

Your athletes have worked very hard all week long, and this is where the payoff is for many of them. That said, I want you to be aware of a few of things that we expect from the swimmers when they are at a meet. Forgive me for the bullet points, but I believe very strongly in these rules for meets:

Non-negotiable rule #1:

- ABSOLUTELY no video games/player thingee's are allowed on deck. Your kids work their tails off to be faster swimmers, and these are a distraction. At LSSC, we want the kids to form friendships and bonds with the other kids in the pool! This may include cheering for their teammates, talking strategy, or just plain hanging out and communicating. It is our policy. If Bill or I see them, we will promptly take them away and return them at the end of the day. Sounds harsh, but its the hard and fast rule!
- We want swimmers to sit with the team during the meet to help create a more cohesive team atmosphere. A lot of our athletes go to different schools or are in different age groups. Successful teams have deep bonds and a lot of the time these bonds are strengthened during meets. We are not saying that your kids can't hang out with you, but we do want them to be with us. This will help them to continue to learn and more importantly **NOT MISS THEIR EVENT!**

Non-negotiable rule #2:

- EACH and EVERY athlete needs to talk to his or her coach BEFORE and immediately AFTER each race. This means before they come to get a high 5 from you, we want to talk about their swim (and give them our own HIGH 5...sorry)!
- If you have LSSC attire (caps, t shirts, etc), we encourage your kids to wear it! At many of the high school events/practices this year, our kids could be seen decked out in LSSC caps and suits! Wear them with PRIDE! Your athletes are working their tails off each and every day!

Non-negotiable rule #3:

- Be your kids BIGGEST CHEERLEADER! No matter how they swim, they need you to keep being their biggest fan! Give them a HIGH 5 and make sure they keep smiling! Odds are they will swim that race one, or one thousand more times in their career. Besides, 99% of the kids in our club put enough pressure on themselves to perform. Remember, our #1 goal is to make sure the kids have fun and LOVE the sport of swimming!
- Finally, per USA Swimming rules, parents are NOT allowed on deck.