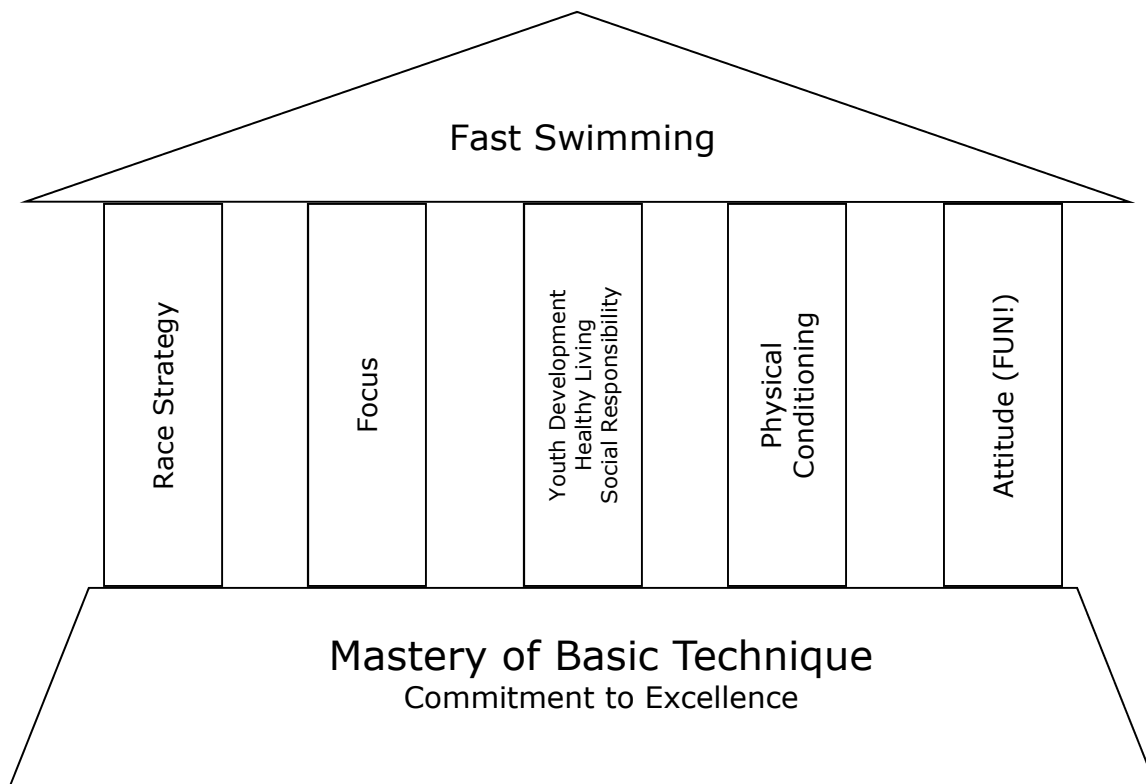


Marion Family YMCA Swim Team Philosophy



“The best way to win is to make it a by-product of the process.” — Dean Smith

Winning can only be measured against one meaningful and reliable standard-yourself. In order to do ones best, you must focus on the process of swimming fast, not winning. Below is a description of the key factors that guide us through the sport of competitive swimming.

Mastery of Basic Technique

The Marion Family YMCA’s philosophy of competitive swimming is based on the belief that the foundation of competitive swimming is the mastery of basic technique and swimming skills. Because of the importance of mastering the basic techniques, we spend a significant amount of time perfecting these skills and developing muscle memory through repetition and constant stroke analysis.

We ask each athlete to make a “Commitment to Excellence”. It is each athletes responsibility to always do their best to accomplish the objectives of each set and each swim, whether in practice or in a meet. Making this commitment to achieving the basic skills necessary is essential to fast swimming, and developing the whole individual.

Race Strategy

Fast swimming is not an accident. Developing a sound game plan and racing strategies is essential to swimming fast and improving ones times.

Focus

Swimming is a mental sport. Developing the mental focus to practice the basic techniques correctly, whether a coach is watching or not, is an important skill for all athletes.

Youth Development, Healthy Living & Social Responsibility

The Marion Family YMCA is resolved to develop the whole person, not just fast swimmers. The areas of focus above help us to develop the potential of all youth on our team.

Physical Conditioning

Development of our athletes physical conditioning allows athletes to compete more effectively and efficiently, at a higher level, fostering a situation conducive to fast swimming.

Attitude (FUN!)

The YMCA swim season is long and can be full of highs and lows. Athletes who have positive attitudes and have fun with their swimming put themselves in a better situation to swim fast regularly.