

3 Segments of Swimmers

OVERACHIEVER



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



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



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