



**Support  
Your  
Teammates**  
Be actively positive.

**Positive  
Personal  
Attitude**  
Self talk leads to  
self-esteem.

**Effort**  
Get the most out of  
every training and  
racing opportunity.

**Listening**  
Learning from coaches  
and teammates is  
what being on a team  
is all about.

**Be on time.**  
Show respect for  
other's time. Be on  
deck dressed ready to  
go on time.

**Check the  
web site.**  
Take responsibility for  
keeping informed.

**Streamlines**  
Hand over hand,  
Wrist over wrist,  
Squeeze!

**Turns**  
Fast legal turns at  
every wall.

**Finishes**  
Strong, reaching  
finishes every time.

**Wall to Wall**  
Practice makes habit.  
Strive to perform skills  
correctly at every given  
opportunity.

**B-T Raiders Swimming Ten Training Habits**

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