



Welcome to Red 2 2017

Welcome to 2017-2018 Short Course season. I am looking forward to working with you all for the upcoming season. With hard work, commitment, and focus, I know we can all achieve our goals as individuals, as a group, and as a team.

Things to think about this season:

TEAMWORK- While swimming is an individual sport, it is also in a team atmosphere. The success of the team depends on the individual. So if we want to be a great team, we ALL have to get better. Help each other through each practice, encourage each other to work as hard as you can!

SPORTSMANSHIP- I expect EACH of you to treat your fellow swimmers with respect and kindness. We are all at different levels and we all have different goals. Red Groupers, you are still early in your swimming career, and many of the people you swim with now are the same people you will be swimming with for years to come. Always be positive and polite with both teammates and "opponents."

WORK SMARTLY- The best way to get better is through hard work and working smartly. Listening to pointers and doing drills correctly will really help your stroke get better. Also working hard and pushing yourself through hard sets is a way to get better. After every lap you should ask yourself two things, did I do it correctly and did I do my best? If you answer "No" to either one of these you are not WORKING SMARTLY!

Rules and Consequences:

(Most of these can be found in the Athletes Code of Conduct)

No Inappropriate language.

No Physical Contact (unless directed by coach).

No Bullying (Physical and verbal).

No leaving practice unless given permission.

First Offense- Warning

Second Offense- Asked to leave practice and meeting with coach

Third Offense- Suspension

Fourth Offense- Removal from team

-Note- Any major offense may result in more serious consequences.

Practice Procedures:

Come to three practice a week! That is only 50% practice attendance; you are more than welcome to come more!

Show up ON TIME!!!

Listen to directions.

Bring equipment to practice: Suits, Shoes, Goggles, Kick boards, Fins, snorkel and HSA caps.

Wear HSA caps or caps turned inside out.

Change in the locker rooms. (No messing around!)

Parents, pick up swimmers ON TIME! Also no parents on pool deck.

Meets:

You all are expected to attend meets; after all this is a competitive swim program. Some meets are local right here in Huntsville while others are away meets. We have two Championship meets that you are **STRONGLY** encouraged to attend at least one.

In order to sign up for meets, just use the website and click on the attending part of the meet. Coaches will enter you into the events. If you have any notes you wish to add, for example "can't attend Sunday" or "I would like to swim 50 Free," include them in the notes section. Please Do NOT sign up for events yourself!

Goals:

How do you know where you are going unless you know where you want to go?

Goal 1:

Goal 2:

I have read and reviewed the above form as well as the athlete and parent code of conduct.

Athlete signature: _____

Parent Signature: _____