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o 2009-2010 NATIONAL PREP GROUP EXPECTATIONS

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- All swimmers in National Prep will complete a goal sheet prior to August 24, 2009
- All swimmers choosing to participate in the National Prep program will commit to making a minimum of 5 practices per week, one of which must be Friday or Saturday morning.
- All swimmers in the National Prep program will train with a focus on performance and making their teammates better, not happier.
- All National Prep swimmers will set an example for swimmers in lower groups by demonstrating self control and maturity on the pool deck, being the first ones into the water during practice, stretching prior to practice, and helping with lane lines and equipment at the conclusion of practice.
- All swimmers in the National Prep program will wear a Swim Louisiana team cap in practice if wearing a cap.
- Swimmers in National Prep will seek out additional training opportunities such as weight room sessions or extra in-water sessions with the coaching staff.
- All National Prep swimmers will have the necessary equipment in order to participate in every aspect of practice. (see the National Prep Equipment List)
- All swimmers in the National Prep program will expand their event entries at meets to include weak stroke or off stroke events in order to get stronger.
- National Prep swimmers will attend the highest meet for which they are qualified. (ie. Swimmers qualifying for State WILL attend state, etc.)
- National Prep swimmers will lead this team through action at both practices and meets. In practice, you will be the hardest working, most positively vocal group. At meets you will be the hardest racing, loudest cheering group at the meet.
- National Prep swimmers who are more than 10 minutes late for practice without notifying Coach PJ will complete a specialty set as penalty for inexcusable the disruption of practice.
- Any swimmers not meeting these expectations will be moved out of the group without exception.