

Yellow Bells Parent Meeting Information

Saturday, December 13, 2014

Parent Expectations

- Work and Communicate with coaches regularly. We are cooperatively teaching your child(ren) to be successful in swimming and as young people
- Encourage your child(ren) to communicate with their coaches directly about their swimming
- Will respect boundaries. Will not attempt to communicate or coach their child at any time especially during practice sessions
- Do not evaluate your child(ren)'s meet or practice performance before they do. React as their parent based on their evaluations.
- Support the coaches, support the team!

Swimmer Expectations

- Be respectful to your coaches, your parents and your teammates at all times.
- Understand sportsmanship and the other core values in swimming and life.
- Do your best in practice to improve stroke techniques and areas that coaches are emphasizing. Be coachable!
- **Attendance**: Although there is no requirement, all swimmers are expected 3 or more times per week. The fastest swimmers come as many as 5 or 6 times per week. Saturday practice is the most important practice of the week!
- **Meets**: Swimmer are expected to compete at least once per month.

Coaches Expectations

- Coaches are to be professional and courteous to all. We are generally available before and after practice or to meet for scheduled meetings. Our contact information is available to all.
- We are here to educate parents and swimmers about the sport. That may include challenging practices and intervals as well as repeating work that is not done satisfactorily. Our goal is to promote swimming, health and enjoyment of our sport.
- **Feedback**: Coaches attempt to provide as much feedback as possible. Often, feedback is given as a group assignment and not to individuals. There is limited time and high expectation. Communication about stroke technique should be given at each practice session. The more your child attends, the easier it is for them to practice the skills being given.
- **Lessons**: Almost all Yellow Bell coaches give private lessons. These lessons can be scheduled weekly through the coaches lesson portal. It is preferred that you have your child(ren) do lessons with their direct coach. This is so the skills practiced in the lessons can be reinforced during practice sessions.

Other Policies and Information:

Suit Policy: Beginning September 1, 2015, there will be a strict competition suit policy for the yellow bell division. There will be no knee skins tech suits allowed during any competitions. A more detailed policy will be presented by January 31, 2015.

Move Ups: In most cases, your child will be moved at the beginning of the month when they meet all qualifications within Yellow Bell (Y2 to Y1). Move ups out of the Yellow Bells to Blue or Gold will happen 3 times a year (September, December and April). Coach Mark Taliaferro must approve all move ups for all Yellow Bells.

Equipment Needs:

For Yellow 1: Mesh Bag, Red Paddles and Pull Buoy. Fins, Snorkels and Kick boards provided.

For Yellow 2: Pull Buoy only.

These items should be with the swimmer at each practice session.

Dryland: Dryland is optional but highly encouraged. Dryland activities are designed to improve core strength, balance, flexibility, coordination and fine motor skills for swimming related improvement. Running shoes are required...no crocs, uggs, flip flops, etc.