

Bobcat Swim Club  
Youth Membership Manual  
2025-26 Season



# Introduction

Welcome to the Bobcat Swim Club! BSC is a competitive swim club consisting of athletes from age 6-70! Swimmers' abilities range from novice to elite.

BSC is a non-profit organization, supported entirely through member fees, charitable contributions, and donated goods and services. The club is managed by a staff of professional swimming coaches.

## Mission Statement

The mission of the Bobcat Swim Club is to provide a competitive swimming experience to the Ohio University and Athens Community. The Bobcat Swim Club endeavors to promote a high level of physical fitness and ethical cultivation and to encourage swimming as a lifelong sport.

# Our Sport

## About Competitive Swimming

USA Swimming is the national governing body for the sport of swimming in the United States. All Bobcat Swim Club swimmers must be members of USA Swimming in order to participate in practices and competitions. All Bobcat Swim Club practices and competitions are subject to USA Swimming's Rules & Regulations, including the USA Swimming Code of Conduct. Bobcat Swim Club is a member of the Ohio Swimming LSC (Local Swim Committee).

## Swim Seasons: Short Course vs. Long Course

Swimming in the United States is typically broken up between two seasons, Long Course (50-Meters) and Short Course (25-Yards). The Short Course season typically runs from September to March, with Long Course from April to August. Bobcat Swim Club swimmers will train in both 25-Yard and 50-Meter courses. Competitions will be held in 50-Meter and 25- Yard courses.

## Competitions and Time Standards

Bobcat Swim Club participates in a variety of competitions each year.

Competitions are typically broken down in the following ways:

- Intrasquad meets with only members of our team racing each other
- Invitational: Meets open to any number of invited teams

Many championship meets use time standards to determine qualifiers.

These meets include: Ohio Junior Olympic Swimming Championships • Central Zones • Speedo Sectionals • Futures Championship • Junior Nationals • Senior Nationals • US Open • Olympic Trials

Time Standards for these meets can be found on either the Ohio Swimming or USA Swimming websites. They are also listed on our team website.

# Practices

The intent of our group structure is to provide a healthy, productive, exciting place for *all* athletes interested in swimming.

Athletes ages 12 and under will begin their careers in training groups Green, White, and Black where they will build a growing foundation of skill, fitness, and swimming acumen. Our recommended attendance is based on the minimum commitment we believe will prepare most swimmers for the future opportunity to reach their potential as an athlete. While we will always encourage athletes to meet the attendance recommendations, there is no attendance requirement for membership in training groups Green, White, and Black.

The Bronze training group is designed for swimmers ages 13 and over looking to grow and improve as athletes while enjoying ultimate flexibility to pursue other serious interests and enjoy a well-rounded experience. Bronze is a fun, challenging, and exciting place for swimmers interested in being an integral part of a team and enjoying the incredible personal growth opportunities inherent to swimming. Participation in team-hosted competitions will be expected.

The Silver training group is designed for athletes ages 13 and over. A minimum of 80% practice attendance is required to maintain membership in this training group. Swimmers in this group will shift focus from the goals of the 12&Under program to an emphasis on serious training and preparing for the highest levels of swimming. Swimmers will exhibit leadership skills in and out of the pool and demonstrate an ability to balance activities, school, and swimming effectively. Athletes will be introduced to the senior level dryland program and utilize the weight equipment to build strength and overall athleticism.

The Gold training group is designed for high school athletes who have a strong desire to reach their ultimate potential in swimming, to compete at the national level, and most likely swim in college. A minimum of 90% practice attendance is required to maintain membership in this training group. These athletes have a minimum of Sectional Bonus time standards. Gold swimmers will embrace the training and performance skills and habits of the world's most elite swimmers. Swimmers will train to the limits of their potential and capacity year round while continuously improving their approach to competition. Athletes and their parents can expect guidance and support navigating the college recruiting process.

## GREEN Ages 6-8 / Primary Coach Liz Kelley with Asst. Coach Grace Myers

### Group Description

Green is an introduction to competitive swimming, and spans a wide range of ability from true beginners, who are learning the rules of the sport, to athletes who are building proficiency in all four strokes and competing in 50 and 100 yard races. Technique instruction is the primary focus of this group.

### Practice Schedule

Monday **6:15-7:30 pm**

Tuesday

Wednesday **6:15-7:30 pm**

Thursday **6:15-7:30 pm**

Friday

### Summary of Fees

- \$200.00 Annual Registration Fee
- \$135.00 per month
- USA Swimming Membership is included.

*Meet entry fees are not included.*

### Initial Performance Requirement

- Swim 25y Freestyle unassisted
- Swim 25y Backstroke unassisted

### Attendance Expectations

- 3 practices per week are **recommended**
- Attend Barbara Kay Championship meet

### Character Traits

- **Learn:** Attention to Detail, Patience, Persistence, Gratitude

### Group Goals

- **Technical Mastery:** Introduction to swimming technique focused on strong body position in all four strokes and a cultivation of strong habits.
- **Fitness:** While the focus of this group is on learning technique, swimmers also learn the basics of intervals and pacing. As their technique improves, they are able to swim progressively more yards at a faster pace over the course of the season from September to March.
- **Competition Skills:** Learn to compete in all four strokes while sustaining a consistent pace throughout races. Learn the fun in cheering for teammates.

## WHITE Ages 9-10 / Primary Coach Fiona Davis with Asst. Coach Kendall Chapman

### Group Description

White group athletes have a basic understanding of how to swim and are ready to begin learning how to train. They will focus on learning to apply their technical lessons with the added component of exercise intensity while achieving a strong baseline of aerobic fitness in the process.

### Practice Schedule

Monday

Tuesday 6:00-7:00 pm

Wednesday 6:00-7:15 pm

Thursday 6:00-7:15 pm

Friday 6:00-7:15 pm

### Summary of Fees

- \$200.00 Annual Registration Fee
- \$150.00 per month
- USA Swimming Membership is included.

*Meet entry fees are not included.*

### Minimum Performance Goal

- Swim 10 x 50 freestyle on a 1:10 interval
- Swim 5 x 100 IM on a 3:00 interval

### Attendance Expectations

- 4 practices per week are **recommended**
- Attend Regional and JR State championship meets

### Character Traits

- **Practice:** Attention to Detail, Patience, Persistence, Gratitude
- **Learn:** Work Ethic, Peer Support

### Group Goals

- **Technical Mastery:** Learn the incredible importance of forming and practicing good habits. Learn to apply technical lessons to everyday training. Learn to respond and adapt to technical feedback whether given to the individual or the group. Continue to build an understanding of the skills that make swimmers faster.
- **Fitness:** Introduce the concept of aerobic fitness in both understanding and practice. Athletes will learn to read the pace clock, track pace, train on an interval, and maintain a sustained effort.
- **Competition Skills:** Set goals for multiple events and track their progress toward goals over the course of the swimming season. Learn to participate in a healthy, supportive, and

## BLACK Ages 11-12 / Primary Coach Jake Clark with Asst. Coach Jeremy Lindauer

### Group Description

Black training group athletes are ready to move from learning how to train to learning how to train beyond their limits (and therefore redefine their limits!) Swimmers can expect to routinely be presented with challenges and practice sets that they won't successfully complete the first time. At the same time, they will learn more advanced technical skills - particularly underwater skills. They will compete regularly, and learn to compete well whether rested or fatigued.

### Practice Schedule

Monday 5:45-7:30 pm

Tuesday 5:45-7:00 pm

Wednesday 5:45-7:30 pm

Thursday 5:45-7:30 pm

Friday 5:45-7:30 pm

### Summary of Fees

- \$200.00 Annual Registration Fee
- \$175.00 per month
- USA Swimming Membership is included.

*Meet entry fees are not included.*

### Minimum Performance Goal

- Swim 10 x 100 freestyle on a 2:00 interval
- Swim 5 x 200 IM on a 4:15 interval
- Legal all 4 strokes
- 6x100 Kick on 2:00

### Attendance Expectations

- 5 practices per week are ***recommended***
- Attend Regional and JR State championship meets

### Character Traits

- ***Practice:*** Attention to Detail, Patience, Persistence, Gratitude, Work Ethic, Peer Support
- ***Learn:*** Resilience

### Group Goals

- ***Technical Mastery:*** Dramatically improve underwater ability, starts, and turns. Learn that elite swimming power is derived from the hips to the shoulders in all four strokes. Reinforce the understanding that a skill is nothing until it becomes a habit.
- ***Fitness:*** Learn that breaking previous barriers is a part of the growing process. Learn to relish the challenge of making an interval, or maintaining a pace for the first time. Make a habit of building work capacity. Enhance aerobic and anaerobic fitness.
- ***Competition Skills:*** Appreciate the importance of race strategy and technical precision in competition. Learn to set and track goals for the pace and tempo of races. Learn to initiate a healthy, supportive, and exciting competitive team environment.

## Bronze - Ages 13 and Over / Primary Coach Karissa Smercansky

### Group Description

The Bronze training group is for athletes who enjoy swimming and are looking for fitness gains. These athletes have ultimate flexibility to pursue other interests. Swimmers will improve on technical aspects of the sport. Participation in team-hosted competitions will be expected.

### Practice Schedule

Monday **5:30-7:00 pm**

Tuesday

Wednesday **5:30-7:00 pm**

Thursday **5:30-7:00 pm**

Friday

Sunday

### Summary of Fees

- \$200.00 Annual Registration Fee
- \$150.00.00 per month
- USA Swimming Membership is included.

*Meet entry fees are not included.*

### Group Goals

- Instruction and emphasis on proper stroke technique in all four competitive strokes, starts, turns, underwater kicking, and breathing patterns will be the focus

### Attendance Expectations

- Athletes are *recommended* to attend EVERY practice.
- Attend all meets conducted at the OUAC.

### Character Traits

- **Practice:** Attention to Detail, Patience, Persistence, Gratitude, Work Ethic, Peer Support, Resilience, Receiving Feedback, Time Management and Prioritization
- **Learn:** Team Leadership, Self-Determination

### Group Goals

- **Technical Mastery:** Learn the incredible importance of forming and practicing good habits. Learn to apply technical lessons to everyday training. Learn to respond and adapt to technical feedback whether given to the individual or the group. Continue to build an understanding of the skills that make swimmers faster.
- **Fitness:** Introduce the concept of aerobic fitness in both understanding and practice. Athletes will learn to read the pace clock, track pace, train on an interval, and maintain a sustained effort.
- **Competition Skills:** Set goals for multiple events and track their progress toward goals over the course of the swimming season. Learn to participate in a healthy, supportive, and exciting competitive team environment.



## SILVER Ages 13 and Over / Primary Coaches Ellie Lindauer and Lew Timberman

### Group Description

Swimmers in this group will shift focus from the goals of the 12&Under program to an emphasis on serious training and preparing for the highest levels of swimming. Swimmers will exhibit leadership skills in and out of the pool and demonstrate an ability to balance activities, school, and swimming effectively. Athletes will be introduced to the senior level dryland program and utilize the weight equipment to build strength and overall athleticism.

### Practice Schedule

Monday 5:15-7:30 pm

Tuesday 5:15-7:00 pm

Wednesday 5:15-7:30 pm

Thursday 5:15-7:30 pm

Friday 5:15-7:30 pm

Sunday 2:00-4:00 pm

### Summary of Fees

- \$200.00 Annual Registration Fee
- \$200.00 per month
- USA Swimming Membership is included.

*Meet entry fees are not included.*

### Performance Goal

- Swim 10 x 100 freestyle on a 1:30 interval
- Swim 5 x 200 IM on a 3:45 interval
- Swim 10x200 freestyle on 3:30
- Kick 6x100 on 1:45

### Attendance Expectations

- 80% practice attendance is required to maintain group participation
- Alt. attendance 1x per year (multi-sport) FALL ONLY
- Attend highest championship meet AND team travel meet

### Character Traits

- **Practice:** Attention to Detail, Patience, Persistence, Gratitude, Work Ethic, Peer Support, Resilience
- **Learn:** Receiving Feedback, Team Leadership

### Group Goals

- **Technical Mastery:** While reinforcing all of the technical lessons from the Black training group, each Silver swimmer will have individualized technique coaching tailored to their goals.
- **Fitness:** Silver swimmers have the opportunity to continue to build their aerobic and anaerobic fitness through the training offered. Fitness levels will vary from elite to strong based on attendance.
- **Competition Skills:** Learn to compete under duress to be prepared for the short-rest environment of school meets and state competitions. Become more detail oriented in their race strategies. Learn to take on a leadership role in fostering a healthy, supportive, and exciting competitive team

environment.

## GOLD - Ages 13 and Over / Primary Coach Denise Humphrey and Lew Timberman

### Group Description

The Gold training group is preparation for college swimming for athletes who have made swimming their top priority and are committed to training. These athletes have a minimum of Sectional Bonus time standards. Gold swimmers will embrace the training and performance skills and habits of the world's most elite swimmers. Swimmers will train to the limits of their potential and capacity year round while continuously improving their approach to competition. Athletes and their parents can expect guidance and support navigating the college recruiting process.

### Practice Schedule

Monday 5:15-7:30 pm

Tuesday 5:15-7:30 pm

Wednesday 5:15-7:30 pm

Thursday 5:15-7:30 pm

Friday 5:15-7:30 pm

Sunday 2:00-4:00 pm

### Summary of Fees

- \$200.00 Annual Registration Fee
- \$225.00 per month
- USA Swimming Membership is included.

*Meet entry fees are not included.*

### Initial Performance Requirement

- Swim 10 x 100 freestyle on a 1:10 interval

#### PERFORMANCE GOAL

- Swim 5 x 200 IM on a 3:00 interval
- Swim 10x300 freestyle on 4:15
- Kick 6x100 on 1:30

### Attendance Expectations

- Athletes are *expected* to attend EVERY practice. 90% practice attendance is required to maintain group participation
- Alt. attendance 1x per year (multi-sport) FALL ONLY
- Attend SR State, Sectionals, Futures, Zones, National championship meets and team travel meet

### Character Traits

- **Practice:** Attention to Detail, Patience, Persistence, Gratitude, Work Ethic, Peer Support, Resilience, Receiving Feedback, Time Management and Prioritization
- **Learn:** Team Leadership, Self-Determination

## Group Goals

- **Collegiate Swimming Opportunity:** Our goal is that all swimmers invited to Gold, who fulfill attendance expectations with a strong effort, will have the opportunity to swim in college. Those opportunities will vary based on swimming and academic achievements and career interests among the athletes and will likely include Divisions 1, 2, and 3 opportunities.
- **Technical Mastery:** Understand and emulate the technical habits of the world's best swimmers through regular advanced individual coaching and instruction. Confidently thrive in the application of advanced skills under the pressure of rigorous training and competition.
- **Fitness:** Push aerobic and anaerobic fitness to an elite level while building strength and endurance. Set fitness goals as well as competition goals.
- **Competition Skills:** Apply a mentality of absolute precision to the development and execution of race details. Set differentiated goals for seasonal meets and championship meets. Many goals will be about attaining specific cuts and opportunities to compete at sectional and national levels. Become familiar with each others' goals, and provide real-time peer support and team leadership at meets. Become the architects, owners, and enthusiastic advocates of a healthy, supportive, and exciting competitive team environment.

# Fees

## Training Fees

Training Fees are billed monthly from September through March. All families must set up a billing account through the Bobcat Swim Club website. Families will pay for these training fees by credit card. Your account will be automatically billed the first of each month.

## Outreach Scholarship

USA Swimming offers a reduced registration fee for athletes from low-income families. The purpose of this program is to provide competitive swimming opportunities to the underrepresented and economically disadvantaged youth in the United States. The Outreach Program reduces the annual membership fee an athlete pays to USA Swimming from \$81 to \$5. In addition, extreme efforts will be made to secure funds for additional needs such as swimsuits, equipment, and possible travel expenses.

Outreach Qualification Considerations:

- SNAP Recipient
- Welfare Recipient
- Disability
- Yearly Family Income
- Government Assisted Healthcare
- Special Circumstances

## Late Fees

Monthly fees are due by the 25th of each month. A late fee of \$25 will be automatically assessed to all past due accounts on the last day of each month.

## Membership Termination

Bobcat Swim Club operates on a month-to-month membership. Once registered, you remain automatically registered from one month to the next until the end of March. During that time, if you find that you want to leave the club, it is your responsibility to notify the club of your intended departure prior to the 15th of the current month. Any notification after the 15th of the month will result with you being billed monthly dues for the following month as well. Bobcat Swim Club will suspend your

membership effective the 1st day of the month following the last month that you were billed. From that point forward your club membership will be categorized as "canceled," and we will remove your contact information from our communications distribution lists. In addition, you will not be invoiced or billed any further.

### **Steps to Terminate Membership**

1. Email Coach Denise at [bobcatswimclubathens@gmail.com](mailto:bobcatswimclubathens@gmail.com) by the 15th of the month to stop invoicing for the following month.

# Swimming Vocabulary

Active Recovery- Rather than rest at the wall for a prescribed rest interval, your recovery is done with easy swimming. This provides a continuing aerobic effect, while muscles and cardiovascular system recover.

AER- Aerobic- swims working on your lung development.

Assisted/Resisted Swimming- Assisted swimming refers to swimming with the force of a tether and toward the place where the tether is attached to a stationary object. Resisted swimming refers to swimming against the force exerted by a tether, parachute, or bucket attached to the swimmer's waist

Bilateral Breathing- Typically this means breathing every 3 strokes, but it can refer to any breathing pattern in which you breathe to the left and right.

BK- backstroke

BR- breaststroke

BP- breathing pattern

Breakout- How you reach the surface after a start or push-off

Build- Increase speed throughout a swim. Easy at the beginning, building to fast at the end, while still maintaining good technique

By 25...,by 50...This refers to how often you should do a particular thing. A typical set might be 4x100 breathing 3-5-7-9 by 100. This means that you breathe every 3 strokes on the first 100, every 5 strokes on the second 100... A different set might be 4x100 breathing 3-5-7-9 by 25. This means you would breathe every 3 strokes on the first lap, every 5 strokes on the second lap...

Descend Set- This means swimming faster on each repeat. You might see 4x50 descend. You would swim #1 in 43 seconds, #2 in 40 seconds, #3 in 36 seconds, and #4 in 33 seconds.

Descending Interval- This refers to a set in which the send-off gets tighter as the set progresses. You might see 6x100 pull (2 @ 2:00, 2@1:55, 2@1:50). You would start off with easy effort and try to maintain your speed ( or increase it) even as you are getting less rest.

Dolphin kick- The kick used when swimming butterfly. The legs stay together similar to the tail of a dolphin.

Drill- These swims are for you to focus on one part of a stroke instead of the whole stroke. You will be swimming at a slower pace so that you can concentrate on your technique instead of your speed.

Even Split- Swim the same speed on the first and second half of a swim

EZ- easy swimming while maintaining good technique

FL- butterfly

Flutter kick- The kick used for freestyle . The legs are separated and kick opposite of each other. Power comes from the hips.

FR- freestyle

IM- individual medley (fly, back, breast, free) in that order of strokes

K- kick

LCM- long course meters (50 meter pool)

L/R- left arm/right arm You might see this written 3L/3R 100 FL. This means you would swim 3 strokes of fly with your left arm, then 3 strokes of fly with your right arm for 4 laps.

Negative split- Swim faster on the second half of a race than the first half

Neutral head- describes the position your head is in when you're standing erect. This is the most natural position of your body- head, neck, and spine are aligned.

Pullout- the underwater pull and kick in breaststroke from the start and turns

REC- Recovery- This is the same as easy swimming while maintaining good technique

RI (Rest Interval)- Designates the amount of rest in minutes and seconds to be taken after completing one swim and before beginning the next. For example, you might see 8x50 :10 RI. That means you would have a 10 second rest between each 50 swim.

SCM- short course meters (25 meter pool)

SCY- short course yards (25 yard pool)

SK (side kick)- kicking on your side to work on core strength- freestyle, backstroke, butterfly. You may see 100 FR SK6- This means you would swim/kick 4 laps freestyle by kicking 6 kicks on your left side, then taking 3 freestyle strokes on your belly, then kicking 6 kicks on your right side. You would repeat this for the 4 laps.

SP- specialty stroke other than freestyle

SPR- Sprint- swim FAST

Streamlining- making yourself as hydrodynamic as possible- placing one hand on top of the other while hooking thumbs and squeezing your arms against your ears. This position is held off all starts and turns.

Strokes per length- the number of strokes you take per length of the pool. Elite swimmers take 8-11 S/L while newbies take 30+ S/L. Experienced but inefficient swimmers will be in the 20-24 S/L range. A good goal is to be consistently under 20 S/L. At 12 S/L a swimmer might be drilling or focusing on technique while 18 S/L might be for a swimmer who is practicing race day speed.

TEQ- Technique- swims when you will be asked to slow down and think about your stroke- form your pull, your kick, your streamlining

25=1 lap

50=2 laps

75=3 laps



# Equipment and Uniforms

## Team Uniform

At meets, swimmers are required to wear a Bobcat Swim Club cap and the official TYR team suit. Items are available for purchase through Swimville USA, which can be accessed by clicking the "Equipment" link on the team's website.

## Team Equipment

Team equipment is mandatory for all athletes. Members of the team should write their names on each piece of equipment.

### Bronze, Silver and Gold Groups:

1 Kickboard

A pair of fins

Snorkel

A pair of Paddles

Pull Buoy

Mesh equipment bag

### White and Black Groups

1 Kickboard

A pair of fins

A pair of Paddles

Pull Buoy

Mesh equipment bag

### Green Group

1 Kickboard

A pair of fins

Mesh equipment bag

All swimmers are expected to wear the team suit, team cap and team shirts at all meets.

Swimville USA is handling the team's equipment and suit needs.

Swimville USA

837 Bethel Road

Columbus, Ohio 43214

Phone: (614) 591-7946

# Swim Meet 101

Bobcat Swim Club families will utilize the team's website for entering into swim meets. All member families will have a Team Unify account, which they will use to commit to attend a swim meet. Families can access meet information by clicking the Events tab.

## Selecting Events

The Coaching Staff will typically allow families to select events for swim meets. However, final approval will always be left to the athlete's coach, and the coaches maintain discretion to edit, amend, or add events to an athlete's schedule. The coaches who work with the athletes have the best understanding of what a child should swim or needs to swim in any given competition. Parents are welcome to ask coaches about an event choice, but we ask that parents always support the coaches' decision for their athletes.

## Timeline for Entering into Meets

Parents will be given a deadline for entering into meets. The deadline will be communicated via email. Coaches will also select events for athletes who do not choose their own. Coaches will also provide athletes with reminders to register for meets during practice. It is the athlete's and parents' responsibility to ensure that they either commit to participating in a meet or decline to participate prior to the deadline.

## Meet Schedule

	GREEN	WHITE	BLACK	BRONZE	SILVER	GOLD
9/26 Block Party	YES	YES	YES	YES	YES	YES
10/5 CAC Pentathlon		YES	YES		YES	YES
10/17-19 BSC Spooktacular	YES	YES	YES	YES	YES	YES
10/30 Block Party	YES	YES	YES	YES	YES	YES
11/8-11/9 MSS Invite			YES		YES	YES
11/16 Safe Sport	YES	YES	YES	YES	YES	VOLUNTEER
11/21-23 Ohio Senior					YES- HS swimmers	YES- HS swimmers
12/12-12/14 BSC Snowball	YES	YES	YES	YES	YES- MS swimmers	
12/18 Block Party	YES	YES	YES	YES	YES- MS swimmers	
1/10-1/11 Dayton Raider Invite			YES		YES- MS swimmers	
1/31-2/1 Icicle Invite	YES	YES	YES	YES	YES-MS swimmers	
2/7-2/8 Barbara Kay Champs	YES					
2/27-3/1 BSC Regionals		YES	YES	YES	YES-MS swimmers	
3/12-3/15 JR State		YES- w/ qualifying times	YES- w/ qualifying times		YES- 14U w/qualifying Times	
3/19-3/22 SSDL Champs		YES- w/ qualifying times	YES- w/ qualifying times		YES- w/qualifying times	YES- w/qualifying times

# Hints for parents at their first swim meet

## Before you leave checklist:

- Bring swim cap swimsuit, and goggles- plus an extra pair of both if possible!
- Towels
- Cash (heat sheet, concessions, etc)
- Healthy Snacks for the swimmer and plenty of fluids
- Sharpie to write swimmers events on arm/hand

## At the meet:

Know the following information provided in the heat sheet:

- Event
- Heat
- Lane

## Being a TEAM at Meets:

Bobcat Swim Club members will sit together at swim meets. Bobcat Swim Club athletes should always be representing their team at meets in terms of how they are dressed, how they compete, and how they behave. Athletes must compete in team suits and team caps.

## After the meet:

Parents should encourage their swimmers. Conversations can include having a fast time, finishing a new event, racing legally, getting a best time or new cut, winning their heat and having fun! Leave the tough conversations to the coaches.

# Practice Expectations

1. Athletes must arrive in their swimsuits. The locker rooms are available for changing after practices.
2. Arrive on time. 15 minutes early is on time, but on time is late!
3. Use the restroom prior to practice. You can't become a better swimmer by sitting on the toilet!
4. Bring a water bottle and equipment to the end of your assigned lane.
5. Circle swimming and proper turns are expected.

6. Use 3 fly kicks off every wall, in freestyle and butterfly and 5 fly kicks in backstroke. Use a pullout for breaststroke.
7. Display etiquette, such as moving over to the side of the lane for another swimmer to pass.
8. Counting laps is expected.
9. Know when the send offs and intervals are.
10. All swimmers should move out of the way on the wall, to allow incoming swimmers to finish.
11. All equipment must be removed from the deck at the completion of practice.
12. Maintain a positive attitude and give the best effort at all times!
13. Trust your coaches- they will not push you beyond your limits! If it doesn't challenge you, it will not change you.
14. Regular attendance is necessary for success.

## Athlete Pick Up and Drop off Policy

Please be prompt in dropping off and picking up your athlete upon completion of practice. Please note that coaches are not responsible for the athletes before and after practice.

# Team Communication

- <https://www.gomotionapp.com/team/ohbsc/page/home>
  - News, calendars, meet entries, time standards, registration, account set up, coaches contact information.
- Bobcat Bulletin
  - Sent out every Monday by Denise. Contains important information for the upcoming week.
- Facebook Page:
  - Facebook.com/BobcatSwimClub
  - Facebook.com/Bobcat Swim Club Families
  - News, pictures, events, socializing.
- Instagram:
  - athens\_swimming