**TAG 1 Requirements & Expectations**

***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. When you walk through the doors at practice, you have agreed to do your best and have a good attitude for the entire practice- whatever the practice that day may be. **You are capable of amazing things!**

***Attendance:***

Attendance will be taken at the beginning of practice. Practice attendance directly affects your performance and will affect your group placement in future seasons. Depending on age, experience, and goals, required attendance can vary. A general rule would be at bare minimum 4-5 practices per week for 11-12s and 5-6 for 13-14s.

***Dryland:***

Proper behavior, good work ethic, and safe use of equipment is expected at all times. Failure to follow those expectations will result in a dismissal from dryland and communication with parents. A second failure will result in dismissal from dryland until December or the end of the season. 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.

***Equipment / Competition Suits:***

During regular season meets, we will be wearing team suits. Technical suits will not be worn except at the specified meets. The required equipment for TAG1 is training fins, hand paddles, a snorkel, and a water bottle.

***Learning & Development- Champions have a growth mindset!***

In this sport, everyone will have a bad swim, a bad meet, a bad practice. 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/swim, 100% vs 99%- Give the extra 1%!

***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, need extra feedback with regards to swimming, want to swim a specific event, etc. For things like meet entries and other ‘office’ related things, please email me. My email is ddt1326@yahoo.com.

For parental communication or in case of emergencies, my phone number is 219.670.0941. I am always happy to talk about any issues that arise throughout the season.

***Team Unity:***

As a member of the PPD Tiger Sharks, you are expected to support and encourage one another in and out of the pool and practice time. At each meet, I expect you to wear team apparel, sit together as a team, and CHEER FOR ONE ANOTHER. There will be no bullying, profanity, or violence of any nature at practices, meets, team functions, or outside the pool. 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.