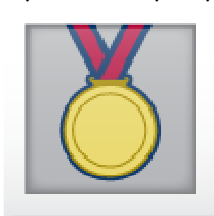


## Snapper Motivational Programs

### Deck Pass Program

Snappers may earn patches throughout the season in a variety of ways. In addition to patches automatically awarded by USA Swimming, Snappers may be awarded additional patches as follows:

**NJS SB CHAMP PATCH** - Attend a NJS Championship Meet (2 per year Max)



**NJJO PATCH** - Attend a NJJO Meet (2 per year Max)



**NJJO EVENT WINNER PATCH** - Individual or Relay NJJO Champion



**NJJO TEAM CHAMP PATCH** - Member of a NJJO Championship Team (2 per year Max)



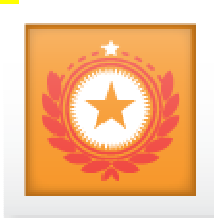
**BAC TEAM RECORD PATCH** - Break a BAC Team Record, individual or relay



**NJS STATE RECORD PATCH** - Break a NJS State Record, individual or relay



**PERFECT ATTENDANCE FOR THE MONTH PATCH**



**PERSONAL STROKE GOAL PATCH** - 1 patch per month for 4 stroke goals



**BEST TIME PATCH** - For 1 or more best times at an in house meet. (USA Swimming Sanctioned / Approved Meets - SWIMS meets - automatically generate patches for athletes)



**BOOK PATCH** - Reading a book - Must see a coach on deck at practice for credit  
5 Books = 1 Patch



**SNAPPER CHALLENGE PATCH** - Compete legally in all Snapper Challenge Events SCY and LCM (Max 2 per course per year):

Events for 1<sup>st</sup> Patch: 50 Free, 100 Free, 200 Free, 400/500 Free, 50 Back, 100 Back, 50 Breast, 100 Breast, 50 Fly, 100 Fly, 100 IM, 200 IM

Events for 2<sup>nd</sup> Patch: all events for 1<sup>st</sup> patch AND 200 Back, 200 Breast, 200 Fly, 400 IM, 800/1000 Free, 1500/1650 Free



## Individual and Team Goals: Snappers

- Swimmers are requested to take some time to think each week prior to Monday's practice as to an appropriate individual goal for that week. The goal should not be 'to swim fast' in any particular stroke or practice but to concentrate on a particular element of stroke mechanics. For example: breathing every three strokes on Freestyle, always streamlining off the wall, breathing every two on Butterfly, kicking and gliding on Breaststroke. Last year the majority of the Snappers participated to some degree. Those who brought goals in on a consistent basis were more focused in practice and displayed great improvement in stroke mechanics and consequently best times during the year.
- Individual Goals should be handed to Tristan at the first practice attended in any given week. The idea is that then the swimmer will concentrate upon that goal along with any other area of stroke mechanics the group is working on for an entire week. Goals should not be repeated and resubmitted unless requested by your coach. There are more than enough stroke aspects that each swimmer can hand in a different goal each and every week throughout the season.
- Goals should be written in a positive form. They should read: This week my goal is to take three strokes off each and every wall before I take my first breath on freestyle. It should not read: I will not breathe on my first stroke on freestyle. It is easier to focus on doing something as opposed to not doing something.
- In addition to the individual goal, a Team Goal will be posted on the web site for each week for all snappers. Each swimmer will be asked to concentrate on the team goal as well as their own individual goal.
- Goal Sheets should include: Name, Group, My goal for the week is ... and the Team Goal for the week is...

## Snapper Olympic Challenge

Throughout the year, the total yardage completed by snappers attending practice will be recorded. As the group total yardage reaches a modern day Olympic Venue, it will be announced at practice. The goal for the Snapper group will be to swim from Berkeley Heights, NJ to all 27 Olympic Venues:

- From the earliest Athens, Greece (1896) to the upcoming games in London, Great Britain (2012)
- From the closest Montreal, Canada (1976 - 337 miles/593,120 yards) to the farthest in Melbourne, Australia (1956 - 10,339 Miles/18,196,640 yards).

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10/26/11