



New Swimmer Expectations & Requirements for Every Team Member

General Expectations:

- o Swimmers should exhibit a positive attitude, be supportive of their teammates, and be open and engaged when coaches provide instruction.
- o Attendance at all practices and meets is mandatory. Exceptions are granted for illness, important family obligations, and academic reasons.
- o Swimmers should already have a competitive swimming background. This is a preferred expectation but **not** mandatory.
- o Swimmers should be able to be able to perform two of the four competitive strokes legally and be familiar with basic technique for all strokes.
- o Swimmers will be expected to stay in the water for 90 minutes, the duration of our practices.
- o Swimmers should be able to swim continuously for ten minutes without stopping.
- o Swimmers should be able to kick continuously for ten minutes without stopping.
- o Swimmers should be prepared for incremental increases in workout intensity.
- o Swimmers should maintain focus on stroke technique, body position, and kicking throughout each practice.