**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
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| **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
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