



P.O. Box 100094
Cape Coral, FL 33910
(239)574-7108

Commitment:

Pledging, or promising to do or not to do something.

To have a successful program, it is important that each participant, athlete, parent and coach have a common sense of commitment. Only with a serious commitment by all can this program develop the level of excellence that we can all be proud of. Over the years countless individuals have been members of our team. Many have demonstrated a serious commitment to achieving the very best level of excellence possible. We have also had our share of swimmers who were content to merely 'show' up. I think we have reached the stage where we should set the bar a little higher than we have in the past. Our program has grown significantly over the past years. It has been several years since Cape Aquatics has had over seventy-five swimmers participating through the cold winter months. This is in no small part due to the efforts of our fabulous coaching staff. We all are very lucky to have these dedicated, enthusiastic coaches in our program. We are now in a position where we have the pool time and coaching staff that allows us to offer several levels of participation. I have always felt there should be a place in our program for different levels of both ability and commitment. Not everyone will strive to be a Junior Olympic swimmer, although almost everyone could be. Each squad should motivate the swimmers to achieve their full potential. When some individuals are unable or unwilling to work and commit to the same level as the group, they tend to consciously or unconsciously interfere with the group's progress. Each swimmer on the team is expected to commit to the goals of the squad. These goals include achieving the highest level of performance possible. Attendance at every practice is only a minimum requirement.

Each swimmer is expected to:

1. Be on time. This means being suited up, stretched, and ready to swim as soon as the pool is available.
2. Bring the required equipment. This includes the proper clothing and shoes on days we are running, goggles, etc.
3. Swimming the complete workout, with an honest effort to do one's best.
4. Being focused. Not disrupting the workouts. Not interfering with others. Not talking at the wrong time.
5. Consistently work to improve the skills every swimmer needs to be successful. These include making every turn important, streamlining, stroke mechanics, completing every lap and every set. Knowing what each set is before it's started.
6. Attending competitions on a regular basis. The team needs swimmers who compete. Swimmers not interested in competing or allowing other matters to interfere with meets are almost always the most difficult to train. They tend to be the one's not getting in the water on time, not completing sets, interfering with other swimmers, participating in disruptive behavior, and generally holding back those who wish to train.

I trust you will all reevaluate your commitment to the program, and try to make the right choices going forward. The most important choices are the ones you make today.

"This is the beginning of a new day. You have been given this day to use as you will. You can waste it or use it for good. What you do today is important because you are exchanging a day of your life for it. When tomorrow comes, this day will be gone forever; in its place is something that you have left behind...let it be something good."

Author: Unknown

Swimmingly,
Coach Ed