

Positive Reinforcement 101

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How do you talk to your kids? One of the best barometers of where your team is headed can be found by listening to the things your swimmers and coaches say on deck, in practice, in meetings, and before and after meets. Do they use terminator phrases or do they use incendiary phrases? Incendiaries build team spirit positive momentum and lead to superior efforts while terminators squelch the life out of those feelings.

Incendiaries

1. Alright!!!
2. Yeah, that's one in a row.
3. You got it now.
4. Great second effort.
5. Just like that.
6. Now, you've got it.
7. How about right now?
8. I'm sure you can.
9. I like the way you did that.
10. Awesome.
11. Keep it rolling.
12. Great! Anyone else?
13. Now we're cooking.
14. I wish I had a picture of that.
15. Perfect, now repeat it.
16. What would happen if you tried it this way?
17. You're on the right track.
18. We can always depend on you.
19. Just like an instructional video.
20. Give it everything you have left.
21. I didn't know you could do that.
22. We're almost there. Now try...
23. Congratulations!!
24. I have a lot of faith in you.
25. Concentrate on it.
26. You can handle it.
27. Excellent!!!
28. It just might work this way.
29. Perfect!
30. Just a little more.
31. Things are beginning to pop.
32. There must be a way.
33. Work it, perfect it.
34. Every day just like that.
35. Superior!!
36. Don't let up now.

37. The best one today.
38. You're the perfect example of...
39. It's great to have you here.
40. Totally!!!
41. That's the solution.
42. Make your own luck.
43. Don't settle for any less.
44. That's a winner.
45. Super!!
46. Again!!
47. Magnificent!!
48. I couldn't ask for more.
49. Stick with it.
50. It'll come to you.
51. Always try like that.

Terminators

1. You can't.
2. No sense in talking about it.
3. I won't work.
4. There's not enough time.
5. What do you know about it?
6. Oh no, not again
7. We never had a chance.
8. We've never done it.
9. I knew you'd blow it.
10. You don't understand.
11. Not like that.
12. Are you trying?
13. Everyone knows that.
14. It's not my fault.
15. If only we could have...
16. Do we have to?
17. You can't expect miracles.
18. How many times did I say...
19. You're not ready yet.
20. It's different.
21. It's the same old thing.
22. You had your chance.
23. It's always the same.
24. When will you listen?
25. Not that way.
26. What do you know about it?

27. Don't even think about it.
28. When will it end?
29. Same old mistake again.
30. Well, what did you expect?
31. You'll never understand.
32. I wish it was over.
33. There's nothing to learn.
34. I expected that.
35. Why bother?
36. It won't work.
37. Not now.
38. Are you here?
39. You did the same thing yesterday.
40. You can't catch up.
41. It's too late now.
42. It's just not worth it.
43. Forget it.
44. Why bother?
45. Never gonna happen.
46. They're better.
47. Nobody will notice.
48. It's not important.
49. Don't even finish it.
 50. When will you learn?