

## Arkansas Dolphins Swim Team Cabot Site Expectations



### Expectations

- 15 min early arrival allows your swimmer to have time to stretch out with the team and get into swim practice mode. Many people on our team are involved with multiple activities and they need time to mentally prepare for swimming.
- We as coaches use this valuable time before practices to take roll, check out the kids form during stretching to ensure that it's done correctly, address any memos that need to be passed on to the group, and of course talk about the days practice.
- Drylands are a very important activity that aids in the development of our swimmers. In the LRAD drylands program we make sure to concentrate on proper technique training on all stretches, as well as development of the core body muscles.
- Dryland Training Schedule: Mondays: Age Group 1&2, Tuesdays & Thursdays: Seniors. Please be sure your child has proper footwear, shirts, shorts and sweats.

### MEET REQUIREMENTS

Swimmers on the Arkansas Dolphins are not required to attend swim meets to be on the team, but keep in mind that a swimmer's rate of improvement will be a direct reflection of what is put into the program in the form of meet and practice attendance.

With that being said, it is recommended that swimmers on our team try to attend a minimum of 6 sanctioned meet sessions a season. For example, if a swimmer was to swim on a Friday night, Saturday morning, and Sunday morning the swimmer would have three meet sessions under their belt at the end of the weekend. For those swimmers that are in the Developmental Group and some of the younger Age Group 1 swimmers, a Friday night session may not be appropriate for you at this time do to the events usually offered on these days. Always talk to your swimmers group coach for guidance on this. If swimming a long-distance event in a Friday night session is something that you are interested in trying and you're not in Age Group 1, Age Group 2, or Seniors, please be sure to chat with your group coach before you sign up to make sure that it is appropriate for you

### PRACTICE REQUIREMENTS

Swimmers are encouraged to attend an average of three practices a week for the entire season. If a swimmer must miss due to an illness please email your group coach and let them know. If you're swimmer is gone for three days or more a physician's note will be required before the swimmer is allowed back into the pool to ensure that the coaches understand the full spectrum of what the individual has been getting over. We do not have a set attendance policy in place but keep in mind that move ups will not occur if the commitment is not shown in the form of practice and meet attendance.

Please know that the goal of the Arkansas Dolphins Swim Team is not the force the child to choose a sport at an early age. It is however the goal of the Arkansas Dolphins Swim Team to teach a child to show commitment to a program which, is why the practice requirements have been put into place by the board and this coaching staff. We feel that an average of three practices a week over the course of the season will give the swimmer plenty of time to do other sports but also to concentrate on their studies and a social life outside of swimming which we believe is a very important thing for the development of a student athlete.

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### **SWIMMER GROUP CHANGES**

The coaching staff meets frequently to discuss swimmers moving up or down between the groups. Many things are taken into consideration when moving a swimmer up, or down, such as age, ability maturity level, and of course commitment to the team. We do appreciate feedback from the parents regarding a swimmer's ability in the water or outside of the water, but we will only move a swimmer up or down based on our own coach's assessment of a swimmer and as a staff. Thank you ahead of time for your understanding of this process.

In rare occurrences swimmers and families do not want to be moved up within our program when we as a staff want to move them. If this occurs, we will not force the swimmer to move up, but will continue to encourage the family and swimmer in hopes that the suggested move take place sooner rather than later.

When a child makes the move from one group to another the move will take place gradually over time, ensuring that injury does not occur or that the swimmer becomes overwhelmed with the practices they are now faced with. The coaching staff will slowly add the full amount of practice days into a swimmers practice plan as the swimmer shows he/she is ready. Attendance, work ethic, age, and maturity will all be considered while executing this plan.

**Equipment is required each day. If a swimmer comes to practice without equipment the swimmer may be sent home.**

**Equipment to a swimmer is like books to a student, without the equipment you cannot learn. Always come to our classroom ready to learn.**