



**LEVEL 1**

**COMMITMENT AND TEAM LOYALTY**

1. The athlete will know the team name and team colors.
2. The athlete will know the names of teammates and coaches in his or her practice group on the team.
3. The athlete will know the name of the training group immediately above

**LEVEL 2**

**COMMITMENT AND TEAM LOYALTY**

1. The athlete will learn the history of the team.
2. The athlete takes pride in being a member of the team, which the athlete demonstrates by
  - a. participating in team cheers,
  - b. knowing the coaches' names, and
  - c. cheering on teammates during swims (practice or meets)
  - d. wearing team uniform/outfitting.
3. The athlete will know the name of any other training group(s) on the team besides his or her own group. (example: "age group 1," "age group 2," "senior" and "national")

**LEVEL 3**

**COMMITMENT AND TEAM LOYALTY**

The athlete chooses a swimming hero/role model (may be a member of his or her team) and knows the event in which the individual competed or competes.

MEET THE TEAM

**LEVEL 4**

**COMMITMENT AND TEAM LOYALTY**

**LEVEL 5**

**COMMITMENT AND TEAM LOYALTY**

1. The athlete understands the difference between self-interest and team goals.
2. The athlete demonstrates commitment to his or her team by continued dedicated membership.
3. Choose to be an athlete

**LEVEL 6**

**COMMITMENT AND TEAM LOYALTY**

The athlete shows loyalty to team by working with younger athletes and helping them understand the what the sport of swimming can offer them as people.