



SWIM ONTARIO

REFLECTION ON 2025 WORLD JUNIORS



Performance Leadership – Before During and After

REFLECTIONS

Clarity of Purpose

- Defined performance goals - improvement is the main focus to achieve SFs, Finals, Medals. Living the lifestyle of a student athlete.
- Alignment between coaching staff, athletes, and support teams.

Athlete-Centered Leadership

- Coaches who prioritize the physical and mental well-being
- Coaches who know when to push and when to protect.

REFLECTIONS



High Standards of Professionalism

- Clear protocols for preparation, recovery, nutrition, and communication.
- Staff modeling discipline, composure, and positivity.

Emotional Intelligence

- Ability to manage pressure, stress, and diverse personalities in a team environment.
- Support for athletes who may be experiencing their first world-level event.

REFLECTIONS



Adaptability

- Coaches who can respond to unexpected changes (approach to training sessions, illness, scheduling).
- Flexibility without losing focus on team goals.

Team Culture & Unity

- Respect, accountability, and belonging.
- Building pride in representing the country, not just individual performances.

We win together, we learn together, and we grow together. The stronger our connection, the better we perform – not just here at Junior World but the heading to 2028.



Our Core Values – These Travel with Us

- **Respect** – for your teammates, preparation, and the competition, **respect is a daily practice—(ROB)**
- **Excellence** – Everything we do — from warmups to the podium — reflects our standards. – **(DAVE)**
- **Discipline** – Our habits show when the pressure's highest. We train like it matters because it always does. **(ALEX)**
- **Unity** – Every lane, every coach, every staff member matter. No one stands alone **(BILL)**
- **Focused** – focus is more than concentration—it's commitment. It shows up every day **(CARL)**
- **Professional** – process of preparation (consistency, work ethic, time management) process for competition (prepared mindset, emotional control, and TEAM) **(JUDY)**
- **Relaxed** – Being relaxed doesn't mean not caring — it means being mentally clear, emotionally steady, and physically in control. Respond, Reset and keeping high energy) – **(ROB)**
- **Adaptable** – adaptability is a superpower - being flexible in your thinking, resilient in your preparation, and calm in the face of change. Whether in training or in the heat of competition **(FRED)**
- **Resilience** -- Setbacks are guaranteed. Our response is what sets us apart **(DAVE)**
- **NO DRAMA!** Shared standards, clear communication, high support for each other. Taking steps together as a team, without ego or conflict, creates a focused, winning environment **(ROB)**



KEY LESSONS/REMINDERS/FUNDAMENTALS

KEY LESSONS



The Gap Between Domestic and International Standards

- Athletes who dominate nationally may not automatically transfer that to world stage.
- Coaches learn the importance of preparing athletes for international race dynamics — tighter margins, higher pressure, faster heats.

The Importance of Relay Culture

- Relays often define team spirit and medal counts.

Lesson: train exchanges under pressure, rehearse backup lineups, and build team-first mentality early in development.

Value of Staff Calibration

- Success depends on unified messaging.
- Coaches see firsthand the negative effect of mixed instructions and the power of daily staff check-ins to keep everyone aligned.



Athlete Well-Being Is Performance

- Fatigue, stress, and nerves hit juniors harder in multi-day meets.
- Lesson: balance ambition with protection — prioritize rest, nutrition, and emotional regulation as performance enhancers.

Managing Race Rehearsals and Debriefs

- Some juniors race differently under high pressure than in training or domestic meets. Learn to emphasize race rehearsal under pressure in home programs (pace accuracy, starts, turns, finishes, refining technique).
- How to handle the higher demand of the FES demand without losing track of your overall race tactics. Without the minor adjustment the race is over.
- Debrief is essential (positive or negative) — focusing on “what’s next” rather than over-analysis.

KEY LESSONS



Exposure to Global Coaching Styles

- Observing how other countries structure warm-ups, communicate with athletes, or manage relays can inspire program movement/adjustments.

Lesson: remain open-minded, adaptive, and willing to adopt best practices seen on deck.

Handling Emotional Highs and Lows

- Athletes may feel crushed by missed finals or overhyped after big swims.
- Coaches realize the importance of emotional regulation coaching: keeping athletes grounded, teaching resilience, and preventing unnecessary negative energy
- Settling down emotionally after a major success or failure, changing the mindset by focussing on what's coming next before leaving the pool
- Having patience when warming down, not racing for the bus. Sacrificing WD, Cold bath, flush out massage due to outside pressures will not serve you well.

KEY LESSONS



Team Environment Matters

- Juniors thrive when they feel supported and connected.
- Coaches see that structured team culture (cheering, shared activation/recovery routines, clear communication) enhances performance for individuals.

Debrief & Continuity Is Critical

- What happens after Junior Worlds often defines whether the experience is transformative or wasted.
- need to document athlete-specific takeaways, refine long-term plans, and integrate international lessons into daily training environments back home.
- Junior World Level, medals are great — but development is greater.
- learn to celebrate PBs, progression, and maturity as much as podiums.



QUESTIONS ?

