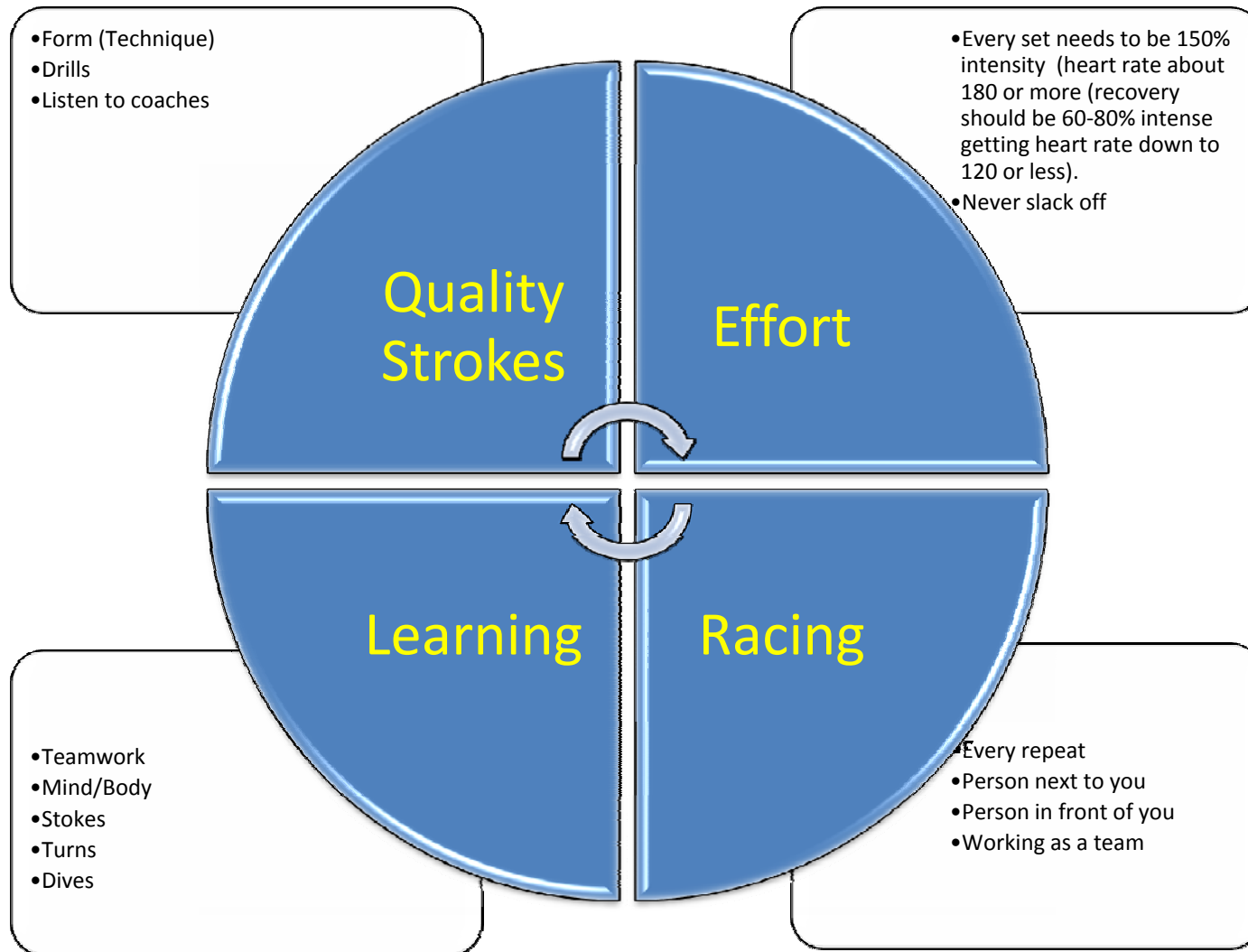
Answer: It effects your meets in October!

The more cycles of improvement you get in, the better you will be in the championship meets. The more likely you are to meet your goals.

To get:

- "A" times in October's meets, you need to practice in August
- Junior Olympic cuts in November, you have to practice August – September
- State cuts in January, you need to practice August - November.

What is Workout?



Rate Your Workout

Attitude before
practice (1-10,
10 good)?

Attitude after
practice (1-10,
10 good)

Quality of
strokes? (1-10,
10 good)

Were you
yelled at during
practice?
(10 - No,
0 - Yes)

Did you meet
your workout
goals (10 yes, 5
sort of, 0 No)

Did you race?
(10 yes, 5 sort
of, 0 No)

Number of
repeats missed
(10 for 0, each
miss is -2)

How
dehydrated you
are at the end
of practice? (1-
10, 10 thirsty)

How sore
(muscle
fatigue) are you
after practice?
(1-10, 10 good)

Total your score:

85 - 90 – **Discipline**
70 – 84 - **Competition**
50 - 69 - **Exercise**
Below 49 - **Play**

Journal Your Workout (level 3 and up)

- Date and time of the practice
- Log your starting attitude
- Log what you were offered (stroke, yards)
- Log what you did (stroke, yards)
- Log your scores on “Rate your practice slide”
- Log your ending attitude