

Benefits of Swim Team

Swim Team is a great way for kids to stay healthy and active, even during cold Iowa winters. Participants have the opportunity to learn meaningful life skills such as setting goals, teamwork, and dealing with success and failure, all while having fun and making friends.

Community & Friendship: Children on swim team create bonds with one another. They cheer their friends on as they race and their friends cheer for them. Each swimmer succeeds, and each swimmer fails from time to time. Swimmers know how it feels and can learn to support those who are struggling, applaud those who are succeeding and be inspired by the work of others.

Teamwork: Swim Team is a supportive environment where your child can belong. Teammates encourage one another, lead and follow, contribute and receive as they practice together with their friends. They may not love their teammates all the time, but they know how hard they work and they learn to respect them.

Sportsmanship: Good coaches teach that we compete “with” people not “against” people. Swimmers learn how to try their best, to win and lose, and how to exhibit good sportsmanship either way.

Fitness: Weekly swim practices improve cardiovascular fitness and help keep kids healthy. Participation in swimming also develops aerobic capacity, kinesthetic abilities and motor skills. Swimming is an excellent way to exercise since it works the whole body and is easy on the joints. Swimming is a fitness routine that can be enjoyed for the rest of their life.

Discipline & Work Ethic: Good stroke technique does not happen without discipline. Because swimmers operate in the medium of water, successful swimmers must pay close attention to technique and skills. While some people are naturally “talented” swimmers, over time, through disciplined attention to detail and persistent hard work a “lesser” talent can soar to the top.

Goal Setting: Swimmers learn at an early age to measure success objectively and how to set new goals to motivate themselves as they climb their mountain of swimming success. They also learn delayed gratification, because what they do in practice every day, might not show up at a meet for a week, a month, six months or even a year later. Swimmers learn to accept that “things take time” to develop.

Dedication: While it may be beneficial for kids to have the opportunity to be involved in and experience a variety of sports and activities, as swimmers grow older they learn you can't do everything all the time. Often in life, some sacrifices have to be made to achieve in other areas.

Self-confidence: Ultimately swimming is an individual sport (with the benefits of a team environment). There are no “benchwarmers”. Everybody swims. Success or failure depends on what YOU do in the pool. Kids learn that they can learn, they can struggle to overcome adversity, and they can achieve.

