

DEVELOPMENTAL PROGRAM



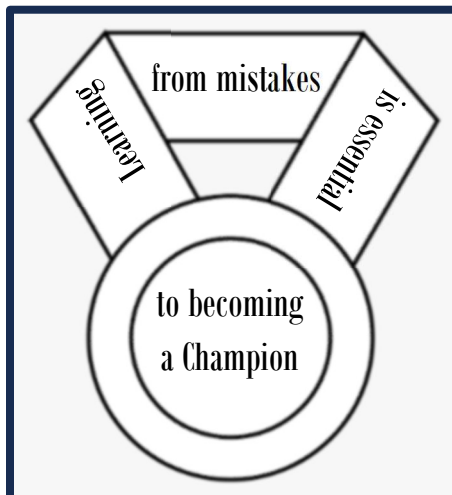
FACE-UP FIRST® MOTTO
We swim for good turns!®

faceupfirst.com
practicemakeshabit.com

Club & Voyagers

Who will win?

Color the helmet with your team colors.



Name the competitive strokes.

This is the newest stroke.

This is the oldest stroke

You must stay on your back.

The real name is crawl stroke, but we call it something else.

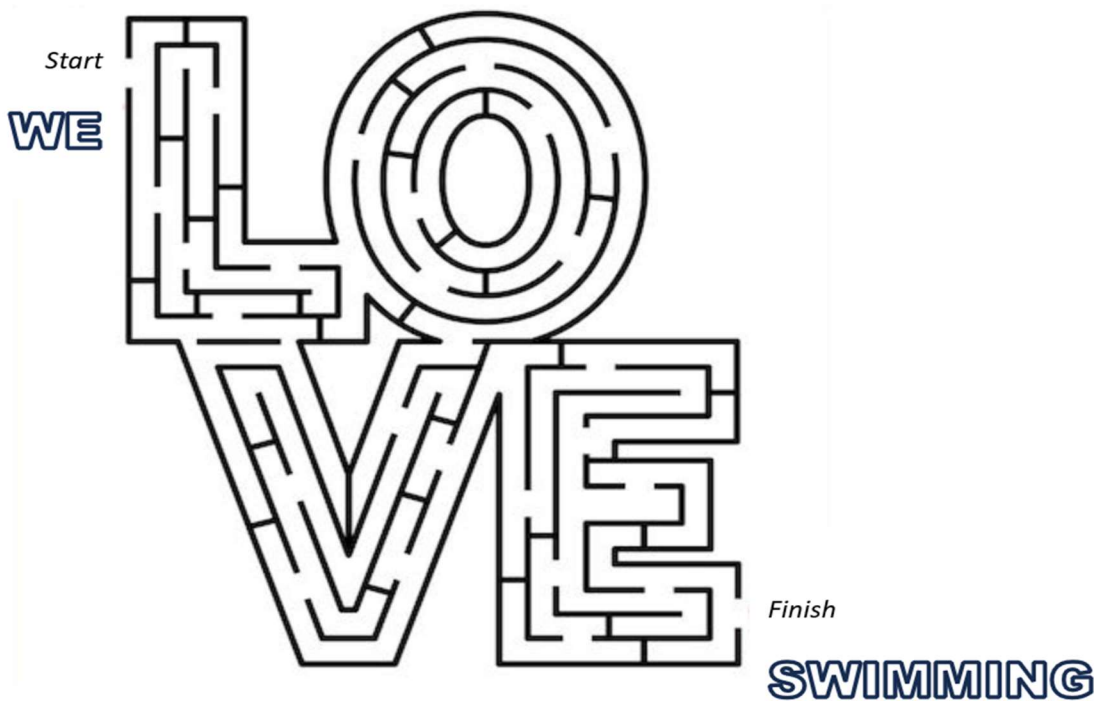
Word Bank

- Freestyle
- Backstroke
- Breaststroke
- Butterfly

Learning from mistakes is...

HAPPY VALENTINE'S DAY!

& HAPPY BIRTHDAY, COACH SHELBY! (2/12)



- 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.*