

Welcome to Red 2- parents

My expectations: Come to practice on time, prepared, ready to listen, ready to work.

Equipment: Swim suit, sneakers, goggles, HSA cap (if you wear a cap), kick board (small), snorkel, fins, hand paddles

Practice: Please check calendar for changes, practice times (can be found on website). If you can't get to practice on time please let me know. Red 2 practice REQUIREMENT is 3 per a week. Leaving practice- please make sure your swimmer is exiting the building promptly! The Nat wants us out the door by 7:45. Please be on time to pick up your athlete. If you are going out of town for a week or more please let me know just so I don't get worried about you!

If I have any issues with your athlete during practice I will either speak to you right after or by email.

If there is bad weather we will try to email you as soon as we know if practice will be cancelled. If the weather is looking really bad please stay around so your athlete isn't sitting around until the end of practice.

Please stay off the deck, this way our athletes aren't distracted. If you need to take your athlete out of practice early please come and tell me first.

Move Ups- This can be one of the most stressful issues on the team. As a coaching staff we are looking out for each athlete and their needs. We see them every day at practice and evaluate their progress. When the time is right for move up we will inform you. If your athlete is frustrated or upset with their progress please schedule a meeting with me or talk to me before/after practice.

There are many factors that go into move ups, and some have a "grey" area, so please realize we are looking out for what is best for the athlete. We want them to enjoy this sport for years to come and not just for immediate success.

Meets: We strongly recommend you participate in swim meets, after all this is why we practice and train so hard for! If your athlete qualifies for a Championship meet they are strongly encouraged to attend. Many of our athletes have goals to make Southeasterns or other meets so please try to attend these meets! Meet sign ups can be found on the website. If you wish to sign up for a meet click on it and go to the tab which declares you to attending. PLEASE do not enter athletes into events. If you wish to enter into a specific event either email me or put it into the "notes" part of the meet sign up. The "notes" part can also have things such as "attending Sat only" or other issues.

At swim meets: Please wear HSA gear only, we want to show our team spirit! Sit together with our team. This will help in our teamwork and pride in our team. Let the athletes cheer for each other and encourage each other, please be role models and keep the negative talking out of the equation. In most meets place matters very little and it is more about how the individual is improving. Ask “how did you do” instead of “what place did you get?”

Basic procedures: Show up to Warmups on time! These can be very short and very crowded. I know at some bigger meets warm ups are much earlier than your athletes swim time, still I want them to be able to warm up in their competition pool and not the warm up pool. Relax and Eat smart- Make sure your athlete is staying rested between events and has proper snacks to keep their energy up. Wear clothes- I know many of our athletes like to run around in nothing but their swim suits but please encourage them to wear shirts, shoes, or warmer gear. I hate seeing our athletes standing behind the blocks shivering. See the coach(s) after the race. If your athlete comes right to you after their race please send them back to us. We want to be able to debrief them on their swim. Please do not leave the meet until you have asked a coach if your athlete is done or not. Sometimes there are relays so we don't want to scratch a relay because someone left. Cheer on your team mates, even if you don't know their name, it's easy to say “Go HSA.”

Each meet has a description on it please read these to help determine meet selection. Please also note some meets might have time standards that your athlete needs to have in order to compete. If you have any questions about meet selection, please let me know!

Championship Meets: Southeastern- Huntsville, AL- Feb 22-24.

Southern Open- Auburn, AL- Mar 1-3

Communication- The best way to contact me is through email. coacharthur@swimhsa.org I will try to get back to you as soon as possible. If you ever wish to meet please let me know I would be more than happy to meet at the office or before practice. Don't worry about “emailing me too much.” I rather have more questions to clear anything up. Please let me know if you or your athlete has any concerns over practice, meets, basic swim knowledge or any other issues.

It is my job to help your athlete to reach their goals and achieve their dreams please let me know how to best help in this process!

Side Note: This year I would like to work on creating/having activities outside the pool to help our group bond and have fun in a none swimming setting. If you have any ideas please let me know!