

A Culture of Hard Work

Communicate
Expect

F. Introduction Culture

Hard to Build

Harder to maintain

Easier to lose

Really hard to reprogram

Establish what you value

- Key core concepts < DIE FOR THEM

- NOT TOO many Rules < Party Corner

- Work ethic should be on
(Come to practice)

JOE GREENWELL

← - Start that relates / connects lead people
- TALK ABOUT IT (TEAM meetings)

- T-shirts / DINERS / TRIPS / NEWS / SAYING
+ MOTIVATION

Attitude not
TM

* plan and Explain - NEEDS
in today's Society

* ITS NOT ABOUT HARD WORK

IT IS ABOUT ACCEPTING
CHALLENGES

- Create Practice in

Accepting Challenges

- examples of Successful
people

* ~~work wants~~ → Success others will
follow

B Florida SJ

WHAT you can
DO TO Help
THE TEAM

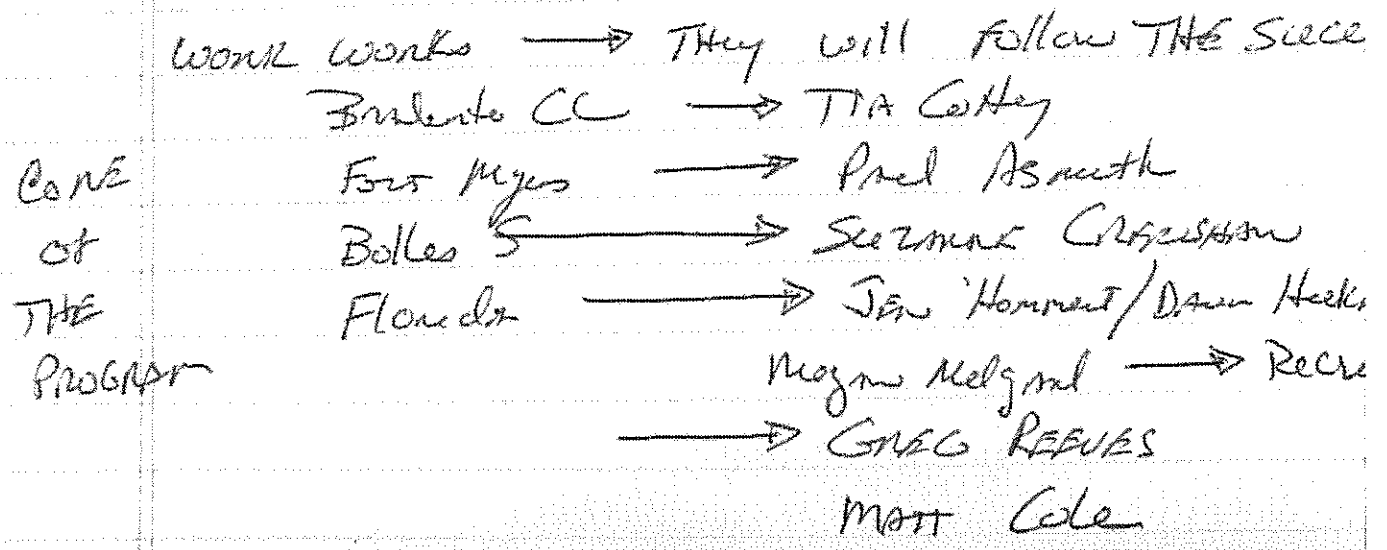
- ① SCORE points C/NCAS + SEC
- ② GPA of 3.5
- ③ GREAT WORK ETHIC
- ④ POSITIVE INFLUENCE on OTHERS
AT PARTIES
- ⑤ Keep OTHERS w/ Good
DECISION - CHANCE

John Gordon

WHAT Successful
DO TO BE
THE BEST

- ① OUTWILL EVERYONE E
- ② PASSION for what you
- ③ ENJOY THE PROCESS
- ④ AVOID NEGATIVE PEOPLE
- ⑤ WORK WHEN NO ONE
IS WATCHING - EXTRA'S
SELF MOTIVATED

o LEAD MANAGER —



+ MORE ON DISTANCE ENDS BUT IT
 WORKS FOR ALL STROKES + EVENTS
 - YOU HAVE TO BE CREATIVE

Peter Vandulany → Mike Bottom

Made sure spray is NOT EASY
 CD Guys on BRUSH CONTROL
 Sprint Day

Saturday Dist - Sprint

Word + Success TALK ABOUT IT!

BE ONE
 yourself ←

VALUE IT!

Examples → OUTSIDE SOURCES

* our job is TO get people
 TO do UNNATURAL THINGS

* THE BASIC PRACTICE IS THE
 MINIMUM

- DO JYTRIS

- JAME CARL → speed

CREATE SITUATIONS THAT ARE COMPETITIVE

← IN TRAINING - Trent Jackson

MARK SENEBAU - Animal Land

Value
 one's own

GET ATHLETES TO VALUE ONE ANOTHER'S
EFFORTS

- Kick out set

10

8

6

4

- THOSE WHO KNOW

2

WHAT OTHERS DO

PURSUE

1 for two

↙
good

↓
BAD

Build Program Around DIST/middle
400 IM
800 FR

But Value All

Success in all events TAKES

SAME GREAT EFFORT JUST

DIFFERENT

= SPENT IN ONE WAY AT TIMES

- TOUGHNESS = CHALLENGES = HARD WORK ATTITUDE

- Sell IT DON'T FORCE IT

- Breakfast groups

- you choose the set a practice

- WRITE your own

- IF IT COMES FROM

THE ATHLETE IT IS BEST

Parents
Board
examples in
life
professionals

- Cosines only offer THE minimum
- EVERYTHING MATTERS
- WORK your Strength
- Improve your Weakness

11-12 Girl Example

PARENTS → RELATE TO THEM WHAT YOU ARE TEACHING
 IT IS NOT ABOUT SWIMMING
 IT'S ABOUT life (life skills)
 In success

THE LITTLE THINGS DO MATTER

Don't Compromise

} Be careful of yourself IN

MAKE THE ATHLETE RESPONSIBLE
J. Simon

ON TIME FOR PARENTS

↓ KAY McCOMB WITH

} NCAA Rules

2:00 AM PARENTS → THEY GOT THE MESSAGE
or 7:00 AM

Volunteering