

8 REASONS WHY ALL AGE GROUP SWIMMERS SHOULD COMPETE IN MEETS

Motivation –Meets motivate swimmers to continue, press on and reach higher! Swimmers of any age, who have committed to practicing on a consistent basis, whether it is 2 or 12 times a week, need the affirmation that their hard work and dedication are paying off. Swimming in a meet on a monthly basis, provides a measuring stick, proof that their efforts in the practice pool have had value. Swimming in meets shows swimmers how far they have come and how much farther they can go.

Incentives & Reward –Incentives are built into meets! The sport of swimming as well as the Delta program itself provides swimmers with multiple incentives for their hard work. Reward could be a ribbon, a medal, recognition for reaching a new time standard, or even simply recognition for a personal best time. The bottom line is individual recognition comes well earned and well deserved at the meets for our swimmers, from their teammates, the coaches, and their families.

Sportsmanship –Meets teach children a major life lesson: how to win with grace and lose with dignity. In today's society many kids find it more honorable to NOT try, than to try and fail. Meets provide a safe place to fail, as well as succeed, and how to be prepared for and not afraid of, both inevitable circumstances.

Opportunity –The opportunity to race and compete is unparalleled! Racing teaches courage, and we teach our swimmers how to race. Racing is a skill that must be developed just like any other, through instruction, patience, and experience. Race experience comes only through participation in meets.

Team Atmosphere –Meets provide a great team atmosphere! Although swimming is identified as an individual sport, long term success and enjoyment comes from being part of a team. Meets provide young swimmers with a unique chance to get to know one another by “hanging out” in the team area, wearing team colors with pride, cheering each other on, and swimming on team.

Insight –From a coaching perspective, meets are a unique educational tool. How each swimmer performs, responds, and reacts at meets, provides invaluable insight into that child and helps us be better, more effective coaches to them. Meets also help establish a trust between coach and swimmer that ultimately breeds success and enjoyment.

Goal Setting –Meets provide a place to learn how to set, evaluate, and achieve goals. Reaching a set goal teaches swimmers to believe in themselves and builds their self-confidence. Success doesn't just mean touching the wall first. Goals for meets can include time goals, stroke and technique goals, race goals, and even attitude goals. Learning how to set goals at meets will translate into every aspect of these young swimmers lives!

Life Lessons – FACT: this sport is training for life! We believe that above and beyond is NEVER impossible, and we believe in the kids we coach. Meets teach the swimmers to believe in themselves, to dream big, and not be afraid to aim high.