**Junior Riptide – DAY 1**

**Coaches Meeting**

1. Introduction
   1. Coach Hannah
   2. Group 1 coaches
   3. Group 2 coaches
   4. Group 3 coaches
   5. OR Group 4 Coaches
2. Rules
   1. No Bullying policy
   2. Communication with coaches and teammates
      1. Getting out of the water early
      2. Missing practices
      3. Questions during practice
3. Expectations
   1. **Listen**
      1. When coaches are talking, your head is above water
      2. Keep your hands and feet to yourself at all times
   2. **Do Your Best**
      1. Give your highest effort at all practices
      2. Don’t be afraid to try something new
   3. **Have Fun!**
      1. Smile and enjoy time with your coaches and friends
4. Star Chart
   1. If you come to practice, you get a star on the chart
      1. This is a reward for being here and getting better!
5. Sticker Boards
   1. If you follow the 3 expectations set up above, then you get a sticker every day
   2. If you do not follow the 3 expectations, your coach may not award you a sticker
   3. Your board has enough spaces to put 1 sticker per day of the session
   4. Try to get them al!! ☺

**In water** during first day practice, take time to discuss:

1. Having equipment ready
2. Circle swimming
3. Having the fastest person (for the stroke we are working on) in the lane go first
4. Passing
5. Asking coaches for help