**Gold Boys Parent Meeting**

**October 10, 2017**

**Welcome!**

Welcome to the 2017-2018 season! Myself, along with coach Howie are very excited for the new season. For quite some time Howie and I have been a part of SCSC and are very familiar with the programs here. We want the kids to have the same opportunities and amazing experiences that Howie and I have had on SCSC.

**Group Expectations**

**Attendance:** A 70% attendance is required for the group. Ideally swimmers should be closer to 90%, especially if your goal is to move up to Performance Prep when old enough.

**Be on Time:** An hour and a half is not that long. Be on time so we can make the most of it.

**Meets:** Only go to meets on our schedule. **NO MEETS OUTSIDE OF OUR SCHEDULE!!!** Attire at meets must be warmer than the weather. Barefoot is not acceptable. Tech suits are only for meets approved by your coach.

**Schedule**

**5:30-7:00PM (Monday-Friday)  
8:00-9:45PM (Saturday)**

**Dryland  
5:05-5:25 (Monday and Friday)  
4:45-5:25 (Tuesday and Thursday)**

**Parent Expectations**

* Work and communicate with the coaches regularly
* Support the swimmers
* Support and trust the coaches
* Volunteer! Timing, tent transportation, hydration, snacks, etc.
* Respect coach/parent boundaries

**Swimmer Expectations**

* Respect coaches, teammates, and parents
* Sportsmanship: support teammates at all times
* Focus! Come to practice with a purpose. Stay focused
* Personal Growth: everyday looking to be better than the last
* **HAVE FUN!!!**

**Coaches Expectations**

* Respectful, professional and courteous at all times
* Provide each and every swimmer the same opportunity to be coached to maximize their individual potential (feedback, goal setting, support)
* To educate swimmers/parents about swimming and being an athlete

**Contact Info**

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**Meet Schedule**

Santa Cruz Age Group Open Oct 14-15 Watsonville

SCSC Age Group Open Oct 28-29 SCSC/Morgan Hill

PASA Invite Nov 4-5 Palo Alto

DACA C/B/A+ Nov 11-12 Cupertino

Race To JO / Monterey Nov 18-19 Monterey

14 & Under Champs Dec 1-3 Moraga

**Winter/Spring Schedule**

QSS AG Open Jan 27-28 Morgan Hill

Gilroy AG Open Feb 10-11 Gilroy

DACA C/B/A+ Feb 24-25 Cupertino

Race To JO March 3-4 Morgan Hill

JO March 14-15 Pleasonton

WEST AG Open March 24-25 San Jose

Far Westerns April 5-8 ISC

Gilroy AG Open April 21-22 Morgan Hill