

CANADIAN DOLPHIN SWIM CLUB

GROUP MOVEMENT CRITERIA

2024-2025

	Coachability <ul style="list-style-type: none">• Ability to follow instructions
	Ability to Learn <ul style="list-style-type: none">• Capacity to change• Are they inquisitive about their development
	Team Player <ul style="list-style-type: none">• Display respect and support for teammates, coaches, and officials• Wear Team Gear• Be communicative, self-motivated and independent• Improve/Enhance the team culture
	Work Ethic <ul style="list-style-type: none">• Willingness to complete all aspects of training in the manner intended by the coach• Doing appropriate activation protocol• Coming to workout on time• Communication re: Sickness, Lateness, etc
	Commitment to the Sport <ul style="list-style-type: none">• Attendance at peak meets and meeting/exceeding the group attendance requirement• Committing to growing to the next level• Developing effective time management skills for other activities outside of swimming
	Appropriate Skill Level <ul style="list-style-type: none">• Reaching minimum time standard and having potential to improve• Ability to complete and do training sets
	Swimming Events <ul style="list-style-type: none">• Swim freestyle, stroke, and IM• Swim the range of distances
	Family <ul style="list-style-type: none">• Volunteer at Swim Meets• Reach or exceed PPP goals• Respect Code of Conduct and provisions of the Club Manual