

## **Developmental 1 Requirements & Expectations**

### ***About Me:***

I have been with the PPD swim team as a coach for 12 seasons. This will be my 13<sup>th</sup> season as the lead group coach for Developmental 1 and I'm very excited! I have the wonderful opportunity to help guide these young swimmers from some of their early competitive experiences to becoming championship qualifiers. I have been a water bug all my life from backyard pools to recreating at Birchwood in the summer. I began swimming competitively when I was eight and continued through my senior year at Penn State University. Beginning in high school I taught swim lessons, then I got my first taste of coaching as a swim camp counselor for the Penn State summer camps. For the next few years, I kept my feet wet as a substitute/very part time coach helping a coaching friend. 6 ½ years ago I became the Developmental coach for PPD, and time has flown by since then!

### ***Effort:***

We will be practicing and bonding as a group on a daily basis. A positive attitude, quality work ethic, and family atmosphere are contagious. At the same time, a negative attitude, laziness, and resentment towards others will create a chaotic atmosphere. Whether at practice or competition, I expect your best effort every time you are in the pool or participating in dryland activities. There will never be a time that I ask something of you that your mind and body are not capable of performing. You are capable of amazing things! Remember, at competitions, you get out what you put in during practice!

### ***Learning & Development:***

In this sport, everyone will have a bad swim, a bad meet, a bad practice. Instead of dwelling on a bad performance, think about what contributed to the bad performance. Did you slip off of the block, miss a turn, skip a meal, get a bad night sleep, or take your race out too slow? Regardless of how amazing or not so amazing your swim was, there is always something that can be learned and taken from your race. Make the most of each practice and each swim.

### ***Attendance:***

While there is no minimum attendance requirement for this group, at least 3 practices each week in addition to dryland activities at the start/end of practice is highly recommended. Attendance will be taken at the beginning of each practice. For the best results, high attendance is necessary.

### ***Practice Suits:***

Each individual is required to wear a regular competition swim suit. It is encouraged to stay away from recreational swim wear such as board shorts for males and bikinis for females. Additional suits which create drag ("drag suits") are not recommended for this group.

### ***Competition Suits:***

During regular season meets, we will be wearing the team suits. This is a requirement for competitions. Team suits can be purchased [here](#) with the Team Username being Palatine and the password being sharks. Technical suits will not be worn during regular season meets, unless discussed beforehand with a coach.

***Caps/Goggles:***

At each practice, meet warm-up, and competition, it is required that each swimmer wear the issued green PPD swim cap. Writing on PPD swim caps is not permitted. This helps not only identify each swimmer, but also creates team unity. Males and females with short hair are not required to wear swim caps at practice but are encouraged to for swim meets.

In regard to goggles, it is all about the preference of the swimmer. Some may prefer clear, dark, or tinted goggles. When we swim outside, it is highly recommended that a swimmer use tinted/mirrored goggles to protect their eyes from the sun

***Equipment:***

The required equipment for Developmental is training fins and a kickboard (supplied at all practice locations). It is expected that everyone have the required equipment by the end of the first week of practice.

If, for whatever reason, you cannot purchase this equipment, communicate this problem to me and we will find a solution.

***Team Unity:***

As a member of the PPD Tiger Sharks, you are expected to support and encourage one another. At each meet, I expect you to wear team apparel, compete in team suits/caps, and CHEER FOR ONE ANOTHER. There will be no bullying, profanity, or violence of any nature at practices, meets, or team functions. There is a no tolerance policy in regard to bullying, profanity, or violence, regardless if it is seen by a coach, parent, or another team.

**Finally, I expect each individual in Developmental 1 to learn and have fun!**