



1. EXPECTATIONS AND GUIDELINES FOR PARTICIPATION ON NORTSHORE HIGH PERFORMANCE GROUPS

- A. Practices are a combination of technical adjustments and demanding training sessions. Therefore, High Performance group members must have and/or quickly develop the ability to retain and improve upon subtle technical corrections.
- B. Must possess the mental and physical skills to handle an array of different training methods including: sprint training in water and on dryland, aerobic training in water and on dryland, and strength training in water and on dryland.
- C. Develop skill of interval training to proficiency with the ultimate goal being mastery of this skill.
- D. Learn, apply and strengthen simple and complex race strategies.
- E. Develop skills necessary to succeed at the State level.
- F. Grow in knowledge of and prepare toward achieving success in Regional/National competitions.
- G. Must have the desire to set and achieve personal goals and periodically visit with group coach to evaluate goals.
- H. Take ownership of personal goals and performances during practices and meets.
- I. Take ownership of team/group goals during practices and meets.
- J. Understand the expectation of the coach and of teammates that swimmers are to support their teammates through strong work ethic, positive attitude, good sportsmanship and commitment to this team.
- K. Willingness to commit to the guidelines established by the Head Coach in order to reach these goals.
- L. Maintain weekly practice attendance of at least 65% of the practices offered during our short-course and long-course seasons.
- M. Understand that swimmers will not always compete in their perceived “best” or “fastest” events. By rotating events, it keeps all events fresh and up-to-date. Moreover, not all meets have the same event order; therefore, it is sometimes not reasonable or doable to swim all “best” or “fastest” events.
- N. Development of the skills in practice will be evaluated at meets as well. Coach must see things at meets at race pace in order to evaluate the training. If a swimmer and/or parent has a consideration or concern that needs to be discussed, make every attempt to do so in a non-confrontational way. Causing a spectacle does not generally have positive outcomes and often times exacerbates a situation(s).
- O. Remember, coach and parent are both advocates for the swimmer. A conflicting view will be heard with open-mind and coach will make every effort to provide an answer after reflection of the need/concern and with scientific backing from qualitative and/or quantitative research. This means an immediate answer may not always be the best answer. In such a case, it is best to come to healthy, respectful agreement to table discussion until emotions subside.
- P. Communicate with coach when there is a change in attendance schedule for reasons including but not limited to: unintentional tardiness, other activity/activities preventing attendance.
- Q. Communicate with coach regarding attendance/participation in practices, meets, events, etc.
- R. For any further information, please speak with group coach. The coach is there to help with the process. It is a team effort to get swimmers faster and more educated on the process to do so.



- S. Communication is key to success. Any issues, questions, concerns or anything else in need of addressing should be brought directly to the group coach. Swimmers, parents and coaches all on the same page.

2. EXPECTATIONS SPECIFIC TO PRACTICE SESSIONS

- A. Arrive focused and ready for training session.
- B. Sessions begin at regularly scheduled time(s) unless otherwise notified. Arrive before the scheduled start time of group practice to ensure prompt start. If there are extenuating circumstances, then please convey that to group coach so that he/she is aware and can prepare appropriately.
- C. If there is no one on pool deck, do not allow child(ren) to be on deck until an adult is present. During non-summer months, under no circumstance should a swimmer be in the pool and/or pool area before a coach arrives.
- D. Swimmers should not be left unattended. If there is a situation where swimmer is there earlier than expected convey that to group coach prior to arrival. Check with MSC on childcare availability if necessary.
- E. Have all necessary equipment at each session.
- F. Listen quietly and carefully with ears and eyes when coach is explaining a practice set, teaching a skill, discussing race strategy, etc. This is expected of each and every swimmer and includes when coach speaks to the group and/or to a specific individual or group of individuals. Swimmers not directly involved should still listen as the skill may aid in his and/or her skill development as well.
- G. Every set should be swum with the best effort possible within the criteria given by the coach. If there are no specific criteria other than just swimming, then swimmers are expected to swim fast while maintaining their technique unless otherwise notified by the coach.
- H. At all times, be mindful and respectful teammates, coaches, parents, other pool patrons, facility employees, and any visiting swimmers and/or families.
- I. Behave in a way that reflects positively on a personal level and as a team member.
- J. When difficult and challenging sets are given, continue to believe that coach has your best interest in mind and believes that you are capable of successfully accomplishing the work.
- K. Swim through the wall at each and every finish. Do not stop kicking until the wall has been touched.
- L. Touch the wall on finishes. Do not grab the top of the pool and/or gutter.
- M. Tight streamlines and fast, powerful underwater work is expected at all times from the start to finish of every workout.
- N. Do not slap the water when something does not happen the way you want.
- O. Do not groan and/or complain when a set assigned is perceived as hard or not fun.
- P. Do not ask to do relays or games during practice. There are scheduled activities during each workout and deviations from the schedule will come from the coach.
- Q. Sloppy swimming is never part of a workout. It will not be tolerated and is never appropriate.
- R. Remain in the moment, remain confident and remember that we are swimming to prepare for competition, to strengthen physical fitness, to strengthen mental toughness and to have fun. Fun is only part of the puzzle.



- S. Do not merely define fun as instant gratification. While there will be instantly gratifying moments, fun must also be understood as a feeling of accomplishment and/or pride in oneself for accomplishing a difficult task, tasks, and/or workout.
- T. Understand that each session has elements of practice, workout, and training. The words are interchanged often for simplicity purposes and as they are common vernacular, but they are not completely synonymous. While the word “fun” is part of the equation, it is not necessarily going to be “fun” the entire session.
- U. Keep hands to oneself. No one wants to be touched or bothered during training and that behavior disrupts the flow of a session.
- V. Do not always expect to swim a “favorite” stroke over a “not-a-favorite” stroke.

- W. Do not ever refer to an event and/or a stroke(s) with the term “worst”. They are a work in progress.
- X. Stay positive. Keep your head up. Failure and Success are both temporary. We are constant works in progress.
- Y. Every day try to be better than the last. Every set try to build and/or maintain from the previous set.

3. EXPECTATIONS SPECIFIC TO SWIM MEETS

- A. Arrive a minimum of 15 minutes before scheduled warm-up time and with all necessary items (goggles, cap, suit, etc.).
- B. Each session, check in with coaching staff upon arrival and before leaving.
- C. Be at the assigned warm-up lane(s) before warm-up begins.
- D. Check in with group coach before and after each event.
- E. Remain hydrated with water. Limit sports drinks. Avoid carbonated drinks, sodas, etc.
- F. Bring light healthy snacks. Nothing heavy.
- G. Always assume swimming a relay(s) is a possibility. Make sure to double-check with coaching staff about relays.
- H. Remain positive in victory and in defeat. A “bad” swim is not the end of the world and a “great” swim is not a pinnacle performance. There is always going to be another race and always an opportunity to learn and get better for the next race and next meet.
- I. Be supportive of teammates.
- J. Do not gloat and/or overreact in victory.
- K. Do not cower in defeat and/or overreact negatively in defeat.
- L. Have fun and enjoy the opportunities. Longevity in this sport is dependent on enjoying the activity.
- M. Pay attention to the flow of the meet and follow along. Know how much time there will be from one event to the next.
- N. Given there is an appropriate amount of time between races, swimmers should warm-up before and/or cool down after each event.



- O. When behind the blocks, remain focused on the task-at-hand. Be behind the assigned lane, check in with the timer and tell them you are there. Stay in the moment, stand directly behind or next to assigned starting block the heat before the swim.
- P. In the event that a swimmer misses the race, swimmer should go directly to the starter and tell them they missed the race. Do not overreact. Coach will meet swimmer at the starter. Be aware that in some meets the swimmer will be allowed to swim in an empty lane when available in the following heats. Be aware that the meet referee reserves the right to allow the swimmer to compete in that race or not allow the swimmer in that race.
- Q. In a prelim/final meet, it is expected that swimmer compete in finals should he/she qualify. Do not scratch from finals. In the event that there is a potential possibility, please convey this to the coach before doing anything. If this is a concern before the meet due to circumstances out of control of the swimmer, this should be conveyed to the coach before the meet begins and during the registration period if that is possible.
- R. For any further information, please speak with group coach. The coach is there to help with the process. It is a team effort to get swimmers faster.