

RYWC Practice Philosophy:

- For a swimmer to succeed, we believe that they must be happy, consistent and open to challenges. Our goal, as professionals, is to consistently challenge our swimmers in a positive manner, and to guide them along a path of progressive challenges that promotes long term growth and development.

Our program is structured to provide fun and challenging opportunities at age and ability appropriate levels to our swimmers in order for them to achieve their goals. It is through consistency along this developmental path that a swimmer can aspire to reach their potential.

Consistency is the key, and it involves much more than practice attendance. Our coaching staff works hard to use the same vocabulary in terms of stroke technique at all levels in an effort to stay as consistent as possible through the swimmers career.

Practices for the Mako Swim Team do not just involve swimming laps. Practices will include pool work, dry land training, and meet preparation.

- Pool work will focus on skill development, conditioning and preparing swimmers to RACE.
- Dry land training will focus on building team unity and development of the core and assisting muscle groups.
- Meet preparation will consist of goal setting (basic goal times for 8 & under to specific seasonal plans for 13&over swimmers), meet etiquette training (how to read heat sheets, what to do before heading to the blocks and what to do after a race).

RYWC Practice Guidelines:

- The posted practice start times indicate the start time of each practice, not when the swimmer should actually arrive. **All swimmers MUST show membership cards upon entering the building,** and should be on the pool deck, or at the dry land location, at least five minutes prior to the indicated start time of each practice and with proper equipment. If swimmers will be late due to another activity on a regular basis be sure to advise the coach of the conflict. Swimmers must ask permission to leave practice for any reason.
- Plan to stay for the entire practice session. Practices are developed to challenge swimmers at the end of a workout session more so than at the beginning. Missing out on this segment of the practice consistently can disrupt a swimmers development. If a swimmer must leave early, they should notify their coach prior to that practice session.
- Swimmers should bring with them to all practices: Water bottle, 2 pairs of goggles, caps and any equipment their practice group requires. Deck sandals are recommended for the deck and locker rooms.
- Saturday practices are not to be looked at as optional. Saturday's play a critical role in the swimmers racing development and should not be missed.
- Swimmers need to treat their fellow teammates with kindness as well as their coaches and all other YMCA staff. Swimmers are expected to be aware of and to follow all facility rules. In particular swimmers need to respect that they are not the only members of the YMCA, and should treat all facility areas with care. Swimmers are also expected to return all borrowed equipment to the place where it belongs.
- Swimmers are expected to use appropriate language on the pool deck and in the locker rooms.
- Swimmers should always **have their own water** bottle at every practice.

RYWC Swimmer Attendance policy:

All swimmers are encouraged to attend all of their scheduled practices; however we understand that at time conflicts arise. Attendance will be taken daily and below are the minimum practice attendance requirements for the competitive squads in the Mako program:

Orange, Green, CTAG, Junior 1- swimmers must attend a **minimum of 50%** of their scheduled practices. Swimmers that fall below this level for an extended period of time risk being replaced within the team or suspended without refund.

Junior 2, Senior 1- swimmers must attend a **minimum of 75%** of their scheduled practices. Swimmers that fall below this level for an extended period of time risk being replaced within the team or suspended without refund.

Senior 2- swimmers must attend a **minimum of 80%** of their scheduled practices. Swimmers that fall below this level for an extended period of time risk being replaced within the team or suspended without refund.

Parents Watching Practice Guidelines:

- The RWYC coaching staff encourages parents to watch practice; however it's probably not best to watch every practice, nor is it healthy to never come to the pool. The reality of transporting young athletes and carpools is that many parents are present every day; however you don't necessarily need to watch every minute of practice. Here are some important guidelines to keep in mind when observing a practice.
 - First, young swimmers want their parents' approval more than anything. If they know you are watching practice, it's only natural for some of their attention to be directed at you. However, for the swimmers to learn as much as possible, it is imperative that the coaches have your child's undivided attention during practice. We ask that you not communicate with your child during practice and compete with the coach for his/her attention.
 - Second, we insist that parents do not interrupt the coaches on deck while they are coaching. If you need to communicate with a coach, please do so before or after practice (if they are not coaching another group) or during their office hours.
 - Third, our coaches spend a considerable amount of time planning weekly training sessions for each of their practice groups. Each training set or instructional drill has a purpose and one practice and/or practice set often builds on another throughout the week. If your child has not attended all practice sessions, you may not understand the purpose of what the swimmers are doing on any given day.
 - Finally, please do not try to coach your child based on what you see (or think you don't see) him/her do. Many times when teaching stroke skills, the coaches ask the swimmers to do things that might not look correct or might actually be illegal according to the rules, but does have an important purpose in teaching skills (i.e.: swimming one-arm fly or breaststroke with a flutter kick).
 - When practicing indoors parents may watch practice sessions from the viewing room.
 - When practicing outdoors parents may watch from outside the pool fence or may sit on the provided deck bleachers. Parents are asked to stay away from the ends of the pool where the swimmers begin and finish their workouts.