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## **WEST COACHES' EXPECTATIONS**

Our goal is for each individual swimmer to reach his or her full potential not only as an athlete, but as a well-rounded person, as well. Although we strive to maximize performance in the water, our main goal is to help our athletes grow and develop into highly successful young adults consistent with the WEST core values of *Honesty & Integrity, Sportsmanship, Respect, Hard Work and Pride.*

### **General Expectations**

- Be on-time - "Early" is on-time "On-Time" is late.
- Don't coach your child.
  - Recent studies have shown that for many athletes, their least favorite aspect of sports was "the ride home" and the pressure put on them by their parents.
  - It confuses the child. As coaches, we give them critical feedback and focal points for improvement. We understand how challenging these items are and we demand the highest possible level of quality. We typically prioritize a few items to focus on and reinforce those items until they are mastered.
  - It puts additional stress and pressure on the swimmer, often times reducing the amount of fun they have, which often leads to burnout and self-confidence issues.

### **Practice Expectations**

- Follow coach instructions at all times, don't interrupt or talk when coaches are speaking and ask questions when it is not disruptive to the rest of the group.
- Swimmers must be picked up within 20 minutes of practice ending.
- Bring required training equipment to each practice.
- Always watch the pace clock and leave on the correct interval between swimmers.

### **Meet Expectations**

- Warm-up during designated warm-up times, regardless of what time individual events are scheduled to happen. Swimmers are expected to be warm-up with the team and be at the meet to support the team effort.
- Swimmers are to sit with the team during the meet, not in the stands with parents.

The WEST Code of Conduct is designed to maximize positive experiences for all WEST swimmers and ensure WEST is providing a fun, safe, and positive learning environment. Team members will refrain from any illegal or inappropriate behavior that is not consistent with WEST's Code of Conduct. All members, including parents must follow the Code of Conduct as listed in Section G.