

The success of our divers depends on more than just the skills and abilities of each individual team member — the divers need to learn how to function as a cohesive whole. That doesn't happen by accident. It takes team building.

The best way to build stronger connections between team members is to get them out of the everyday training environment. When kids meet together outside of the day-to-day routines and predictable patterns of the normal training regime, they form stronger bonds and develop a better understanding of each other's strengths and abilities.

That's where team travel comes in, providing your kids with an invaluable tool to help improve their performances and help them grow as a person.

To better understand and appreciate the value team travel to meets and events, here are the top 10 benefits:

1. **Teaches time management.** Team travel offers a great opportunity to impart collective time-management tricks, tips and techniques.
2. **Encourages leadership.** Given the opportunity, you may be surprised to find out which members of your team step up to the plate in a group travel incentive setting.
3. **Builds morale.** Creating opportunities for your team to let off some steam together recharges your team's morale and boosts performance.
4. **Improves relationships.** The team that learns how to play together, stays together!
5. **Provides motivation.** Team travel incentives and team-building activities can provide a much-needed break from routine.
6. **Increases efficiency.** Team travel events are an excellent opportunity for the divers and coaches to take a step back and identify ways to improve upon on or identify areas in need of enhancement. This could be as simple as realizing that avoiding things in practice have a real impact to meet performance.
7. **Generates new goals.** Divers experience competition both from within their team and from other teams. They gain a new perspective and are able to create realistic goals for their next training cycle.
8. **Builds trust.** Getting to know the people you train with and/or under is essential to building a strong sense of trust and understanding.
9. **Improves performance.** Strict curfew, healthy food options, encouragement and support from teammates, structured schedules for optimal performance, and nightly team meetings are just a few of the perks that lead to improved performance.
10. **Encourages teamwork.** Team travel activities strengthen your team by teaching staff members and divers alike to work together toward common team goals.