

# 3 Segments of Swimmers

1

## SLACKER

Puts in *least* amount of *effort possible*

Track DPS and Stroke Rate

- Tracking power & speed of strokes keeps them in check

Check for consistency so you'll know when they're putting in mediocre effort



## OVERACHIEVER

*Go-Getter* - willing to put in the effort to be the best, always trying to one-up others

Track Split Time and Stroke Index

- Remind them to maintain proper form and stroke efficiency

Ensure they're not rushing through strokes or leaving the walls too early



2

3

## RULE-FOLLOWER

*Rigid Routine* - thrives on exact instructions

Track SWOLF

- Have them aim to lower their score

Let them play around with their strokes to try out new strategies that may be more effective



TRITONWEAR