

Roles and Responsibilities

Here at CST we each have our part to do to help the swimmers reach their goals. We all have to be involved for the athletes to train and perform at their best and it works the best if we all understand our roles in the process.

Athlete Roles

- Listen to the coaches and try to learn new things-be coachable
- Treat your teammates with respect
- Put effort and focus in your practices times
- Be prepared for Practices
- Support you team with team gear and spirit
- Respect the facility and keep the pool deck clean

Coach Roles

- Knowledge of the sport of swimming with desire to know more
- Communicate with athletes and their families
- Be prepared for the season and each practice
- Teach proper technique and stroke mechanics
- Exemplify our core values and expectations for the athletes to follow
- Challenge athletes to push themselves beyond their comfort zone

Parents Roles

- Volunteer
- Get athletes to practice and meets on time
- Supply team uniform and practice gear
- No coaching, be the parent
- Read the weekly update, attend our parent meetings and stay informed

Thank you for all you do to make swimming on this team a great experience for all!