

JCYMCA Swimmer Expectations

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At Practice:

- **Listen** to coaches/Follow Directions.
- Participants must be members in good standing and abide by all rules/regulations regarding maintaining a membership including **swiping the membership card every time they enter the facility.**
- Support and **encourage** your teammates. Be inclusive and welcoming of all swimmers.
- Be **on time** to practice and **stay** for the duration of practice. Notify the coach in advance if you are planning to leave practice or swim meets early.
- **Communicate** often with your coaches. Let them know if you have an injury, are not feeling well, don't understand an instruction, etc. Your coach can't read your mind.
- Be **respectful** – Allow your teammates to pass when necessary without stopping in the middle of the pool. Stand to the side when finished with a set so other swimmers can complete their set.
- Always try your best. Have a **positive attitude** and remove phrases like "I can't" or "Why do we have to?" from the pool deck. You will only get out of swimming what you put into it. Your hard work will pay off.
- Swimmers are expected to regularly attend practices in order to be eligible to attend meets.
- **Respect** pools, locker rooms, team equipment and other swimmers' property.
- Be **appreciative** of parents, coaches and teammates. **Honor** them with your hard work.
- Have **fun!**

At Meets:

- **Respect** your teammates, coaches, officials and opponents at all times.
- Show team **pride** – Wear team attire and participate in all team cheers and meetings.
- **Represent** the Barracudas well with your character and actions.
- Always do your best.
- Be **modest** in victory and **gracious** in defeat.
- **Respect** the rules of the pool.
- Practice good **sportsmanship**. Do not show negative behavior after a loss or excessive showboating after a win. You could be disqualified for this.
- **Cheer** for your teammates. **Congratulate** them after each race. (Together we can achieve more than as individuals.)
- Be **engaged** in the meet. Limit time with electronic devices (cheer for teammates instead).
- Be Clean. Take all of your trash with you when you are done. We should strive to leave the area cleaner than when we came.