**Swimmer expectations**

Overall expectations:

* treat all teammates, and coaches with respect. (You don’t all have to be friends, but you do need to respect one another)
* Be responsible with texting outside of practice, no talking behind others backs.
* Support and cheer for your teammates (high-fives when somebody does something good)
* If you will miss practice for an extended period of time, please let your coach know.
* Be coachable (willing to make changes)

Practice expectations:

* no sitting on the walls for extended periods of time. (Cramps/breathing/injury etc. Ok)
* Pay attention while coaches are talking (show that you are paying attention, heads up, not talking)
* Be at the pool early, and In the pool on time (not getting in the water 4-5 minutes after practice starts)
* Save bathroom breaks for when coaches tell you (emergencies are an exception)
* If you’re at practice, you’re working hard (no excuses, get it done)
* Attend all practices you are able to make (no skipping mornings because you don’t feel like getting up early)

Meet expectations:

* show up early, be ready for warmup on time.
* Practice good sportsmanship, and be respectful to other teams and officials.
* Treat every race as the most important race of the day (100%effort)
* try new things (don’t just sign up for the same 4 events every meet)