

PARTICIPATION

Expectations of PARENT members

Parents' expectations are very plain and simple, support the coaches and support the team.

The coaches' goal is to provide every swimmer with the tools necessary to become successful in life. Parents need to lead by example. It will be the parents' responsibility to ensure their children are at practice on time and to support the coaches' decisions.

The second goal is that parents lead by example. If the team needs something, parents should be willing to donate their time or supply items as dictated by the teams' necessities. This will help ensure the beliefs of both the parents and the coaches'.

Parents need to stay informed about their child's progress academically, using parent porthole is an excellent method for parents to be informed about a student's progress in the classroom and speaking to a coach before or after a practice is an excellent method to determine a swimmer's progress. Login into the website to track your swimmer's progress will also be beneficial. If there are concerns please bring them to Coach Mike's attention immediately.

All communication with the coaches must take place outside of meets and practices – e-mail and voice mail are the best way to get your issues addressed. The coaches have requested that all communication occur during the workday and early evening before 7:00 p.m. but not limited to. Upperclassmen and their parents are a good resource for information. You will receive a team roster at the beginning of the season with e-mail addresses and evening phone numbers for the boys/girls and their parents.

Your children will be working VERY hard during the swim season. As parents, you will need to encourage your son or daughter to eat properly, get plenty of rest and manage their time wisely. This includes completing homework assignments early. During the peak of the season, the swimmers will be burning far more calories than they normally consume and could get ill from being so exhausted. The peak of the girls swim season is during the time when weather changes and the peak of the boys' season during the peak of the flu season. It is important for parents to constantly monitor what their children wear and eat to try and maintain the team member's health. The best method to prevent illness is to ensure that your child eats properly and drinks the appropriate amount of water. Remember, you do not want your child to become sick the week of/before the County meet, Division meet, State meet or final exams. Please see the section on nutrition in the handbook, or refer to articles on the Internet.

The best advice coaches can recommend is to get involved. Show your child that you believe in what they are doing and encourage them. It is essential as a parent to encourage our children to excel in whatever their heart desires, and as parents we must lead by example!