

DEVELOPMENTAL PROGRAM



FACE-UP FIRST® MOTTO
We swim for good times®

25®

faceupfirst.com
practicemakeshabit.com

Club & Voyagers

What are

the two types of self-talk? _____ & _____

What do we do about positive self-talk?

What do we do about negative self-talk? R _____ & R _____

I feel strong when...	I like this about myself...
What thoughts stop me from doing my best?	What thoughts keep me going so I can do my best?

G G E N E R O U S K U F O H T
L O V I N G P W W O W R J I J
C B L Z O D W S I J O I J X R
P S T R O N G K O S N E D P E
C O N F I D E N T B D N E W G
R M W A D M I R E D E D Z L J
E C A R I N G Y A Q R L Q S J
T B R A V E L U B Z F Y D J C
G L E A D E R E Z A U N D H T
R E L I A B L E R Y L R H L C
U B S U Q P O S I T I V E V X
M I M S W S P H A N D S O M E
C H A Z S I B H G C Y C C X R
I Z R G I N D E P E N D E N T
H S T B E A U T I F U L Q V U

WORD LIST

Friendly	Loving	Admired
Wonderful	Leader	Generous
Smart	Reliable	Positive
Strong	Caring	Independent
Beautiful	Brave	
Handsome	Confident	↔

TEN TRAINING HABITS 1. Support your teammates

2. Positive Personal Attitude
3. Effort
4. Listening
5. Be on time
6. Be informed
7. Streamlines
8. Turns
9. Finishes
10. Wall to Wall

I say and do things that make others glad to be on this team.

I can expect happiness and progress.

I choose to try.

Being a good listener is useful, helpful, and respectful.

Being on time shows respect, earns respect, and maximizes opportunity.

It is my responsibility.

I perform a H/H, W/W, full body streamline every wall, every time.

I perform fast, legal turns every wall, every time.

I perform legal, reaching finishes, every wall, every time.

I stay focused and practice good training habits from start to finish.

