



Swimmers' Corner

[Updated 9/22/25]

General

ATHLETE PROTECTION TRAINING FOR 17 AND OVER (APT)

PRACTICE SCHEDULE

Ridgefield Aquatic Club – Athlete Code of Conduct & Positive Team Culture Commitment 2025-2026

Appropriate Training Protocol

2025-2026 Results gym (NAT/SEN) Acknowledgment

Goal Setting (Please Email Coach E for a request)

- **Goal Setting Part 1**
- **Goal Setting Part 2** (After completing the Goal Setting [Detailed] and having a one-on-one meeting with your primary coach, you will complete this document)
- **Power Points- What are they?**
- **Power Point Calculator**

How to Set Goals Like Michael Phelps – According to his coach, Bob Bowman, he guesstimated that the GOAT was “the most goal-oriented person on the planet.” Learn some of the strategies Phelps and Bowman used when setting big goals and what they did to encourage sticking to the goals.

Use “Curiosity” Goals to Make Tackling Hard Goals Easier—A simple technique I’ve found effective is using a curiosity-based approach to goal setting. This is great news for people who struggle with sticking to traditional “SMART” goals or get psyched out when faced with the sheer wall of effort ahead.

[**This Goal-Setting Exercise Will Bring Your Goals to Life This Season**](#) – For the swimmer who has big goals but gets side-tracked whenever things don't go his or her way, an exercise for better anticipating and overcoming the inevitable obstacles during the season.

[**The Secret to Mental Toughness. Kill the ANTs on Deck!**](#) – Call in the exterminator and build mental toughness!

Motivational times

[**USA Swimming Motivational Times 2024-2028 By Age Group**](#)

[**USA Swimming Motivational Times 2024-2028 By Single Age**](#)

Time standard Bag Tags: click here to buy

Qualifying Times

[**USA SWIMMING TIME STANDARDS**](#)

[**NCAP DELTA**](#)

[**CT Senior Championship Qualifying Times**](#)

[**CT Age Championship Qualifying Times**](#)

Age Group Zones

Senior Zones

[**18& Under Spring Cup**](#)

[**Futures**](#)

[**Sectionals**](#)

[**Toyota US Open**](#)

[**Winter Juniors**](#)

[**Summer Juniors**](#)

[**More**](#)

[SwimCloud](#)

[Swimmer Book](#)

[CT SWIMMING Search Fast](#)

- [Top times](#)

Mental Training and Wellness

- [Visualization Exercises](#)
- [Help Coach! I'm not getting any better!!](#)
- [How to Make Pre-Race Anxiety Work for You \(and What NOT to Do When Dealing with Nerves\)](#)
- [How to Deal with Pre-Race Nerves at Swim Meets](#)
- [Why You Should Work Hard When No One is Looking](#)

Good Reads

- Rest
 - [Why is rest so important](#)
 - [The power of pause: Why and how to take breaks in Sport](#)
- [The power of journaling](#)
- [Conquer the Pool](#)
- [700+ Swim articles](#)
- [11 Things That Separate the Good Swimmer from the Great Swimmer](#)
- [Possible Ways to Set Swimming Goals](#)
- [USA Swimming American Development Model](#)
- [Why You Should Keep Things Simple with Your Big Goals](#)
- [How to Improve Freestyle Hand Entry](#)

For 18 years old and older

- [Athlete Protection Training](#)

SafeSport

- [Bullying Policy](#)
- [Report a Concern](#)

USA SWIMMING

- [Athlete Training Resources](#)

Shopping Cool Stuff

- [Log Book](#)
- [Conquer the Pool: The Swimmer's Ultimate Guide to a High-Performance Mindset.](#)

[Team Records](#)

[MORE FROM USA SWIMMING](#)



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