

How to Be a Coachable Swimmer

1) Be **Courageous**

Embrace change, branch out of your comfort zone when asked to do so by your coach.

2) Be **Open**

Accept tips, comments, and criticism from your coach.

3) Be **Attentive**

Make eye contact with the coach and listen to him.

4) Be **Communicative**

Talk to your coach about anything related to training that is bothering you.

5) Be **Humble**

Realize that you still have a lot to learn.

6) Be **Aggressive**

Take charge of your training, giving 100% all the time.

7) Be **Better**

Strive to be your best in all that you do.

8) Be **Limitless**

Do not hold back. You can achieve more than you ever think you can.

9) Be **Excellent**

Preparation, perspiration, and persistence create the opportunity for perfection.