Swimmers' Corner

Updated: Sep 21, 2026

Use the document outline to jump directly to each resource section.

RAC Essentials

- **RAC NEWS**
- **ATHLETE PROTECTION TRAINING FOR 17 AND OVER (APT)**
- **PRACTICE SCHEDULE**
- **RAC Parent/Guardian & Swimmer Code of Conduct 2026–2027**
- **Appropriate Training Protocol**

Goal Setting & Performance

- **2025–2026 Results Gym (NAT/SEN) Acknowledgment**
- **Goal Setting (email Coach E to request access)**
- **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 Time Standards

- **USA Swimming Motivational Times 2024-2028 By Age Group**
- **USA Swimming Motivational Times 2024-2028 By Single Age**

Championship & Qualifying Times

- **USA SWIMMING TIME STANDARDS**
- More

Results & Tracking

- **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

Mindset, Recovery & 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

Athlete Protection (Ages 18+)

- **Athlete Protection Training**

SafeSport

- RAC Locker Room Monitoring Procedure
- **Bullying Policy**
- **Report a Concern**

Safe Sport: Know Your Boundaries and Speak Up

You deserve to feel safe and respected. If something worries you, tell a parent or trusted adult. If that person is involved, choose another adult. You can also use Reporting pathways below.
Meet reminders: change in designated areas, never on deck. Do not record behind the blocks. Report bullying or unsafe behavior to the Meet Director or Referee.
Adult interactions with minors should be observable and interruptible; MAAPP explains permitted exceptions and protections for communications, travel and changing areas.
Turning 18? Complete Athlete Protection Training before the first day of a meet where you are 18 or turn 18. Ask your parent or coach to help you prepare.
Get help: U.S. Center for SafeSport, 833-587-7233. Call 911 in an emergency. Reporting to RAC does not replace required reports to the appropriate outside authorities.

Review and bookmark: Meet 360 guide | Meet 360 communication template | USA Swimming bylaws | Rulebook and Operating Policy Manual | MAAPP policy and consent forms | Reporting pathways

---

USA SWIMMING

- **Athlete Training Resources**

Athlete Gear & Resources

- **Log Book**
- **Conquer the Pool: The Swimmer's Ultimate Guide to a High-Performance Mindset.**

Team Records

- MORE FROM USA SWIMMING



TYR Team Store

Shop discounted TYR products and RAC spirit wear year-round. Orders ship directly to your door.
First-time users: Save $20 on your first order with code **WELCOME20**.

How to Access the Store

- Returning users: Go to teams.tyr.com.

- New users: Register at teams.tyr.com/pages/customer-registration.
- Choose CLUB, search for Ridgefield Aquatic Club, and complete registration.
- After registration, teams.tyr.com will recognize your email for future visits.