



INTRODUCING THE JFD

LEADERSHIP FRATERNITY

Purposes: To raise swimmers level of commitment by establishing measurable goals and tangible 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 | 1.5 | 2 | 2.5 | 3 | 3.5 | 4 | 6 |
| Yards in 1 week | 1,000 | 1,500 | 2,000 | 3,000 | 4,000 | 5,000 | 6,000 | 7,000 |
| Intersquad meets | FREE | BACK | BREAST | FLY | IM | FREE | IM | FLY |
| Participation Credit | 50 | 50 | 50 | 50 | 100 | 200 | 200 | 100 |
| | 100 | 100 | 100 | 100 | 200 | 500 | 400 | 200 |
| Inspirational | Pledge | Impossible | Impossible | Daring | Daring | Don't | Don't | Lead team |
| Speaking / Writing | | Dream | Dream | Greatly | Greatly | Quit | Quit | Meeting |
| Team / Community | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Future Coach | | | | | | | | |
| Social functions | 1 | 2 | 3 | 4 | 5 | 6 | Asst. | Chair- |
| Special events | | | | | | | Chairperson- | person |
| 100 Swim/ 100 Kick | 30:00:00 | 25:00:00 | 20:00 | 19:00 | 18:00 | 17:00 | 16:00 | 15:00 |
| 100 m. kick (choice) | 3:00 | 2:30 | 2:15 | 2:00 | 1:50 | 1:40 | 1:30 | 1:20 |
| 1000 Free | 30:00:00 | 25:00:00 | 20:00 | 19:00 | 18:00 | 17:00 | 16:00 | 15:00 |
| Hypoxic Training | D W 0 | 25 Free 1 | 25 Free-0 | 25 Fly- 1 | 25 Fly- 0 | 50 Free- 4 | 50 Fly- 4 | 200 Fly EON |
| Crunches in 90 sec | 10 | 20 | 30 | 50 | 70 | 80 | 90 | 100 |
| Push ups: 90 sec. | 5 | 10 | 20 | 25 | 20 | 40 | 50 | 60 |
| Streamline past flags | 25 Fr | 50 Fr | 200 Fr | 500 Fr | 100 IM | 1000 Free | 400 IM | 200 Fly |
| GOAL CONFERENCE | Fraternity | What | What | Why | Why | How | How | You must have 1 |
| | Level | | | | | | | a goal/ |
| Awards* | Kick board | Cap | Mesh bag | pull buoy | Beannie | snorkel | parchute | power cords |
| | Kick board | Cap | Shirt | Shorts | Jacket | Towel | Swim bag | PARKA |



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.

*Awards: With certain awards in limited supply, we may off another choice of awards

