

HW #1

1. Why am I here?

Maintain a healthy lifestyle

Meet new people

To get faster while having fun

To push myself

to be healthy & athletic

be with best friends

I Love the sport

Keeps me fit and healthy

love being with my friends

I love it

It helps me balance my life and relieve stress

Have a Spartan Body

be athletic

loved it for so long, wouldn't stop now

Enjoy it

working hard is a good thing to know how do to

being with friends

I want to become a better swimmer

Swimming is a huge part of my life that I have come to not be able to live without

Would not know what to do with myself without swimming

To get back into the shape and level I was before I got sick

I want to get faster

I want to benefit the team

Build self confidence

To achieve goals

Enjoy the exercise

Good way to make friends

Love being able to do a sport on a competitive level

2. How do I help this team?

Brownies on my birthday

Hand out seasonal candy on holidays

Support to my team members

Motivating others to train harder and swim faster

I am very positive and I LOVE this team

Motivating others and acting as a role model to the younger kids to look up to

Motivate my friends at practice and meets

I connect with a lot of the team members

I am not so fast, but I try hard

I am pretty good looking

I stay serious during practice & I don't goof around

I set a good example for the younger kids on the team

I help the people who feel crappy or get down – I like to cheer them up
I am the motivational ray of sunshine
Try to make friends or at least be friendly to all the kids on the team
By swimming my best
By being cooperative, friendly and hard working
By lightening the mood and making people laugh

3. How could I help the team more
Getting faster and motivating my teammates
Getting faster
Becoming a better listener
Focusing more on really attacking the set
Beasting every practice
Nothing specific but If someone needs help I'll do whatever they ask if I can
Work even harder during practice
Cheer for people more at meets
Filling more of a social niche – having parties and organizing team events
I can try to do what the coaches tell me to do and make their day easier
I could reach out to more kids, not just the PS, Sr and National Group
Be faster and help others
Go to practice more then I do
Improve my self confidence and help improve everyone elses
I could be more enthusiastic

4. How does this team help me?
Provides me with a positive environment
Creating friendships that make me want to come to practice
I am energized after almost every practice, socially fulfilled and genuinely happy
I love coming to practice and the incredible feeling of accomplishment after
I am fit and healthy
It keeps things in perspective
It is my athletic outlet
Keeps me in a different set of friends
I have a sense of belonging, sportsmanship and how to be a good teammate
Helps me in too many ways to list
Knowing I will get to see my best friends and teammates gets me through the day
It is like my second family
Helps motivate me
Gets me new friends
Provides a second family to me
Helps me achieve goals

5. How could the team better help me?
No intervals with technique work
Better supporting me and my thoughts
Helping me when I am in need

Motivate me more
Push me and motivate me more
Coaches try to be more understanding, although I know it's hard to understand teens
Make things more fun
Fire a coach and focus less on the top athletes and more on the group
More training with machines
With more team unity and increased coach rowdiness we could be even better
We need more team building activities which could even be fundraisers
Team sleepover
Coaches could be more motivational and pay more attention during long sets
Video – I'd like to know what I look like swimming
More advice regarding injury prevention and technique

6. What could I be doing better as an athlete?

Work on my breathing and technique more often
Making better food choices
Motivating myself to swim when I'd rather relax
More dryland excersizes on my own every day
Eat healthier, although my diet is not bad
I really need to kick it in and work hard at every practice
I can eat better – try to stick to a diet and not ignore it
Stay positive
Work on technique
I could try to branch out in my strokes
Come to practice more
I could hydrate better
More self discipline
Work harder
I could be eating healthier
Work hard and come to practice more
I could work harder

7. What am I doing well now?

I come on time and work hard
I am beginning to consistently come to practice and listening to the coaches
I am working hard when I go to practice
Being a good teammate and making people happy
I am practicing well and trying my best during sets
Working hard every day
I have been coming a lot lately
I have been working my weak points
Staying positive and focused at practice
I am coming to practice
Trying my hardest to balance out school, friends, my boyfriend, swimming and studying
– so far it's working
Coming to practice prepared

Working on breathing

I am coming 5 days a week and working hard

8. Who on the team helps motivate me?

The coaches and people faster than me

The swimmers in my lane – they are the ones I suffer with

Anyone around me motivates me – whoever is directly in front of or behind me – this _ -

- includes Maggie Regan, Mac Quinn, Erika Bjerklie, Katie Goulder, Jamie Fanous etc...

My friends and coaches

Sharkey, Jon, Matt, Marvin, Ellie and Chrissy

Marvin and Matt

Coaches, friends and older swimmers

My Best Friends

Kate and Ellie, Danny and Marvin

Coach Marc helped convince me to come back this year – thanks

Deanna Marinucci, Allison Lee and Theresa Oh

Danny and Mark help me by giving me confidence

Everyone who is being enthusiastic

9. Who on the team do I help motivate?

?

Alison Lee Lee

I don't know

I try to motivate the younger girls a lot

I hope I motivate many people on our team w/ my enthusiasm most of the time

I believe I push others to swim fast

EVERYONE!!!!

Younger kids

Hopefully the younger kids and the others in my group

My friends

I hope I motivate everyone around me. I try my hardest to swim everything well and not -

- do something "easy" that is supposed to be main set pace. I hope I keep everyone -- -----

- motivated and excited to swim and do well

I'd like to think everyone – I try to make swim practice fun

Other kids