



**Annual Training Plan**  
**(pt. 2, “The Competitive Season”)**  
**Timeline for Optional Program**

**Competition Schedule**  
**(separate sheet for each level/group))**

**Date(s):** \_\_\_\_\_ **Meet:** \_\_\_\_\_

**Date(s):** \_\_\_\_\_ **Meet:** \_\_\_\_\_

**Date(s):** \_\_\_\_\_ **Meet:** \_\_\_\_\_

**Date(s):** \_\_\_\_\_ **Meet:** \_\_\_\_\_

**Date(s):** \_\_\_\_\_ **Meet:** \_\_\_\_\_

**Date(s):** \_\_\_\_\_ **Meet:** \_\_\_\_\_

**Date(s):** \_\_\_\_\_ **Meet:** \_\_\_\_\_

**Date(s):** \_\_\_\_\_ **Meet:** \_\_\_\_\_

## **Plot Your “Year Flow”**

**Begin with the 2nd to last meet of the season. Use “Best Meet Ever”  
document for Reference**

## BASIC PRINCIPLES

1- Choose “Peak Meet” (second to last meet of the season, ie. Regionals for Level 10)

2- Define your STEPS TO SUCCESS to Peak at designated Peak Meet, NOT SCORE-narrow to match # of competitions

3- Apply 1 “step” to each meet: Be specific

4-Create a short and sweet phrase, mantra, saying for each meet “Label It”

5-Put it in writing

6-Communicate with THE VILLAGE: Every coach, every parent.

Achieving EACH STEP = SUCCESS...Experience success again and again.

*The time preparing for each competition/step will be referred to as **Comp. Phase 1, Comp Phase 2, etc***

**Create Your STEPS TO SUCCESS by establishing a specific goal and corresponding mantra for each competition. This mantra should be spoken aloud frequently during the phase during which training for that competition occurs. All decisions on weekly focuses and daily training plans should be based on your “step.” Refer to “Best Meet Ever.”**

**Step 1-\_\_\_\_\_ (competition name) \_\_\_\_\_ (mantra)**

**Brief description:\_\_\_\_\_**

**Step 2-\_\_\_\_\_ (competition name) \_\_\_\_\_ (mantra)**

**Brief description:\_\_\_\_\_**

**Step 3-\_\_\_\_\_ (competition name) \_\_\_\_\_ (mantra)**

**Brief description:\_\_\_\_\_**

**Step 4-\_\_\_\_\_ (competition name) \_\_\_\_\_ (mantra)**

**Brief description:\_\_\_\_\_**

**Step 5-\_\_\_\_\_ (competition name) \_\_\_\_\_ (mantra)**

**Brief description:\_\_\_\_\_**

**Step 6-\_\_\_\_\_ (competition name) \_\_\_\_\_ (mantra)**

**Brief description:\_\_\_\_\_**

**Step 7-\_\_\_\_\_ (competition name) \_\_\_\_\_ (mantra)**

**Brief description:\_\_\_\_\_**

**Step 8-\_\_\_\_\_ (competition name) \_\_\_\_\_ (mantra)**

**Brief description:\_\_\_\_\_**