

SOUTINGTON RAYS

SWIM PRACTICE EXPECTATIONS

YOU ARE NEVER ALLOWED IN THE WATER UNTIL ONE OF THE COACHES IS PRESENT. If free swim is taking place children under 10 are only allowed in the water with parental-supervision.

Swimmers and Sportsmanship

- Demonstrate proper behavior (i.e. not throwing cap, goggles, boards or pull buoys; appropriate language; sportsmanship; support teammates; etc.).
- Respect your Parents, the Officials, Timers, Lifeguards and Coaches when on the pool deck (even if they are from another team). Respect pools, locker rooms, team equipment and other swimmers' property.

Swimmers and Training

- Understand and take responsibility for attendance and performance, habits in practice and how these relate to meet performance.
- Respect yourself by taking care of yourself during the season, eating well and getting enough sleep.
- Swimmers are expected to consistently improve commitment level and training ability from season to season.
- Swimmers training attitudes should be productive and supportive.
- Reserve team cap and team suit for swim meets.

Swimmers and External Training Factors

- Manage your time so practice becomes a high priority, school comes first, so plan accordingly.
- Prioritize outside activities in an order that has the least impact on grades and swimming.
- Inform coach of extended practice absences and reasons.

Swimmers' Commitment to Their Team

- Understand the importance of the "Team".
- Respect your teammates by giving 100% effort during practice and swim meets.
- Congratulate teammates regularly during practice and competition.
- Actions show dedication to the team and promote team values.
- Take leadership positions as positive role modeling for all teammates.
- Swimmers are expected to conduct themselves in a manner appropriate to promote and support the goals of the team.