

# What is Fun for Swimmers

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Before reading any further, think for a moment about what you believe to be 'fun' for your swimmers; the factors you think they would identify as fun. Oftentimes, coaches assume that when age group swimmers talk of fun, they are talking about playing games, goofing around, unstructured practices,...which would detract from productive, focused practices. However, these swimmers related a much different concept of what is fun regarding their experiences in swimming. A la David Letterman, let us present to you the Top 10 sources of fun in swimming as well as the Top 6 reasons swimming is not fun. As you read each factor, reflect on whether or not it is something that is present for your athletes as well as if you can influence this source of fun.

## TOP 10 REASONS SWIMMING IS FUN FOR AGE GROUP SWIMMERS

1. Being with friends
2. Coach compliments and encourages me
3. Being known as a good swimmer
4. Winning races
5. Getting in shape
6. Varied workouts
7. Relays where team comes together
8. Feelings of accomplishment
9. Cheering for each other/coming together as a team
10. Trying to improve my times; Being on a team

## TOP 6 REASONS SWIMMING IS NOT FUN FOR AGE GROUP SWIMMERS

1. Getting slower times than my goals
2. Getting lapped in races
3. When other swimmers skip laps or get in front of me
4. When coach yells or threatens me
5. Swimmers who think they are good just because they are fast
6. Parents ask about bad races
7. When parents brag about their swimmer