

GALT GATORS SWIM TEAM 2024 SEASON

Welcome to a new season with the Galt Gators and the Motherload Conference of the Northern California Swim League. The philosophy of our swim team is to promote opportunities for both recreational and competitive swimming for Galt area youth, 4 through 18 years of age. We are a non-profit organization made up of dedicated volunteers working in collaboration with the City of Galt Parks & Recreation. Please understand that families donate their time, energy, and expertise at every level of running the program.

We are guided by the following Northern California Swim League objectives:

- To be recreational in nature and to promote good sportsmanship, physical fitness, and team spirit.
- To promote the participation during the course of the swim season of all swimmers, regardless of swimming proficiency, thereby enabling the maximum number of swimmers to enjoy a well- rounded recreation program.
- To recognize the need for and seek to maintain to the maximum extent possible competition among the teams participating in the league.

GOALS:

The goal of the Galt Gators swim team is to promote opportunities for both recreational and competitive swimming for our Galt area youth. Through the program, we encourage each individual to grow to their fullest potential. The program is offered to boys and girls, 4 through 18 years of age, who possess the desire, dedication, and minimal swimming capabilities (at least 25 yards of freestyle, unassisted). The Galt Gators are a non-profit organization made up of very dedicated volunteers. Without these volunteers, parents like you, the swim meets and the entire swim season would not run smoothly or effectively. Please volunteer your time and be a part of your child's accomplishments.

REGISTRATION:

Registration for the Galt Gators swim team program includes up to four months (April 2nd through July 21st) of quality swimming and instruction, entrance fees to all swim meets, use of the Gora Aquatics Center competition pool for regularly scheduled practices and swim meets, and a swim team T-shirt. Registration begins February 1st.

All swimmers must meet minimum ability requirements, as outlined on page 5, on the first day of practice. Any swimmer who is -unable to show these abilities may be cut from the team at the head coach's discretion. In this case, all Galt Gator registration fees will be credited to the family's account to use toward another City of Galt Parks & Recreation activity.

Fees:

Team Registration Fee: \$202.00 (Resident & Non-Resident)

League Registration Fee: \$20

You must register with Galt Parks & Recreation Department (online or at the office) and swimmers must also be registered by parent or guardian online with the Northern California Swim League (www.norcalswimleague.com). There is a \$20 fee charged by the League. **Swimmers will not be able to participate in any swim meets until both procedures are successfully completed.**

Registration can be done online at www.ci.galt.ca.us/reconline or at the Galt Parks and Recreation Offices (610 Chabolla Ave.). A late fee of \$25 will be charged April 15– May 31. **NO REGISTRATIONS WILL BE ACCEPTED AFTER May 31, 2024.**

GALT GATOR 2024 SCHEDULE

April 2	FIRST DAY OF PRACTICE 9-12 yrs. 4:00-5:00pm / 8 & under 5:00-5:45pm / 13-18yrs. 5:45-7:00pm
April 3	NO PRACTICE
April 10	NO PRACTICE / PARENT MEETING
April 19	NO PRACTICE
May 7	Swim-A-Thon Fundraiser
May 11	Time Trials (7am check-in) Pancake Breakfast (\$3/swimmer, \$5/non-swimmer)
May 18	Amador @ Galt (7am Check-In)
May 21	Picture Day – No practice. Individual pictures start at 3:30pm, team picture at 5:00pm.
May 25	Bye (Memorial Day Weekend)
May 27	NO PRACTICE
June 1	Galt @ Dixon (7am Check-in)
June 8	Sacramento Stingrays @ Galt (7am Check-In) GIC apparel will be at this meet
June 10	MORNING PRACTICE BEGINS Early Birds 6:00-7:00am/ 9-12 yrs. 7:00-8:15am/ 13-18 yrs. 8:15-9:45am/ 8 & under 9:45-10:30am
June 15	Rio Vista @ Galt (7am Check-In)
June 19	NO PRACTICE
June 22	Galt @ Rollingwood (7am Check-In)
June 29	Fair Oaks @ Galt (7am Check-In)
July 4	NO PRACTICE – Gator float in IDC Parade
July 6	Sunrise @ Galt (7am Check-in)
July 13	Carmichael @ Galt (7am Check-In)
July 20-21	Championships @ Elk Grove (Wackford Pool)
July	Awards Night TBD
Aug 3-4	Meet of Champs @ Elk Grove Aquatic Center (swimmer must qualify for this meet.)

Practices

Afternoon Practice begins April 2nd

4:00pm- 5:00pm 9-12 years old

5:00pm- 5:45pm 8 & under

5:45pm- 7:00pm 13 & older

Morning Practice begins June 12th

6:00am- 7:00am Early Bird (all ages welcome)

7am- 8:15am 9-12

8:15am- 9:45am 13 & older

9:45am- 10:30am 8 & under

In order to change your swimmer(s) practice time, you must have:

1. Reasonable excuse – letter/ email written to the coaches with the reason & date(s) and approved by 2 coaches (for any practice time change)
2. To move to an older age group swimmers must have a qualifying time based on the long free of the older age group and approval of 2 coaches
 - 7-8 year old moving to 9-10 practice: 50 FR time faster than 36.25(G) 35.50(B)
 - 9-10 year old moving to the 11 & older practice: 100 FR time faster than 1:11.25(G) 1:11.00 (B)

*If a swimmer is only going to a different practice for a day (not a permanent change) we ask that parents email or write a note to the coaches in advance just so they are aware and don't forget. The note does not need to be formal, just an FYI sent to at least 2 coaches.

WATCHING PRACTICE:

Workouts are a learning situation and the swimmers need to be able to concentrate. Parents are encouraged to remain and watch workouts; however, the coaches ask that you please honor the following requests:

- Stay clear of the immediate practice areas. Sit in designated locations (tables and chairs, or bleachers).
- Avoid analyzing practices.
- Refrain from communicating with your swimmer or the coaches during practices.

Remember that we do have a plan for each practice and many times we will be focusing on certain skills/techniques to the exclusion of others. When a coach is in the process of handling a meet, workout, or is working in some capacity with their swimmers, please do not interfere. If you wish to speak with the coach, please contact the individual either before or after practices.

Thank you for your cooperation!

~ *Gators Coaching Staff*

PARENT ADVISORY BOARD

The Galt Gators Parent Advisory Board (GGPAB) consists of 11 members, each elected for a two-year term, as well as a swimmer representative, a member of the coaching staff and a representative from the Parks and Recreation Department.

Each family is allowed to vote on one ballot for GGPAB members each season. Elections for these positions are held at the end of each season during Awards Night.

GGPAB meetings are held, generally, the fourth Thursday of every month at 7:00pm at the Parks & Rec office or poolside. This is subject to change – please check our website, Facebook, or ask a board member. During the busy part of the season, meetings may be weekly for several weeks. We encourage any parent interested in helping out to attend.

Parent Advisory Board 2024

Leon Vanderspek - President
Nicholle Gregg - Vice President
Nichole Williamson - Secretary
Beau Camaren– Treasurer
Sara Thomlinson – Board Member
Bo Maple – Board Member
Justin Penney – Board Member
Carmela Baker – Board Member
Cayla Berry – Board Member
Isaac Maldonado – Board Member
Stevie Choate – Board Member
Louie Ortega – League Representative

Monica Lopez – Gora Aquatic Center Recreation Supervisor

Parks and Recreation

Aquatics Center 744-9544
Parks and Recreation Office 366-7180

Galt Gators Webpage:

www.gomotionapp.com/galtgators (temporary domain)

Galt Gators Facebook Page:

Galt Gators Swim Team

Apps to Download

OnDeck or GoMotion App as they are compatible with our website.
MeetMobile app will allow you to track your swimmer's times in real time.

FILE BOXES:

File folders are set up for each family at the Gora Aquatics Center. Please check your file (located within the file boxes) daily as important information may be distributed daily. Detailed information will be given for upcoming events. File boxes are located at the table near the snack bar room.

TEAM SUITS:

Galt Gators swim team will be using a specific color and/or patterned swim suit. It is highly recommended that you purchase the team suit; however, exceptions can be made.

LEAGUE

The Galt Gators are in the NORTHERN CALIFORNIA SWIM LEAGUE, which is now made up of 24 teams in five conferences: Comstock, Gold Rush, Eureka, Mother Lode, and Nugget. The Galt Gators are in the MOTHERLOAD CONFERENCE.

Eureka Conference:

Galt Gators, Dixon Dolphins, Rollingwood Rockets, Fair Oaks Dolphins, Sacramento Stingrays

LEAGUE AND CONFERENCE ELIGIBILITY:

- June 15 date determines each swimmer's age group for the entire season. A swimmer who has reached his/her 19th birthday on or before June 15 is not eligible to participate on the team.
- Every swimmer must swim a minimum of two events in two League meets to qualify *for Championships*.
- No swimmer is allowed to compete or practice with any U.S.S. registered team from February 1st through the last day of championships.
- 6 years old & younger swimmers must be able to swim 25 yards on their stomachs, unassisted, and be comfortable in the water on their backs. Stopping or resting on the lane rope or the sides of the pool *may be allowed*; however, advancement with the lane rope or pool edge is not allowed.
- 7 & 8 years old must be able to swim 25 yards on their stomachs and on their backs, unassisted, without hanging on the lane ropes or touching the sides of the pool.
- 9 -18 year olds must be able to swim 50 yards on their stomachs and on their backs, unassisted, without touching the lane ropes or touching the sides of the pool.

The Galt Gators program emphasizes improvement of strokes previously learned.

Swimmers should be comfortable swimming on their stomachs with their face in the water and comfortable swimming and/or floating on their backs. The above-mentioned abilities are the basics that the coaches expect of all swimmers before joining the team. These abilities allow for ease in teaching techniques that are valuable to the swimmer's progress of learning new and/or improved strokes. **Any swimmer who has not shown these abilities on the first day of practice may be cut from the team at the coaches' discretion and the registration fee will be credited to the swimmers Parks & Recreation account.**

RULES AND REGULATIONS

1. Before participating with team practice sessions, each swimmer must be registered with the Galt Parks and Recreation Department. A copy of each swimmer's birth certificate must be readily available in the event of a request or dispute.
2. During practice, while the swimmer is under the coaches' instruction, it is *essential* that parents **do not** interrupt their child or the coaches. Parents may attend as spectators only. Parents may watch from designated areas (i.e. bleachers or picnic tables). This will help to prevent any unwanted behavioral problems and will promote a positive coach/swimmer relationship. If you must talk to your child; please check with his/her coach first. Due to the limited time in the water for practices, swimmers **must** be on time (preferably early) to every practice. **There is no supervision outside the immediate competition pool area, so please make arrangements to pick up your children immediately after practice.**
3. **Swimmers will only be allowed in the swimming area 10 minutes before their respective practice times.**
4. Children must not interrupt practices already in progress. To eliminate this, instruct your children to sit in the bleacher area until their practice session is called into the water by the coach. Swimmers who are disruptive will be asked to leave the pool area.
5. Swimmers are expected to respect their coach and other swimmers. They are to be courteous to fellow competitors, parents, other teams, and their coaching staff. Swimmers with difficult attitudes and/or behavior problems will be asked to sit out a portion of their practice. A swimmer may be dismissed for the day if he/she is continually problematic with the coaches and/or other swimmers.
6. Each swimmer is required to **be on time for all swim meets**. If a swimmer is not present at the designated time for that particular meet, generally 7am, the swimmer will be determined absent and scratched (eliminated) from the meet for the day. Individual situations will be considered at the discretion of the coaching staff.
7. **Parents must sign up swimmers for each swim meet** or notify the coach by 9pm the Wednesday before the meet is scheduled. If the parent does not sign up a swimmer, the swimmer will not be scheduled to swim in that meet. If plans change and a swimmer can or cannot attend a meet, please send an email to galtgators@gmail.com. **If you have signed your child up to swim in a meet and they do not show, the coaching staff may not allow them to swim in the next scheduled meet.** If a swimmer has two or more unexcused practices in one week, the swimmer may not be allowed to participate in that Saturday's meet. Individual situations will be considered at the discretion of the coaching staff.
8. Swimmers are responsible for cleaning up their own area at practices and at swim meets.
9. Each swimmer must swim two individual events in two League meets to qualify for championships.
10. Swimmers are responsible for their own transportation to and from meets and practices.
11. Team swim suits and team swim caps are **MANDATORY FOR ALL MEETS**. Team suits are required for team pictures. During practice, any swimsuit and any swim cap will do. A swim cap is mandatory for swimmers with hair below their ears and/or if their hair becomes an impediment during their swimming.
12. Parents must watch their children when they are not swimming. This includes siblings and friends who are not swimming.
13. All Gora Aquatic Center rules apply when at the facility.

COACHES' DISCIPLINARY GUIDELINES AND PROCEDURES:

1. The use of foul language, derogatory statements towards teammates, coaches, opposing team members, parents, and/or meet officials, uncooperativeness, fighting, inattentiveness, chronic complaining, or any other unsportsmanlike conduct are grounds for immediate dismissal. A Disciplinary Action Form explaining the behavior infraction will be sent home immediately and may be followed up with a phone call or email from the coach or City staff. The Disciplinary Action Form must be signed by a parent and the swimmer and be returned to the coach before the swimmer is able to return to a practice session.
2. Repeated misconduct may result in a suspension from practices until a conference is arranged with the swimmer, parent(s), and Coach/City Staff member. The Gator Board will also be informed immediately thereafter as to the results of the conference.
3. If misconduct continues after the above conference, the swimmer will be suspended from practices until a conference is arranged with the swimmer, parent, coach and the Parks and Recreation representative. Serious infractions may result in the swimmer being placed on suspension for the remainder of the swim season.
4. The objective of the program is to give every swimmer the opportunity to become as good as they desire. The purpose of these guidelines is to ensure that this objective is achieved.

SWIMMERS RESPONSIBILITIES

Swimmers are responsible for maintaining a COOPERATIVE attitude at all practices, meets and, swimming events.

Swimmers should:

1. Respect, listen and follow the instructions of the coach, Parent Board members, Team Parents, Host Officials, all team members, and teams we are competing against at all times.
2. Understand and accept the philosophy of the Galt Gators.
3. Attend practices regularly.
4. Participate at time trials and all meets and events as assigned.
5. Register to swim/not swim meets is done online **Twelve (12) days prior** to the respective meet through the Galt Gator website. If you need to leave a meet early, please email the coach at galtgators@gmail.com. (NOTE: The coach has the prerogative not to swim a swimmer in a meet because of lack of attendance at practices, with or without a written excuse.)
6. Be in the ready area at the proper time.
7. Discuss problems with the coaching staff.
8. Demonstrate good sportsmanship at all times.
9. Cooperate with the coaching staff at all times.
10. Be ready to begin practices or warm-ups at meets by the designated time.
11. Notify a coach, before practice, if a swimmer needs to leave early.
12. Listen attentively to coaches whenever they are giving instructions. Swimmers should ask questions before the set begins.
13. Perform practice sets correctly and at the proper level of effort.
14. Understand that foul language, horseplay, unauthorized running, and other such conduct will not be permitted at any time.
15. Understand that disciplinary measures, such as being asked to leave practice, receiving a citation, being excluded from a meet or in extreme cases, being removed from the team, will be taken as a violation of the rules of Good Conduct.

PARENT RESPONSIBILITIES

Parents are responsible for providing a supportive attitude towards all aspects of swimming and ensuring that their child is in attendance at every practice and all meets entered.

Parents should:

1. Understand and accept the philosophy of the Galt Gators.
2. Recognize that each swim family is **required** to provide a parent volunteer for a minimum of half of each swim meet and time trials that your child is scheduled to swim at. Additional requirements will be needed at Championships.
3. Encourage swimmers to fulfill their team obligations.
4. Register your swimmer for meets online **twelve (12) days prior** to the respective meet through the Galt Gator website. If your swimmer needs to leave the meet early, email the coaches at galtgators@gmail.com. Excessive absences may result in swimmers not being seeded for meets.
5. Actively participate in meets and team functions. Specifically, each swimmer must be supported by a parent or guardian working at meets and special events for the general good of the program.
6. **NEVER INTERRUPT PRACTICE OR GIVE SUGGESTIONS TO SWIMMERS DURING PRACTICE.** Remember that the coaching staff has been trained, interviewed, hired, and directed toward specific goals. Each practice contains certain criteria that are intended to improve individual swimming skills and our team goals. The swim team bulletin board has a "mailbox" in order to leave messages for the coaching staff and they will respond to you as soon as possible.
7. **Encourage swimmers to discuss problems with the coaches directly.**
8. Always check the bulletin board and the family folders. We will have boxes on deck during each practice that will contain pertinent information about meets, missed ribbons, etc. **Please check them regularly.**
9. **Seek assistance if their swimmer is unable to resolve a conflict with the coaching staff. If they are still unable to resolve the conflict, contact the Gator Board who will become the liaison between the parents, swimmer, and coach.**

SWIM MEETS

All swimmers are required to be checked in by PARENTS/GUARDIANS at swim meets before the beginning of each meet. Coaches will provide the correct time of arrival, typically 7:00am. Check-in time is one hour before the start time of a meet, unless otherwise stated by the coach. Scratches will be made approximately 30 minutes before the start time of each meet. Once a swimmer is scratched from his/her events, they will not be allowed to swim in that meet. Be sure to check with the coach before Saturday's meet for the correct arrival time. Meet start times may vary.

All parents **NEED TO CHECK IN** to work at the swim meets. Without parent participation, the meets **CANNOT** be held. Volunteer sign-in sheets will be located at the swimmer check-in table. Parents are asked to check in ½ hour before start time with the parent in charge of your volunteer position. Please volunteer as much as you can. Listed below are the jobs required and the total number of volunteers needed per meet. There are two shifts per meet. Shifts are approximately 2-3 hours long.

SWIM MEET VOLUNTEERS NEEDED:

HOME MEETS

<i>Announcer: 1 or 2</i>	<i>Setup Crew: 6 or more</i>
<i>Clean up Crew: 6 or More</i>	<i>Starter 2</i>
<i>Clerk of the Course: 2-4</i>	<i>Stroke & Turn Judges 4</i>
<i>Head Scorer and Reader: 2</i>	
<i>Head Timer: 2</i>	<i>Runners 2</i>
<i>Lane Timers: 24</i>	<i>Ribbon Writer 4</i>
<i>Zoo Parents: 10</i>	<i>Snack Bar 4</i>
<i>Meet Director: 1</i>	<i>Hospitality 4</i>
<i>Meet Referee: 1</i>	

AWAY MEETS

<i>Clerk of the Course: 2</i>
<i>Lane Timers: 18</i>
<i>Stroke & Turn Judges: 4</i>
<i>Ribbon Writer: 4</i>
<i>Scorer: 2</i>
<i>Stroke & Turn Judges: 4</i>
<i>Zoo Parents 10</i>

JOB DESCRIPTIONS:

ANNOUNCER - Announces the events and calls for swimmers to the ready bench.

CLEAN UP CREW - Disassembles all canopies and folds up all tables and chairs. Cleans up in and around the pool area.

CLERK OF THE COURSE - Shall be in charge of the ready bench. All swimmers will report to the clerk of the course when their race is called. The clerk shall notify the referee and scoring desk if a swimmer fails to report to the ready bench.

HEAD SCORER & READER - Keeps track of the scores as the meet progresses by inputting scores into the computer and copies the meet results to a disk and forwards them to the league via the mailbox. Produces a hard copy of the meet results for the visiting team.

HEAD TIMER - Assures the assignment of all lane timers. Starts an extra watch in case another watch should fail. Listens for a call from a timer whose watch has failed and brings them a back-up watch. Keeps track of all stopwatches.

HOSPITALITY - Prepares and serves drinks to all the volunteer workers.

LANE TIMERS - There are three timers per lane and one back-up timer per team. Timers meet with the Starter before the meet begins to check watches and go over the rules. Start the watch when you see the smoke of a start gun, or see the flash of the timing system light. Stop the watch when the swimmer completes their stroke.

LANE WRITERS - Records the time of the swimmer on the lane card or lane sheet and passes it to the runner. A lane timer at each lane will assume this responsibility.

MEET DIRECTOR - Oversees all meet events and ensures all start times begin as stated. Ensures all pre-event meetings are set and all assigned posts are ready to begin. Keeps the meet running smoothly.

MEET REFEREE - Official judge for all Stroke and Turn Judges - must have attended a Referee and/or Stroke & Turn clinic. Shall have full authority over all judges and shall assign and instruct them. Decides all challenged DQ's or questions relating to conduct or rules. Shall signal the starter that all officials are in position so that the race can begin.

RIBBON WRITER - Applies the swimmers' race times to label on the ribbons, may need to write times on the label if computer is not printing.

RUNNERS - Move cards or sheets to the appropriate lanes and makes sure that times are recorded on the cards or sheets. Collects all lane cards, lane sheets, and DQ slips at the end of each event and delivers them to the Score Keeper or computer desk.

SET UP CREW - Sets up the meets events. Sets up canopies, tables, ropes off designated areas if required. Makes sure all flags and lane ropes are set up accordingly.

STARTER - Meets with the timers before the meet begins to check all stopwatches and goes over the rules of timing. Starts each race by (1) Calling to the swimmers, "Swimmers step up to the block"; (2) Ask the timers if they are ready, "Timers are you ready"; (3) Starts the race with "Take you mark", then shoots the start gun or pushes the timing system button to sound the start. The starter needs to keep the meet running by insuring that he or she is in sync with the announcer on event number and heat.

STROKE & TURN JUDGES - Must have attended at least one training in swimming rules and execution of strokes and turns. S & T Judges are the only persons allowed to disqualify a swimmer for improper stroke or turn. They do their best to be fair to all competitors, giving the benefit of the doubt to the swimmer. Judges fill out "DQ" slips and give completed slips to the runners to be turned in to the scoring table immediately.

ZOO PARENT - Helps to supervise swimmers in the designated area just before being called to the ready bench area. The zoo parent will have a list of all the swimmers and their events. This is a season long job and preference will be given to those that attend all/most meets, including championships.

HELPFUL SUGGESTIONS FOR THE SWIM MEETS:

Swim meets are held on Saturday mornings and the weather may be cool, windy, or hot. In order to provide comfort and protection to your swimmer(s), you should come prepared for any type of weather. The following is a small list of things to bring to help keep you and your swimmer comfortable. Parents, please make sure your swimmer gets plenty of rest prior to a meet.

BLANKETS OR SLEEPING BAGS - For the swimmer to keep warm while waiting for their next event.

SHADE/CANOPY/TENT- To keep you out of the cold breeze or hot sun.

TOWELS - Swimmers are in and out of the water and need dry towels. During the cooler days, towels are difficult to dry, we recommend at least two towels per swimmer.

SWEAT PANTS or SHIRT - Are comfortable and easy to get on and off. Team apparel is available for purchase.

LOTIONS - Bring appropriate sun block to protect your swimmer. Sun screens have the tendency to come off with exposure to water and continual toweling; please apply often throughout the day. Most pools are not shaded.

SNACKS - Meets usually last four to five hours. Bring healthy snacks and drinks. Usually there are snack bars available at the meets, but don't count on it. Suggested snacks: low protein foods such as bagels, rice cakes, power bars, fresh fruits, vegetables, and sandwiches.

DEFINITIONS:

IM: Individual Medley; In the IM event the swimmer swims 100 yards total, 25 yards each in the order of Butterfly, Backstroke, Breaststroke, and Freestyle. All four strokes must start and finish as 25 yard events--*no flip turns after any of the strokes*, two hand touches on the wall at the end of the butterfly and breaststrokes.

DQ: Disqualified; A swimmer is "DQ'ed" when an infraction has occurred during a defined stroke event. Freestyle is simply as stated FREE STYLE--a swimmer can swim any stroke on freestyle events as long as it was cleared with the head coach, all other rules apply. The stroke picked must be swam the entire duration of that event.

MEDLEY RELAY: Medley Relay; A four swimmer relay race. Each swimmer swims one leg of the race in the order of Backstroke, Breaststroke, Butterfly, and Freestyle. Total yards required to swim for each swimmer differs among age groups.

SCRATCH: When a swimmer is not allowed to swim in a scheduled meet due to tardiness and/or disciplinary reasons.

READY BENCH: Area where the swimmers meet before proceeding to the starting of the race.

FALSE START: When a swimmer leaves the starting block before the official start of a race.

DUAL MEET: A regular scheduled swim meet between two teams competing against each other.

CHAMPIONSHIPS: End of season, two-day competition between all teams in the Conference.

EVENT: A particular stroke for each individual age group.

HEATS: The number of races swimmers swim in a specific event per age group.

GATOR OF THE WEEK

Gator of the Week is awarded at each swim meet to a swimmer that has stood out to the coaches for any of the following reasons:

- time improvements at previous swim meets
- good sportsmanship and enthusiasm
- consistently attends practice and most meets
- role model for the rest of the team

GALT GATOR OF THE YEAR

This award is given to the swimmer who demonstrates the following attributes throughout the swim season.

- *Attendance* - Consistently attends practice and most meets.
- *Attitude* - Shows enthusiasm, good sportsmanship, follows direction and is courteous and helpful.
- *Performance* - Shows improvement in strokes and times and is an asset to the team.
- *Role Model* - Is a role model for the rest of the team.