



PUMP UP RITUALS

Q: Does your team do anything to get pumped up before a meet? Describe that for us.

Q: What does that look like? Show us.

Q: Who does the pump up include?

Q: What do you do to personally get pumped up before a meet or race?

Q: What does that look like? Show us.

Q: Why do you think getting pumped up with your team is important?



SWIMMING MEMORIES

Q: What is your favorite swimming memory?

Q: Why is this your favorite memory?

Q: What kind of feelings do you feel when you think about this memory?

Q: How do those positive feelings motivate you to continue swimming?



SWIMMING FAMILY

Q: When I say the words “swimming family” what does that mean to you?

Q: Who does it include?

Q: When you finish a race, who do you look for in the stands?

Q: Why do you look for those people?

Q: How does it make you feel when you hear your swimming family cheering for you?

Q: Why should every team have this kind of support?



COACHES

Q: What kind of qualities do you think a great coach should have?

Q: Why are those qualities in a coach important to you?

Q: What are positive ways that a coach can be a role model?

Q: Why do you think it is important for kids to look up to their coaches?

Q: Why is your coach the best?



TEAMMATES

Q: What are the best qualities that a teammate can have?

Q: What positive qualities do you feel you have as a teammate?

Q: Does your team expect every athlete to show these qualities?

Q: How does your team encourage everyone to bring out the best qualities in one another?

Q: How do your teammates make you a better swimmer?



SAFE SPORT

Q: How would you describe Safe Sport?

Q: Why do you think that Safe Sport is important?

***Q: How do you think you can share the message about Safe Sport to the other swimmers,
parents and coaches on your team?***

Q: What does Safe Sport mean to you?