

# JFD LEADERSHIP FRATERNITY

Purposes: To raise swimmers level of commitment by establishing measurable goals and tangeable rewards

To develop team leaders based on mutual support and dedication.

Swimmers highlight boxes as they achieve the requirements

Responsibility	ALPHA	BETA	GAMMA	DELTA	EPSILON	ZETA	ETA	THETA
Hours per week	1.5	3	4.5	6	7.5	10	12	14
Meters in 1 week	3000	5000	10,000	15,000	20,000	24,000	28,000	32,000
Participation Credit	3 100 FREE	6 200 BCK	18 200 BRST	18 500 Free 400 IM	18 1000 Free 200 Fly	18 1650 Free	18 multi distance events	25 multi distance events
Inspirational Speaking / Writing	Pledge	Impossible Dream	Daring Greatly	Don't Quit	You Must Have Goals	Distant Shores	Lead team Meeting	Lead team Meeting
Team Service			1	2	3	5	7	10
Attended Social Functions/ Special	2	4	6	8	10	14	Asst. Chairperson-	Chair- person
100 Swim/ 100 Kick	26m/23:25y	22m/19:50y	17:3m/15:45y	16m/14:25y	15m/13:30y	14m/12:35y	13m/11:42y	12m/10:48y
100 m. kick (choice)	3:00	2:30	2:01.50	1:50	1:40	1:30	1:25	1:20
1000 Free	25m/22:30y	21m/18:55y	17:3m/15:45y	16m/14:25y	15m/13:30y	14m/12:35y	13m/11:42y	12m/10:48y
Hypoxic Training	D W 0	25 Free - 0	25 Fly - 0	50 Free - 3	50 Fly - 4	200 Fly EOS	10xDW DK	20xDW DK
Crunches in 90 sec	20	30	50	70	80	90	100	110
Push ups: 90 sec.	5	10	20	40	50	60	70	80
Streamline past flags	25 Fr	50 Fr	200 Fr	500 Fr	1000 Free	1650 Fr	400 IM	200 Fly
Goal Conference	Fraternity Level	What	Why	How	How	Seasonal Training	Meet entry	Quadrennial Plan
Awards night	KICK BOARD	CAP	SHIRT	SHORTS	JACKET	TOWEL	SWIM BAG	PARKA
Immediate	KICK BOARD	BEANNIE	MESH BAG	PULL BUOY	PADDLES	SNORKEL	PARACHUTE	POWER CORDS

I, \_\_\_\_\_, with all sincere intentions do hereby, in the presence of my teammates, commit myself to attaining the rank of \_\_\_\_\_ by \_\_\_\_\_. I know this is a lofty aspiration, so I am asking you, my friends, to encourage, correct and support me and hold me accountable to this pledge. I am also willing to stand by you as you strive towards your hearts desire.