**Personal Assessments before Joining the Spruce Creek Swim Team**

Please turn in during the first week of practice, and keep a copy for yourself.

1. **Be a good team member – what the coaches look for in our swimmers**
2. Good student (goal unweighted current high school GPA > 3.4)

Your current high school unweighted GPA \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ How can you improve your GPA?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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4. Great workout swimmer. Please react to one or more of these traits.

* Listen and observe
* Have a goal (even if it’s small) for each practice
* Treat the pace clock as your friend
* Take individual responsibility for your practice sets
* Accept challenges

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Positive people

* Be on time for stretching
* Have equipment and water bottle
* Put aside thoughts from the day and any homework awaiting you
* Project positive attitude to teammates
* Avoid negative talk – on the way to the pool, in the locker room, during practice, after practice

1. Leader – Create pride in what you do, both as an individual and as a team. List several ways you want to lead.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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5. Scorer

* List your best time for several high school events. Contact Coach Anne if you need help finding your times. Beginning swimmers will complete this part after the first 2 meets.

1. \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Find the 16th place time at the 2020 5-Star Conference Championship for each of your events (link on [www.SpruceCreekSwim.com](http://www.SpruceCreekSwim.com)) to determine improvement needed to score 16th OR to score higher than you scored in 2020.

1. \_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_

4. \_\_\_\_\_\_\_

* If appropriate, repeat for Districts <https://www.fhsaa.org/sites/default/files/orig_uploads/sports/swimming-diving/archives/2019-20/districts/4_2.htm>
* and Regionals <https://www.fhsaa.org/sites/default/files/orig_uploads/sports/swimming-diving/archives/2019-20/regionals/4_1.htm>

1. **Become a faster swimmer (and develop life skills along the way). Comment on one or more of these methods.**

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1. Outwork others
2. Avoid negative people who discourage you
3. Focus on the little things (Streamline off every wall, stroke count, fast turns, breathing patterns off each wall, dolphin kicks, head and body position)
4. Enjoy the training

* Set goals – the destination
* Enjoy the training – the journey

1. Maintain high standards when no coach is watching you.

**The Creek coaches are looking for students who have an expectation to accomplish something really special. This special expectation will vary from swimmer to swimmer, and that’s fine. But if you are joining the team only because it will look good on a college application, or activity hours are required, or you are looking for an exercise program, then the Creek swim team may not be the best choice for you.**

**By signing below, I agree that I understand the Personal Spruce Creek Assessments and will work to accomplish the listed goals.**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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