



## **OUR GROUND RULES**

1. Be dressed and on deck, ready for practice on time every day. 10 minutes early is on time. On time is late. Being on time shows that you respect the time we have been given to be together.
2. As a show of respect, all coaches on staff should be referred to as, "Coach\_\_\_\_\_." Please do not call a coach by their first name alone.
3. If a swimmer is to wear a cap during practice, it must be the official team cap.
4. When the group is stopped, every swimmer is expected to have their goggles on their forehead and their eyes on the coach.
5. Always ask permission before leaving the pool.
6. Take excellent care of your equipment and make sure you have your swim bag with you at every workout. Swimmers must have every piece of equipment labeled.
7. Our pools are your second home. Take excellent care of them, and take pride in their appearance and wellbeing. Without these pools, what else do we have?
8. Only one swimmer may use the restroom at a time. Use your best judgement and make sure you are not asking to use the bathroom in the middle of important work.

## **APPLYING OUR TEAM VALUES**

### **ACCOUNTABILITY**

1. It is the swimmers job to manage and lead the workout. It is the coach's job to direct and offer critical feedback to help the athletes.
2. Horizon swimmers learn and understand that failures pave the path to success. When mistakes are made, looking within is always the first step in moving forward.
3. The athlete is responsible for everything that is uniquely theirs, not the parents or coaches. If you do not bring your water, you are without water. If you do not bring a towel, you are without a towel. If you miss your race, you miss your race. This sport is yours, take ownership of it.

### **DISCIPLINE**

1. Train your body and your mind to be strong, controlled and focused, creating positive habits which carryover into every session and every race.
2. Be timely and prepared every day. Poise, confidence and self-control come from being well prepared.
3. You are expected to give your best at all times, even when it is challenging. Be serious and have fun without clowning around. You develop only by doing your best consistently.

### **UNITY**

1. You are responsible for yourself *and* your teammates. As part of your duty to manage and lead training, you must work together and communicate effectively as a group.
2. Cliques, criticizing, coaching, jealousy, envy, egotism and bullying will not be tolerated in any way, shape or form. Always remember: You are not more important than your team.
3. You will be expected to encourage and challenge your teammates in a healthy way. To cheer for them in training and at meets and to build them up when it is needed. Be vocal in your support for one another.