**How to be a better swimmer:**

**Swim Lessons:**

Please be aware that the number of children, their various levels of ability, and general time constraints preclude any significant individual instruction. However, our coaches will be available off-hours for private lessons at very competitive rates***.*** This is a great opportunity to get focused attention on improving specific strokes, dives, and turns. Please contact them if your swimmer would like that little bit of extra attention.

**Be a Better Swimmer!**

**Ways to Measure Improvement**

New best times

Stroke has become legal

Strong finish

Swimmer tried something new that the coach suggested

Stroke has gotten more efficient/smooth

Dive improvement

Swimmer gave 100% effort

**Ways to be a Team Swimmer**

Put the team's need first (There is no "I" in team)

Swim how/when your coaches ask you to swim

Offer support to a younger or newer swimmer

Accept compliments graciously

Show team spirit throughout meets

Be a gracious winner

Keep cheering positively

Acknowledge your teammate's improvements

Support and include every swimmer on your team