**Sharks – 10 Commandments**

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| **Thou Shall:**   1. **Be on time** 2. **Do Stretching…properly** 3. **Have a positive attitude** 4. **Be Coachable** 5. **Have positive body language** 6. **Listen** 7. **Concentrate** 8. **Work Hard / Have high energy** 9. **Kick 6 times off wall (except BRS)** 10. **Have FUN ☺** | **None of these require any Talent..**  **Just the right mindset**  **Be the HARDEST worker having the MOST fun** |

**2017 – How are we going to be better?**

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| **What Went well in 2016**   * Times improved (got faster) * Technically better – Kicking, our knowledge * Test sets (2 x 400 Kick) * More variation in training * Less predictability * Exam balance better (School & Swimming) * Motivation ??? * Nutrition Knowledge * Back end speed * Land Training | **What didn’t go well in 2016**   * Team cohesion/bonding (teamwork makes dreamwork) * Focus (on own troubles / succeeding) * No max effort * Mindset (-ve not +ve) * Starts, turns & finishes * Execution of skills * Motivation * Listening * Hitting times * Taking on feedback / criticism * Applying Knowledge * Concentration |
| **What did we enjoy**   * DRP * Sheffield (both trips) * Race pace work * Land Training * Team champs / Scottish / WD’s / Galas * 8K sets * Success * More in-depth knowledge * Back end speed * Tollcross * Process * Prove you can do it | **What will we do better in 2017**   * Help each other more * Understand each other more / respect each other * Don’t moan as much * Be more grown up / responsible * Better Swimming and Homework balance * Nutrition, eat for success not failure * Increase Effort * Ask more questions / learn more * Have more Self-belief * Positive attitude (don’t be afraid) * Flexible learning style * Mentally strong * Know your sport….better * Strive for perfection * Don’t get injured |