

# HOW YOUNGER ATHLETES BENEFIT FROM TRITONWEAR

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 **TRITONWEAR**  
TRACK • LEARN • IMPROVE

TritonWear is a tool athletes can utilize at every stage of their swimming journey.

For younger athletes, incorporating TritonWear early on positions them at a good starting point, promoting their transition to higher levels of competition.

The lessons they learn and the experiences they gain today will continue to guide them as they grow into elite athletes.

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# 1. Habit Formation

## TritonWear helps younger athletes form good swimming habits early.

Swimming is an extremely technical sport. One of the most important skills to develop, especially at a young age, is proper stroke technique. Without it, overall improvements will be difficult to accomplish, and injury will be more likely to occur.



TritonWear technology helps identify hidden problems so they can be corrected immediately.

While it's never too late to improve, the longer an athlete swims with improper form, the more difficult it will be to correct in the future. Perfecting stroke technique early on will be a big advantage.



Good habits, once established are just as hard to break as are bad habits.  
Robert Puller

As athletes move to higher levels of training and switch their focus to improving strength, stamina, and speed, technique often becomes an after-thought.

However, if younger athletes make a habit of prioritizing technique from the start, this will remain at the forefront of their minds, consistently maintaining good technique even as they move to higher intensity training.

Another habit younger swimmers form with TritonWear is regularly checking data. They will require plenty of guidance, especially at the beginning. But eventually, they will learn to analyze what the numbers mean, and how they can use it to improve.

They learn the fundamentals of the sport and gain a deeper understanding of the training process early on. This type of insight will be invaluable as they go through their swimming career.



A goal properly set is  
halfway reached.  
Zig Ziglar

## 2. Goal-Setting

**TritonWear helps younger athletes learn to set goals and map out steps to achieve them.**

### Setting SMART Goals with TritonWear

Goal setting is critical to any type of success; swimming is no exception. Setting SMART goals is a lesson most athletes realize eventually, but most of the time, younger swimmers just want to swim faster, beat their peers, or win medals.

Through the different metrics TritonWear offers, younger swimmers are able to see the different components they need to improve on to become a faster swimmer.

They learn that swimming fast isn't just about kicking harder or moving the arms around faster,

TritonWear provides a tangible way for younger athletes to set targets, find ways to accomplish them, and see improved results in both the short and long term.

Effective goal setting is a necessary life skill that takes times to master. It is a continuous learning experience, which gives athletes who start practicing this at a young age a significant advantage.

**Specific.** Younger athletes learn to set smaller goals for themselves they can focus on, on a day-to-day basis. For instance, aiming to improve their turns, instead of a vague goal of swimming faster.

**Measurable.** They learn to look at the numbers and graphs, benchmark their progress and celebrate the little wins.

**Attainable, Relevant, and Timely.** They learn to set expectations for themselves that they can reasonably attain for given time periods. By having access to data, they begin to understand how long it takes for certain improvements to happen and the type of work they need to put into it.



### 3. Burnout Prevention

TritonWear helps prevent athletes from burning out at young age.



There is an unfortunate phenomenon where swimmers who start young drop out of the sport before reaching full potential.

#### Stress from high expectations

Athletes who peak at a young age are suddenly overcome with high expectations. This constant pressure to win can bring excessive stress to anyone, more so to young athletes who have yet to fully develop the capacity to handle high pressure situations.

Data helps athletes, parents, and coaches manage expectations. It reminds everyone to focus on the process, not just the results. And, when athletes learn to set personal targets and track their own progress, they are able to stay grounded in what they need, to achieve the goals they set for themselves.



70% of children leave organized sports by age 13, according to the National Alliance for Youth Sports

#### Loss of interest

Swim practice can quickly become a dull chore, especially when young swimmers start to find interest in other activities.

Oftentimes, when they continue to swim just for the sake of it, they end up feeling physically and mentally exhausted.

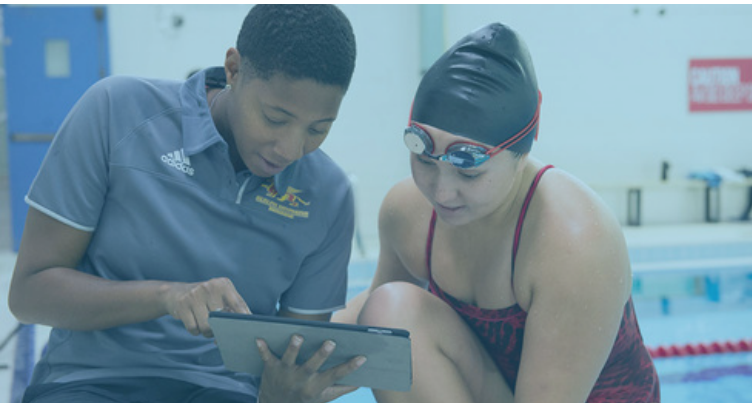
TritonWear helps prevent this by making training more fun and engaging. Instead of mindlessly going through the motions when given a workout, young athletes can focus on specific components of their performance, breaking up the monotony of swim practice.



A good coach can change a game, a great coach can change a life.  
John Wooden

Coaches play a vital role in any athlete's life. Younger athletes, especially, look up to their coaches and turn to them for guidance.

This is why open communication channels between coaches and athletes are extremely important.



Effective communication with a coach will make them a better athlete today, but it is also a skill they will be able to utilize as they work with other coaches, and eventually meet with recruiters.

## 4. Positive Coach-Athlete Relationship

**TritonWear helps athletes learn to communicate w/coaches, and coaches to communicate w/ them.**

TritonWear provides a platform for coaches and athletes to clearly define targets and exchange feedback in a concrete way.

Through their access to individual athlete's data, coaches are able to provide specific comments and instruction based on each athlete's unique situation.

Personalized feedback from coaches also keeps athletes engaged and encouraged to participate. It's especially important for younger athletes to feel that they are being paid attention to, so 1 on 1 time with their coach can serve as positive reinforcement.

This also builds trust - in their coach, in the process, and in themselves - which is a key component for better athletic performance, ultimately paving the path to becoming an elite athlete.

## 5. Personal Growth

### **TritonWear helps younger swimmers grow into better people, not just better athletes.**

TritonWear fosters a positive learning environment where athletes can thrive. This builds self confidence, which is especially important for younger athletes who are still trying to find their way. This self confidence won't just manifest in swimming; swimming may be where it starts, but this will spill out onto other aspects of their life.

TritonWear helps athletes learn to be accountable at a young age. They will need plenty of guidance from coaches and parents in the beginning, but eventually, they learn to take ownership of their training and participate in their own success.

TritonWear encourages constant learning and continuous improvement. Younger athletes learn to analyze data and gain insight. They learn to track milestones, and find value in consistently working to improve themselves. They will only get better at this with time, developing a habit to approach every chapter of their life with a positive mindset, always aiming for progress.



Life is about being a versatile athlete and training in all realms of life.  
Ray Lewis



The insights younger swimmers learn from the sport, supplemented by their use of TritonWear, will undoubtedly turn them into better athletes, but it doesn't stop there. These skills are transferable outside the sport, helping them develop into well-rounded individuals.

For more content, check out

The TritonWear Resource Library

