

AQUAJETS

Power of the Team

Power of the Team

THE BEGINNING

3 lanes

3.5 feet across

26.2 yards

Ages 6-15



GROUP STRUCTURE

- **6-8 year olds (Goldsharks, Goldjets, Goldlightning)**
- **9-11 year olds (Bluesharks, Bluejets, Bluelightning)**
- **11-13 year olds (Junior 1, Junior 2, Junior 3)**
- **13-Up (Senior 1, Senior 2 and National)**

GROUP EXPECTATIONS

3 TIER PROCESS

- **The emotional readiness of the child**
- **Actual age of the child**
- **Physical abilities of the child (practice training and meet performances)**



POWER OF THE TEAM





POWER OF THE TEAM

- Coaching Staff
- Values
- Atmosphere



COACHING STAFF

- Deck Staff
- Dryland Staff
- Sports Psychologist
- Board Members
- Finance Person



AQUAJETS DRYLAND PROGRAMMING

NATIONAL TEAM

WEEK 15 - National 12/21	Day 1	Day 2	Day 3
DWU	Wall Hip Series: :30/each Hamstrings #4 Wall Squat Hip Flexor Scorpion, 5/side	Leg Swing Series :30 Caveman Squat Scorpion, 5/side	Wall Hip Series: :30/each Hamstrings #4 Wall Squat Hip Flexor Scorpion, 5/side
STRENGTH/POWER - LOWER	I. EMOM @ 7-min 5 Back Squats 45# ROM! 5 Box Jump Overs	See Met Con	I. 5-Rounds 35, 45, 55, 55, 55 1 st - 15, 35, 35, 35, 35 3- Rounds 1 x DL 1 x Hang Clean 1 x Front Squat 1 x Push Press
STRENGTH/POWER - UPPER	II. Pull-up Progression Set 5-Rounds 5 Pull-ups* 5 Power Push-ups (Bench) *1 Pull-up = 3-sec Top-of-PU Hang	I. Pull-up Progression Set 5-Rounds 5 Pull-ups* 5 Power Push-ups (Bench) *1 Pull-up = 3-sec Top-of-PU Hang	See Mobility
STABILITY &/or METCON	III. STABILITY 5-Rounds 6 x TTB 6 x 1-Leg Box Squat (L+R=2) 6 x Ab Roller 6 x KB Ground to OH 10 Hollow Rocks	II. MET CON AFAP 10-9-8-...3-2.1 Thrusters (35#, 15#) Double Unders 1-arm DL (odd R) (Eve L) 1 Farmer's Walk	See Mobility
MOBILITY	T-spine: LAX Ball Peanut Hip Series Foam Roll – Legs and Back	T-spine: LAX Ball Peanut Hip Series Foam Roll – Legs and Back	II. YOGA



COMPETITION NUTRITION

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Team Values



GIVING BACK

Talking to the TEAM
about:

- **Determination**
- **Commitment**
- **Dedication**
- **Loyalty**





FACTS ON SMILING

Research Says

- **Adults on average smile 20 times a day**
- **Children smile as many as 400 times per day!**



Power of One SMILE

ONE smile can provide the same level of brain stimulation as up to 2,000 chocolate bars

ONE smile can provide the same level of brain stimulation as up to 16,000 Pounds Sterling CASH....\$25,000

Smiling will make you healthier reduces stress, blood pressure and you look good in the eyes of others



Motivation

noun: motivation; plural noun:
motivations

the reason or reasons one has
for acting or behaving in a
particular way.

synonyms: motive, motivating
force, incentive, stimulus,
stimulation, inspiration,
inducement, incitement, spur;
reason; informal carrot
the general desire or
willingness of someone to do
something.

enthusiasm, drive, ambition,
initiative, determination,
enterprise



TEAM MOTIVATION

- Powerful
- Exciting
- Better Results





COL

Circle of Love!

STORYTELLING





Embrace the Shake

ATMOSPHERE

Energetic

Process

Make the WHY
FUN



ENERGETIC

- Pool deck
- In the pool
- In dryland

PROCESS

- Understanding
- Buying into it
- Be a part of it

WHY

- Understanding
- Trying
- Embracing





BOARD CHATS



Seniors....where are they now?

Kate & Aggie jets,
Thank you SO much for everything
you have done for me. These past 9 years
have been amazing and something I will never
forget! Thank you for all of your support and
love. I wouldn't be half the person I am today
without you!
Love,
Rachel Bostana



IT TAKES THE POWER OF THE TEAM TO DREAM!