50 WAYS TO BECOME A CHAMPION

Are you preparing to be the best that you can be by training, practicing and conducting yourself at a “World Class” level? Fill out this survey at the end of each week to see if you are track. This survey is fairly black and white; either you are doing the things listed below on a daily/weekly basis or not, so please be honest in your assessment. This is designed to help you stay on track, not to criticize you. If certain areas of preparation continue to be unattended to over time, then address those areas that will ultimately lead you to become the best that you can be. Check your total score with the score box at the end of the form.

A Champion swimmer…

* 1. Arrives on time or early for every workout.
* 2. Always stays for the whole workout.
* 3. Stays after workout to practice skills, dryland, etc…
* 4. Has perfect attendance.
* 5. Practices mental skills daily in and out workout.
* 6. Sets, works towards and evaluates daily and weekly goals.
* 7. Shows respect for every team member.
* 8. Accepts all team members as important.
* 9. Supports and encourages their team members.
* 10. Gives no grief of any kind to their team members.
* 11. Takes responsibility for everything to do with their swimming.
* 12. Communicates well and listens to their coach.
* 13. Is “coachable” day in and out. (E.g. open and willing to change)
* 14. Leaves all problems and distractions at the door before workout.
* 15. Makes no excuses.
* 16. Does not complain.
* 17. Thinks and acts positive.
* 18. Has “fun” pursuing excellence.
* 19. Is “Alive, Awake, Alert and Enthusiastic”!
* 20. Stays in the present.
* 21. Values and appreciates swimming excellence.
* 22. Stays organized and uses time wisely for school studies and other responsibilities.
* 23. Gets enough sleep, rest and recovery away from the pool.
* 24. Takes advantage of rejuvenation techniques. (E.g. massage, stretching, hot tub, etc…)
* 25. Takes care not to get sick. (E.g. dresses warm, washes hands, avoids sick people, etc…)
* 26. Practices proper nutrition necessary to train and compete at their best
* 27. Drinks water and/or a sport drink every 10/15 minutes in practice.
* 28. Has a nutritious snack prior to and after every practice.
* 29. Practices flexibility at least three times a week. (E.g. yoga, static, partner stretching)
* 30. Practices core strength exercises at least three times a week. (E.g. Swiss ball, pilates, core exercises)
* 31. Completes all the dryland exercises with precision.
* 32. Does extra dryland activities and exercises.
* 33. Brings all their equipment to workout.
* 34. Is understanding and aware of what is expected in the workout.
* 35. Trains with the best stroke technique possible.
* 36. Is always moving towards better stroke technique.
* 37. Treats every turn in practice as if it were a turn in a meet.
* 38. Treats every finish in practice (last 10 metres) as if it were a finish in a meet.
* 39. Treats every start in practice (15 metres) as if it were a start in a meet.
* 40. Trains at the levels asked for in workout. (E.g. speed, effort, heart rate)
* 41. Always gives 100% in a workout.
* 42. Gives more in workout than asked for when appropriate.
* 43. Achieves a best workout time at least once a week (E.g. kick, pull, swim set)
* 44. Trains with prescribed breathing patterns.
* 45. Knows all their best workout times for pull, kick, swim
* 46. Stroke counts in workout and can tell the coach(es).
* 47. Gets all splits and times in workout and can tell the coach(es).
* 48. Practices race tactics that will be used in meets.
* 49. Has confidence that they can compete and win on a moments notice!
* 50. Can achieve all of the above and excel in their daily life with reasonable balance and a sense of well being!

## TOTAL: \_\_\_\_\_\_\_

## **SCORE BOX**

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| --- | --- |
| 46-50 “World Class” preparation! | 31-35 You are on your way. |
| 41-45 You are just about there. | 26-30 It is a start. |
| 36-40 Getting close, keep going. | < 25 Need to get on track. |