



15622 Country Club Drive
Mill Creek, Washington 98012
office@WESTswimteam.com
425.379.8806

WEST Attendance Policy

Development Groups: We want them to enjoy swimming while developing the habits and foundations for years of training to come. Repetition of proper habits and technique is most crucial and more important than time achievements.

Age Groups: While we want them to continue to enjoy swimming, it is crucial we push them at this stage. As their bodies grow, they will adapt to the workload and stress placed upon them. The ability to train at a high level is determined at these levels.

Senior Groups: We expect swimmers to treat swimming as their passion. As an elite program we have high standards regarding commitment, effort and integrity. Space is extremely limited and will not be reserved for swimmers not meeting requirements or expectations.

Whenever missing practice, the swimmer is expected to communicate with the coach ahead of time and make up the missed practice by doing an alternative, agreed-upon workout (also applies to mornings).

Practice Attendance Expectations: As swimmers progress and mature, we expect their commitment level and attendance to increase. We blend swimmers as they move between groups and will allow some flexibility, especially with swimmers new to the sport. Progress ultimately comes down to consistency in training and athletes need to be at practice. Swimming is a unique sport (due to being in-water) and missing even single practices will set athletes back further than in most other sports.

Explore: 3-4 days per week, missing 3-4 days per month. As swimmers enter into the team we will allow them to make 3 days per week, but in order to progress to the next level, they will need to increase to 4 days consistently.

Discover: 4 days per week, missing 1-2 days per month. At this point, most swimmers have been on the team for at least a year and should all be making 4 days per week. We understand things come up and kids are participating in other activities.

Challenge: 5-6 days per week, missing 3-4 days per month. The transition from Discover to Challenge is one of the most demanding through the team. We expect swimmers to have established technique habits and will now be pushing them to the necessary training level for their age (ideally 11-12).

Accelerate: 6 days per week, missing 1-2 days per month. As swimmers progressed through Challenge, they should already be well used to practicing 6 days per week. We understand that other commitments occasionally come up, but it is crucial swimmers learn time management skills at this stage.

Senior: 6 practices per week (out of 8 possible), missing 6-8 practices per month, including mornings. We understand swimmers in this group sometimes participate in other activities and therefore have the most flexible attendance requirements on the team.



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Senior Elite: 7 practices per week (out of 8 possible), missing 2-4 practices per month, including mornings. Performance expectations are very high at this level, there is little margin to miss practice and maintain progress. Whenever schedule conflicts arise, swimmers are expected to either practice with Senior Group or make arrangements to swim on their own.

Holiday & Summer Training

These times of the year are very crucial to the swimmer's long-term development and improvement. Training is cumulative and how far an athlete will go in their career is determined by the foundation that is built during these times of the year. When school is out, we try to take advantage of our time by increasing practices.

Making up missed practices & Making arrangements to swim when traveling on vacation

We understand that families cannot always make family plans strictly around the swimming season. When swimmers are going to miss training for an extended period (more than 2 days) they need to make arrangements to swim during that time. Many club teams across the country welcome swimmers from other clubs to train with them, and if you communicate with your coach ahead of time, we will help contact other teams and make arrangements for you to stay in the water.

Attendance During High School Season

Swimmers are expected to meet all attendance requirements during high school season. We will work with the swimmer on an individual basis to accommodate their specific situation. It is imperative swimmers stay on track with the training group at all times throughout the year. Our coaches support high school swimming and will make the necessary adjustments to set the swimmers up for the greatest possible success during the high school season, while keeping them on track with the rest of the training group.