

WHAT LIFE LESSONS EXACTLY?

- Life isn't fair
- Delayed Gratification
- Time management
- Goal Achievement

WHAT IS FULL POTENTIAL

One of my favorite topics to discuss. Let's take a look at what full potential is so that we can get more swimmers to it.

NUTRITION: 100 CALORIES SHORT IS WORSE THAN 1000 CALORIES SHORT

Learn the importance of great nutrition and implement the idea of "Gap Snack" to avoid the energy pitfalls of many swimmers.

COACHES GUT INSTINCT

Every parent uses their gut instinct at work. Unleash your team's potential by allowing your coach to use theirs.

CAR RIDE

This is the single most important moment to get right. Are you getting it right?

BRAIN PLUGS

Have you considered the number of "swimming plugs" inserted into your swimmer's brain? Have you considered this potentially devastating impact on their long-term development?

PRIVATE LESSON CONUNDRUM

Let's chat about the pros and cons of getting private lessons

CHASING CUTS

Nobody wins when swimmers chase cuts. Let's examine how to get those goals without the pressure of the relentless chase.

EARLY SPECIALIZATION VS ALL STROKES, ALL DISTANCES

Learn how to view success as a pyramid. The foundation of your success is found in the amount and array of experiences you have. Don't crumble your foundation with early specialization.

SWIM TEAM FEES

What are you really paying for?

IMPORTANCE OF STRUGGLE AND FAILURE

If success is a cake, struggle and failure are its two most important ingredients.

CHASING EXCELLENCE OR AVOIDING BURNOUT

Burnout is a big red flag. So is failing to prepare. Let's dive into this topic.

- The illusion of balance in the pursuit of excellence.
- Convenience: the enemy of excellence

ACCOUNTABILITY

"There is no secret formula. It takes what it takes!" Learn how to help your swimmer maximize accountability so that they are not falling short in the big moments.

LEAP OF FAITH

Help your swimmer learn how to embrace the leaps-of-faith that they will take in life.

QUALIFYING VERSUS PERFORMING

Why is there such a difference between qualifying for an event and performing well at an event? Let's explore this topic so that your swimmers can be ready to perform on the big stage.

EFFORT + COMMITMENT + CONSISTENCY = RESULTS

Simple formula. Hard to follow. Tremendous results.

SECRET TRAINING

If everyone is working hard, how do you set yourself apart?

AFTER THE STARTS, 100% OF SPEED PRODUCTION HAPPENS UNDER WATER.

Essential parent understanding considering their perspectives.

IMPORTANCE OF LONG COURSE SWIMMING:

A long course pool is 3 times longer than a short course pool. Learn why this is true and how to use it to your advantage.

TECH SUIT USAGE

Let's chat about your tech suit understanding and concerns. There's no right answer here...just understanding.

USA SWIMMING MOTIVATIONAL TIMES: WHAT DOES IT MEAN?

Motivational times are misunderstood and underutilized. Let's change that for your parents.

RECRUITABILITY

Which swimmers hold the most value in the world of recruiting? Which characteristic are coaches looking for? In this seminar, we teach you how to balance and maximize your love for the sport with your desire to be recruitable.

QUALITY VERSUS QUANTITY

Pros and Cons of both. Ultimately, why quality wins out.

WHAT WOULD YOU RATHER

In this clinic we discuss why you would rather the coach be hard on your swimmer or coach go easy on your swimmer.

DO COACHES HAVE FAVORITES

The answer is "yes." Understanding this can unlock your ability to help your swimmer navigate their career.

DO'S AND DON'TS

Hands down, most valuable talk for parents.