

# **Team Communication**

## **Channels of Communication**

The coaches of the VAST work hard to communicate with swimmers and their families. A parent who accesses the different channels of communication mentioned below will find immediate answers to many questions about swimming with VAST.

The channel that is most useful to stay informed and updated for your family is the team's website. You can look here to find practice schedules, calendars describing upcoming meets and team events, team records, contact information for coaches, links to state and national swimming organizations, etc.

## **Team E-mails**

Used to announce and report on meets, team social events and fundraisers, to request volunteers, and to make any urgent or especially exciting team announcements. Please make sure that the team has an e-mail address that you check regularly as this is a primary means of team communication.

## **Group Meetings**

Once or twice per year the coaching staff conducts group meetings designed to educate parents regarding their swimmer's group. This is a good chance to hear about the coach's goals and strategies for your child's training group.

## **Team Meetings**

The members meet as an entire team to discuss success, answer questions and concerns. It is critical that one parent from each family attend this meeting. This is your chance to meet staff and parents from other groups to discuss issues that will affect your family's daily experience with our team.

## **Coach E-mails**

The Head Coach sends out a weekly update and flash updates to the entire Team. Some assistant coaches send out weekly or monthly updates to all of their swimmers.

## **Coach Conferences 1 on 1**

E-mail your coach to set up a time to meet. Please understand that during practice is not a good time to attempt an involved conversation with your child's coach. The coach is responsible for all the swimmers at practice and must devote his or her attention to them.