

Practice Policy

- Swimmers must swim with their designated group. If a swimmer cannot make their group's practice, then the swimmer may talk with their coach to find a make-up practice ahead of time. Coaches will do their best to accommodate, but it won't be guaranteed. Just don't assume you can swim early or later, you must ask ahead of time and get approval from your coach.
- If a coach allows a swimmer to swim with another group on any given day, please remember that you are a guest in that group. Be respectful of the swimmers in that group. Do what they are doing, do not expect a special workout.
- Swimmers will not be placed in alternate groups out of convenience. If a swimmer cannot swim during their group time, they cannot move-up/move-down groups to accommodate their schedule.
- Swimmers should be ready to get in the water when their practice time starts. If you get dropped off/arrive late then do your best to hustle and get in the water...don't waste time. Swimmers who are already at the pool on time (prior to the start of practice) need to have all their gear ready with goggles and caps on to be ready to go. Coaches cannot waste practice time wrangling swimmers into the water.
- Don't talk when a coach or another swimmer is talking.
- When coaches are talking, the swimmers need to listen (whether in the water or out of the water). A coach should not have to ask you to do something more than ONE time. A coach should not have to tell you to do something more than ONE time. A coach should never have to repeat a set because someone was ignoring the explanation. If you are not listening, talking when a coach is talking, or purposely ignoring the coach, then you may be removed from practice. It is your responsibility to pay attention and listen to your coach.
- When coaches are coaching other groups, you need to leave them alone. If it is an emergency or a quick question that is fine, but don't keep coming up to the coaches and bugging them, because it can take a coach's focus away from the groups in the water.
- Along the same lines as the note above, please leave the swimmers who are in the water practicing alone. Their attention needs to be on what is going on during practice, not what you are doing on the deck.
- For safety reasons, swimmers should NEVER push or pull a swimmer into the water.
- Do not touch another swimmer or another swimmer's belongings. If it doesn't belong to you, don't touch it, take it, throw it, or play with it. Swimmers need to keep their hands to themselves in and out of the water: no pulling on someone else, no grabbing someone else, no kicking someone else, no spitting on someone else, etc.
- Be receptive to stroke critiques. Don't just ignore them, try to implement them. Don't reply or even think "I am not doing that" or "I did do that!" If a coach sees something, then a coach will point it out to help you. We are helping you to swim your best, so please don't think we are just "picking on you." Be willing to listen to corrections to your stroke.
- Be courteous to those swimming with you.
- Be respectful of your coaches and teammates
- Ultimately, Have a Good Attitude!!

"Ugh! This is Stupid!" or "I don't want to do this." ...Unfortunately these are phrases that we hear regularly, and you may think "What's the big deal, I am not hurting or bothering anyone by saying that." But you are. Not only are you being disruptive, but you are being disrespectful to your coaches and teammates.

As a reminder, you do not have to be here. We hope that you will make a commitment to the sport and set goals for yourself that will inspire you to show up and give 100%, but if you don't want to do what a coach says, then you can be asked to exit the pool and not participate in practice that day and hopefully come back the next day with a better attitude. If a coach says something you need to pay attention and do what they ask you to do. You are not in charge; your coaches are in charge. If a coach says swim a 100, you swim a 100...don't swim a 50 or 150 because "you felt like it." If a coach says put on fins, don't complain and say "I don't like fins." When a coach says "be quiet", listen up. When a coach gives a set, don't say "Ugh, why!" or "Can we do this instead?", rather think to yourself "I can do this" or cheer everyone one on with a "Let's go Seahawks!"

The coaches are there to help you. The coaches are there to guide you. The coaches are there to keep everyone safe. The coaches are there to make you better. The coaches are there for everybody. Please do not be disrespectful to your coaches or your teammates by having a bad attitude, making negative comments or misbehaving.