



Junior 1 Requirements Athlete and Parent Agreement

The Junior 1 group at SASO is one of the performance groups at SASO. The group includes swimmers who are 11-14 who are JO level and above. Swimmers in this group have chosen swimming as a competitive sport, and are willing to commit the time and effort needed to find success in swimming.

There are numerous factors involved in performance, one of the most important is consistency. The minimum requirements required for this group are to give swimmers the consistency needed to perform at a high level.

Swimmers in the group are expected to meet the minimum requirements below:

Practice Attendance

Swimmers in the Junior 1 group must attend at least 4 practices per week. There are currently 6 practices offered each week. Swimmers are highly encouraged to attend at least one of the mornings (weekday or Saturday) so that they are acclimated to swimming fast in the morning.

**Junior 1 swimmers can attend the weekday morning practice instead of the afternoon.*

Missed Practice

A missed practice is when a swimmer cannot attend due to another commitment. These may include a doctor appointment, school activity or other. It is up to each athlete to determine if the activity that they will miss practice for takes a higher priority than the need to attend practice.

Skipped Practice

A skipped practice is when a swimmer simply decides not to attend a practice.

-The end result of a swimmer not attending practice (missed or skipped) is the same. The practice cannot be made up...nor can the benefits missed when not attending the practice. The overall attendance athletes will be individual, and based on their short and long term goals.

Swimmers will be mark attendance sheets at the pool each day they attend starting on November 1. Swimmers will identify practices that they attend, as well as any that they arrive late or leave early. These sheets and attendance reports will be available to swimmers at the end of the month so that they can review and evaluate their own attendance.

The SASO coaching staff is willing to work with multi sport athletes during their sport season. The onus is on the athlete to meet with the coach to discuss a modified schedule as needed.

Meets and Events

Swimmers in the Junior 1 group are expected to attend SASO team and Junior events and meets. Swimmers may not be able to attend ALL of these in a particular season, due to school or other commitments. However, it should be rare that a swimmer in the group is not able to attend.

Swimmers in the Junior 1 group MUST attend performance and SASO meets. If for some reason a swimmer cannot attend, they should identify on their season goal sheet and communicate as soon as possible with the head coach.

Attitude

Swimmers in the Junior 1 group are expected to demonstrate the attitude necessary to make themselves, the group and the team better. Participation in a performance group on a club program is voluntary, and a decision that is made by an athlete who wants to excel in their sport.

Swimmers in the Junior 1 group will be asked to be leaders at SASO, their school sports teams and in Sierra Nevada swimming. Leadership skills are essential to success....both in and out of the pool.

Practice Gear

Swimmers in the group are expected to bring their practice gear to all practices (unless identified by coach as not needed.) This includes:

- Appropriate dryland attire and shoes
- Gear bag
- Pull bouy, front mount snorkel and paddles
- Kickboard and fins

Minimum Training and Skill Requirements

There are minimum skill and training requirements for swimmers to participate in the Junior 1 group. These are set to maintain a desired level of training within the lanes and workouts for the group. The can be found on the group requirements on our website.

Swimmer Signature

Date

Parent Signature

Date