

## **Expectations for Practice**

1. **Arrive on time**- Everyone is expected to arrive to practice on time, with all equipment, and ready to swim. “Early is on time, on time is late, and late is unacceptable.”
2. **Attend Practice Regularly**- It is important to attend the number of practices that is recommended for each group. I know some swimmers participate in other sports and schedules may conflict. I fully support kids having more than one sport that they are interested in and I feel it is important for everyone to try different things. That being said, if swimming is your main sport, attending practices daily and working hard is the key to success. You can’t expect to improve, if you don’t show up. That includes showing up to practice and “showing up” during practice. (Putting in the effort needed to better yourself.)
3. **Respect Coaches**- Stay quiet and pay attention when coaches are speaking, or demonstrations are being done. Accept what is written for practice and understand it is meant to make you better.
4. **Respect Teammates**- Be mindful of other swimmers in the lane, have a positive attitude, and be aware of the proper order in your lane. Absolutely no bullying will be tolerated.
5. **Dryland**- Dryland is part of practice and is not optional. Swimmers who are scheduled dryland on certain days are expected to arrive on time and participate. Dryland plays an important role to the swimmers development and it helps improve balance, alignment, posture and muscle coordination.
6. **Responsibility**- Swimmers are responsible for arriving with proper equipment, and a water bottle every single day. Hydration during practice is very important. Silver 2 groups and above are expected to know intervals and be able to do sets properly without a coach reminding them what they are on.