



Read this:

Happy New Year! The new year is a great time to think about what kind of team we want to be: our goals in the water, as well as our goals for our team community.

Discussion Questions:

What are some of our goals in the water?

>Safe Sport says: Setting goals is important! Whether it's individual times or a team place at a big meet, having goals focuses your training and allows you to see progress.

What do you think our team values are?

>Safe Sport says: Team values might be hard work, safety, healthy boundaries and providing examples of how to maintain a safe environment for everyone involved in the club.

How do our team values "show up" on the pool deck?

>Safe Sport says: For example, a team value of honesty shows up by respecting the send-off intervals, not tolerating gossip among the team, or not cutting corners on any set.

How can our team values support our goals in the water?

>Safe Sport says: It's no secret that kids who feel valued, supported, and safe are better able to work hard and pursue their individual goals. Those kids with strong connections to teammates overall have a better experience and don't want to let their teammates down in practice and on relays. Having strong team values can support the in-water goals by creating clear and positive team culture.

Wrap It Up:

What are 2 things we can do this week to start the year off right?

>Safe Sport says: Have the team come up with 2 behaviors that everyone can do to reinforce a positive start to the year! It could be something simple, such as high-fives to each teammate or lane-mate every day for the week or it could be a challenge set that will reflect the hard work value and relying on teammates for support.

*For Coaches: The new year is a great time to review your team's policies and codes of conduct. These should reflect your team's values. For more resources, visit www.usaswimming.org/protect or contact Safe Sport at safesport@usaswimming.org.