

PCST Stroke Clinic Spring 2007 (Day One)

Reflection of Winter Season:

- Record # of swimmers at both District (29) and Southeastern (8) Championships
- First ever relays at Southeasterns, highest team finish ever at SC SES (30th), most qualified (16)
- Tsunamis Tstars improves attendance and motivation
- Drastic improvements by all (One Year Improvement Chart....coming soon)
- First ever team points at Junior National Championships

Practice Schedule for Long Course Season:

- Summer schedule begins May 21st once school is out (school year schedule stays same)
- Seniors/Pre-Seniors 2 hours 7-9 M-F, and Sat 2 hours (time TBA)
- Seniors do short course doubles M, W, F 4:00-5:30
- Pre-Seniors do short course doubles T, Th 4:00-5:30
- Age Group I and II swim GCCC 6:00-7:30 or FBP 4:00-5:30, and Sat (time TBA)
- Age Group I and II also have Long Course options T, Th 7:00-8:30
- Novice 9:30-10:30 M-F at FBP, Sat (time TBA)
- Novice 4:00-5:00 M-F at FBP, 6:00-7:00 M-F at GCCC

Training Season Important Dates:

- April 14th Charity Swim
- May 4-6th PCST Home Long Course Meet
- July 6-8 CLUB Makos Last Chance Long Course Meet
- July 6-8 Dothan Dolphins Short Course Meet
- July 19-22 Long Course Southeastern Championships
- Total Meet Schedule (check website)

Importance of Attendance:

- “Train a lot to become a better trainer. Train hard to become a better racer.”
- I will post weekly yardage and weekly attendance
- Importance of letting building train upon itself to set a foundation (putting money in the bank)
- Importance of a training cycle
- Better attendance allows us to have more fun
- Swimmers who rely on parents to get them to practice (show appreciation!)

Dedication:

- Getting over the need for instant gratification
- Start believing in your ability to achieve excellence
- “Good luck is when hard work and opportunity meet”
- What does dedication bring you?
 - Improve your character, self-confidence, commitment, goal-setting, self-discipline, being respectful, learning to work for what you want, honest (with oneself)
 - Love, Passion, Desire, Achievement

Pride in Your Team:

- Bring positive energy everyday (it’s contagious!)
- “A team is knowing other people care about you”
 - Have knowledge of others’ goals and accomplishments (help each other achieve goals)
 - Be more involved in your own swimming
 - TEAM is “Together, Everyone, Achieves, More”