



## SSFAC SWIMMER

### RESPONSIBILITIES/EXPECTATIONS

All swimmers should establish short-term and long-range goals. Short-term goals might be those goals that could be attained that season or year, while long range goals would be those that are ultimate or final achievements. These goals could and should change from time to time as the swimmer becomes more or less successful in his/her progress. Each swimmer must share in the following responsibilities:

1. **Attend Practice On A Regular Basis.** SSFAC holds 5 practices per week. It is expected that all swimmers attend a minimum of 3 full practices per week.
2. **Communicate with the coaching staff when obligations cannot be fulfilled.** Swimmers are responsible for letting their coach know if they will be missing practices, meets, or other team-based events for a short or extended period of time. Problems can and do occur. It is important to keep an open line of communication with your coach to avoid any misunderstandings.
3. **Participate in and support fundraising activities.** All swimmers are expected to participate in the Aquathon - the major fundraising event of the year.
4. **Arrive to all workout sessions on time.** Being late to practice disrupts the flow/process of the practice agenda. Please respect your coaches and teammates by arriving to all practices on time.
5. **Approach all situations with a positive attitude.** A negative attitude is like a cancer, spreading and possibly negatively affecting many, if not all, members of our team. This will not be tolerated. Swimmers will not be allowed to negatively affect the progress and/or work of our team and will be asked to leave the pool deck if found doing so.
6. **Competition.** SSFAC is a competition-based swim team, participating in meets within the Pacific Swimming Conference. It is expected that all swimmers in the Silver, Gold and Jr./Sr. Groups compete in every scheduled meet they qualify for. Swimmers or parents who do not wish to compete in swim meets can request or will be moved down to the Entry Level group.
7. **Support the coaching staff and the training program.**
8. **Establish short term and long range goals and actively pursue them in your training**
9. **HAVE FUN and be part of the team!** Swimmers who are not actively pursuing or meeting these expectations will not be allowed to train with the SSFAC competition-based groups (Silver, Gold, and Jr./Sr. groups). They will be moved down to the Entry Level or Bronze group until they show a desire to be fully committed to the expectations listed.