

Where are you in your sports training?

Phases of Learning Model (Bloom, 1985)		
ROMANCE	PRECISION	INTEGRATION
Fun Encouragement Exploration Freedom Develop love of sport Need immediate rewards	Technical Mastery Skill Technique Habit of Accuracy	Integration of Knowledge and Skills Individuality Insight Realization that sport is significant in one's life

Walton Waves Swim & Tennis

Accomplish something Extraordinary!