

Pre-Competitive Requirements & Expectations

Attendance:

While there is no minimum attendance requirement for this group, 2 practices per week is required for most swimmers to make good progress.

Practice/Competition Suits:

Each individual is required to wear a regular competition swim suit- jammer or briefs. 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. The only competition for this group is Pre-Competitive Race Day. The suits worn at practice are more than sufficient for this event.

Caps/Goggles:

At each practice, it is required that each swimmer wear the issued green PPD swim cap. Males and females with short hair are not required to wear swim caps at practice.

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 Pre-Competitive is a suit, pair of goggles, PPD cap, and a kickboard(supplied at all practice locations, no need to purchase one).

Learning & Development:

In the sport of swimming, everyone has a starting point where they know very little about competitive swimming. This group is all about learning; and in order to learn, each swimmer is expected to pay attention and be respectful of their teammates when a coach is speaking or demonstrating. Personal improvement is the goal of this group. The focus should be on first time achievements and mastering the skills associated with each stroke.

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. 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!

Team Unity:

As a member of the PPD Tiger Sharks, you are expected to support and encourage 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 PreCompetitive to learn and have fun!