

3 Segments of Swimmers

OVERACHIEVER

1

Go-Getter - willing to put in the effort to be the best, always trying to one-up others

Track Split Time and Stroke Index

- Remind them to maintain proper form and stroke efficiency

Ensure they're not rushing through strokes or leaving the walls too early



2

RULE-FOLLOWER

Rigid Routine - thrives on exact instructions

Track SWOLF

- Have them aim to lower their score

Let them play around with their strokes to try out new strategies that may be more effective



3

SLACKER

Puts in least amount of effort possible

Track DPS and Stroke Rate

- Tracking power & speed of strokes keeps them in check

Check for consistency so you'll know when they're putting in mediocre effort



TRITONWEAR

www.tritonwear.com