



**LEVEL 1**

**CHAMPIONSHIP BEHAVIOR AND  
ACCOUNTABILITY**

- 1.The athlete understands that he or she is part of a team and has respect for his or her teammates.
- 2.The athlete listens to recommendations from the coach and tries to make the appropriate changes.
- 3.The athlete understands appropriate team rules and the consequences of breaking the rules.

**WORK ETHIC AND SELF-DISCIPLINE**

- 1.The athlete will pick up and put away any equipment he or she used in practice.
- 2.The athlete will be ready to start practice on time with the appropriate equipment (suits, goggles, etc.).
- 3.The athlete gives the coach his or her undivided attention while the coach is talking. The athlete should focus his or her eyes on the coach and remain quiet when the coach is talking. The athlete will also follow directions set forth by the coach in practice.
- 4.The athlete will “Just say no!” to drugs and other harmful substances.
- 5.The athlete will show respect for the facilities and equipment.
- 6.The athlete will swim the entire set (e.g., doesn’t walk on bottom, counts accurately).

**LEVEL 2**

**CHAMPIONSHIP BEHAVIOR AND  
ACCOUNTABILITY**

- 1.The athlete demonstrates an understanding of sportsmanship–championship behavior (e.g., doesn’t throw goggles, congratulates opponents).
- 2.The athlete will treat teammates, parents, and coaches like he or she would want to be treated.
- 3.The athlete talks to the coach immediately before and after each race.
- 4.The athlete knows basic meet procedures including how to use and read a heat sheet.
- 5.The athlete learns basic race tactics

**WORK ETHIC AND SELF-DISCIPLINE**

- 1.During practice the athlete will:
  - *leave on time during sets,*
  - *start and finish at the wall,*
  - *swim the set in the prescribed manner (e.g., doesn’t do freestyle on butterfly sets, doesn’t pull on kicking sets, performs all turns legally), and*
  - *swim the entire set (e.g., doesn’t walk on bottom, counts accurately).*
- 2.The athlete will communicate with his or her coach.

**TIME MANAGEMENT**

The athlete understands the importance of hard work in the classroom and will complete his or her homework on time.

**LEVEL 3**

**CHAMPIONSHIP BEHAVIOR AND  
ACCOUNTABILITY**

- 1.The athlete demonstrates a higher level of sportsmanship–championship behavior than in level 2 (e.g., respects competitors and gets along with friends regardless of ability level).
- 2.Athlete knows qualifying standards for highest level competitions.

**WORK ETHIC AND SELF-DISCIPLINE**

- 1.The athlete attends the recommended meets and understands the importance of being on time for meet warm-ups.
- 2.The athlete meets the established attendance requirements.
- 3.The athlete challenges him- or herself to perform to the utmost of his or her ability in practice.

**TIME MANAGEMENT**

The athlete demonstrates an ability to balance school and outside activities.



**LEVEL 4**

**CHAMPIONSHIP BEHAVIOR AND  
ACCOUNTABILITY**

The athlete has knowledge of required times to qualify for finals.

**WORK ETHIC AND SELF-DISCIPLINE**

- 1.The athlete is not influenced by the negative behavior of his or her teammates.
- 2.The athlete understands and takes responsibility for attendance, performance, and habits in practice and how these three relate to meet performance.
- 3.Athlete understands the traits of a positive leader and endeavors to become one.

**LEVEL 5**

**CHAMPIONSHIP BEHAVIOR AND  
ACCOUNTABILITY**

The athlete accepts the responsibility of being a leader and/or role model. The athlete will lead by being a positive example.

**WORK ETHIC AND SELF-DISCIPLINE**

The athlete will demonstrate an understanding of the short- and long-term effects of performance-enhancing drugs.

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**TIME MANAGEMENT**

The athlete uses time management skills to prioritize activities.

**LEVEL 6**

**CHAMPIONSHIP BEHAVIOR AND  
ACCOUNTABILITY**

The athlete demonstrates leadership responsibilities by working with younger athletes.

**TIME MANAGEMENT**

The athlete has mastered time management skills so outside activities do not interfere with practice and meet attendance