

Advanced Commitment

Advanced Competitive swimmers are those in the Provincial 6, Provincial 7, National 8, and National 9 programs. This rubric outlines the developmental path for commitment at these levels, serving as a guide for self-assessment, coach feedback, and goal setting.

Advanced Commitment Rubric				
Category	1: Needs Attention	2: Developing	3: Proficient	4: Exemplary
Attendance	<80%	80 - 90%	91 - 95%	>95%
Participation	Often misses practice portions (late/early) or segments.	Occasionally misses practice portions or segments.	Consistently present for full scheduled practice sessions and segments.	Always present for entire practice; ready for all segments.
Competitions	Frequently misses meets; poor readiness (unprepared, poor sportsmanship, struggles with results).	Misses some meets; inconsistent readiness (varies, inconsistent sportsmanship, inconsistent results processing).	Attends most meets/championships; good readiness (prepared, good sportsmanship, constructive results processing).	Attends all meets/championships; excellent readiness (prepared, follows plans, outstanding sportsmanship, learns from results).
Preparedness	Often unready at start (late, wrong place, missing/broken gear).	Sometimes unready at start (occasionally late, gear not ready).	Usually prepared at start (on time, correct place, gear ready).	Exceptionally prepared at start (early, correct place, all gear ready, focused).
Engagement	Often mentally checked out or passive. Rarely listens or asks questions.	Sometimes passive or distracted. Listens intermittently, limited awareness.	Actively involved and attentive. Listens well, understands objectives.	Proactively involved, highly attentive. Asks questions, seeks deeper understanding.
Equipment	Frequently missing, broken, or unsuitable gear.	Sometimes missing or borrows gear; occasionally poor condition.	Usually has all required equipment in good working order.	Always has all required equipment and in good working order.
Work Ethic	Regularly avoids effort; stops often; doesn't complete work.	Effort varies; needs prompting; sometimes cuts corners.	Generally works hard; completes most work; meets objectives.	Consistently high effort; embraces challenges; focused, resilient.
Coachability	Ignores or argues feedback; little effort to change.	Sometimes resistant/defensive; inconsistent application of corrections.	Listens to feedback; generally receptive; attempts to apply corrections.	Actively listens; asks questions; applies corrections immediately/consistently.
Citizenship	Disruptive or negative; poor sportsmanship; disrupts lane flow.	Sometimes negative/complains; minimal positive interaction; occasionally disrupts flow.	Respectful; generally positive; follows lane etiquette; good sportsmanship; supports teammates.	Actively encourages teammates; respects all; contributes positively; excellent sportsmanship; shows leadership.



The swimmer can be evaluated with their score with the following scale:

Score	Title	Description
33 +	Sustained Advanced Commitment	An exceptional level of commitment. Their habits are a strong foundation for advanced competitive success and leadership within the team.
19 to 32	Emerging Advanced Commitment	Developing strong commitment habits, with many areas showing proficiency. Continued growth will help elevate overall contribution and personal performance.
9 to 18	Limited Advanced Commitment	Has significant opportunities to develop their commitment. Addressing inconsistencies in key areas will unlock greater potential and improve their overall progress.