**Senior 2 Requirements & Expectations**

***Effort:***

We will be practicing and bonding as a group on a daily basis. A positive attitude and quality work ethic 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 participate in dry land activities. There will never be a time that I ask something of you that your mind and body are not capable of performing. Remember, you get what you put in with swimming performances at the end of the season.

***Attendance:***

Attendance will be taken at the beginning of each practice. Practice attendance directly affects your performance and will affect your group placement in future seasons.

***Practice Suits:***

Each individual is required to wear a regular swimsuit with drag suit on top. Females may also wear a male drag suit.

***Competition Suits:***

During regular season meets, we will be wearing the team suits. This is a requirement for competitions. Team suits can be purchased at the Swim Team Store (username: Palatine and password: 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 wears the issued green PPD swim cap. Writing on PPD swim caps is not permitted. This helps not only identify each swimmer, but creates team unity. 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 Senior 2 includes: training fins, a pool buoy, hand paddles, a snorkel, Aqua Volo Drag Sox (size 30-45), and mesh bag.

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

***Dryland:***

Attendance at dryland is expected. Proper behavior and safe use of equipment is expected at all times. Failure to listen and behave properly will results in a dismissal from dryland.

Dryland will be specific to swimming motions and aid in developing muscles used in competitive swimming. Each swimmer will be required to wear shorts and a T-shirt during all dryland. Swimmers are also expected to have athletic shoes during all dryland sessions.

***Goal Setting:***

You will be given a goal sheet for the upcoming season. I expect you to read through the goal sheet and think before you fill it out. If you do not know your best times, please look them up and come up with goals based off of your best swims.

Each individual will have different goals set each season. Look at your individual swimming history and set realistic goals for yourself.

***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, there is always something that can be learned and taken from your race. Make the most of each swim.

***Communication:***

Communication is a two way street. Just as your coaches will communicate what pace you should hold or what technique adjustment you need to make, we need you to communicate with us when you cannot attend a practice, are having a really bad day, need extra feedback with regards to swimming, want to swim a specific event, etc. For swimmers, I would prefer talking at practice about important issues. For things like meet entries and other administrative related things, please email me. My email is dillon.e.thompson@gmail.com.

For parental communication or in case of emergencies, my phone number is

(219) 680-7396. I am always happy to talk about any issues that arise throughout the season.

***Team Unity:***

As a team, 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 even 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 even another team.