

## KUDOS - Ramona Swim Team

KUDOS is a program that encourages swimmers to display character traits and behaviors that RST considers valuable to the team. Coaches award KUDOS in the form of beads before and during practice when they see behaviors that should be recognized and rewarded. Swimmers need to track the beads they earn each practice (and remember WHY they earned the KUDO) and collect their beads at the end of practice (usually in the 5 minute hot tub time after practice is over) from their coach. Parents are encouraged to discuss the beads the swimmer earned and the behaviors that earned them the recognition on the drive home from practice.

Swimmers need to find an effective way of collecting and storing their beads over the season. Lost or misplaced beads will not be replaced. This encourages responsibility and value for the program. At the end of each season, swimmers should bring their beads to the awards banquet for redemption of prizes. Prizes change seasonally, but sample prizes are: \$5 Amazon.com card (250 points), pencils and notepads (10 points), caps (150 points), stuffed animals (varying from 100 points to 500 points), necklaces (varying from 20 points to 250 points), team t-shirts (500 points) and many other items, too numerous to list here!

Each bead represents the following amount and can be given out for any reason, but mainly for the reasons listed:

**Black – 1 point:** Commitment by attendance at practice, courtesy shown by calling or notifying a coach before an absence, using correct manners

**White – 2 points:** Bringing and USING a water bottle during practice, noticeable white water kicking during sets, assisting a coach without being asked

**Red – 5 points:** Best time at a swim meet or practice, being chosen a demonstrator during practice, excellence in stroke technique during a set, extreme focus shown during a skill set

**Purple – 10 points:** Contribution by participating in fundraising events, each productive written suggestion for improvement of the team, noticeable “random act of cheering” or encouraging teammates during practice or meet

**Silver – 15 points:** Performance milestones reached such as a new “B” time, meeting most of the requirements during a skill challenge set (as determined by coach before the set)

**Gold – 25 points:** Performance milestone reached such as a new “A” time (two golds for “AA”, three for “AAA”), new team record, meeting ALL of the requirements during a skill challenge set, achievement of a personal goal set with the coach

**Blue/Green – 50 points:** Act of leadership seen by a coach or parent