

**Jr./Sr. Group:**

Head Coach: Barry  
Practice Coaches: Senior= Barry; Junior= Tara (M/W); Megan (T/TH); Barry (F/Sat).  
Dry-Land Coach: Barry

**Practice Schedule:** (times subject to change)

Sept-Feb M-TH (6:45-8:45); Fri (4:00-6:00); Sat (6-8a); AM's (M/W/TH, 5:30-7a).  
Mar-May M-TH (4:30-6:30); Fri (4:00-6:00); Sat (8-10a); AM's (M/W/TH, 5:30-7a).  
June-July M-TH (4:30-6:30); Sat (8-10a); AM's (M-F, 6:30-8:30a).

Dryland Sept-Feb M-TH, 6:00-6:45; Fri, tba; Sat, 8-9a.  
Mar-May M-TH, 3:45-5:30; Fri, tba; Sat, 10-11a.  
June-July M-F, 8:30-9:20a; Sat, 10-11a.

**Swimmer Expectations:**

Swimmers will arrive on time, on deck, in appropriate swimsuit and goggles. Wear a t-shirt, gym shorts, and tennis shoes for stretching and dry-land exercises. Any attendance or preparedness issues will be documented by the coach and communicated to the parents. It is suggested that senior swimmers attend practice 6 to 7 times a week, but strive for 80% attendance. It is suggested that junior swimmers attend practice 5 times a week, but strive for 70% attendance.

In order to prevent injury, swimmers missing dry-land will stretch efficiently but quickly before getting into the water. If a swimmer must miss dry-land training, it is suggested that he/she complete these activities on their own time. This training increases core strength and flexibility, both factors that increase achievement.

Swimmers are expected to demonstrate respectful and attentive behavior toward the coaches as well as the facilities and others. They should not demonstrate behavior that could be construed as disruptive to practice. Such disruptive behavior might include not listening to the coach, walking in the pool during kick sets, or excessively talking during drills. Interaction must remain positive. If a swimmer is acting in a disruptive or non-respectful manner, the coach will first give that swimmer a verbal warning. If the behavior continues, the swimmer will be asked to get out of the pool and sit on deck for fifteen minutes. If behavior still remains non-compliant, the coach reserves the right to ask the swimmer to leave practice. The coach will notify parents immediately if a swimmer is asked to leave practice.

Repeated offenses may result in dismissal from practice and/or membership in the club, and will be addressed by the head coach.

**Practice & Meet Requirements:**

As difficulties arise in meeting the attendance requirements as stated above, swimmers and parents should contact the appropriate coach to make accommodations. In the case of extended absences, as might happen if an athlete is also participating in another sport, advance notice is

requested. In working with the coach, it may be decided that moving to a different practice group would be most beneficial for the swimmer until he/she can return to a regularly assigned practice schedule.

Swimmers are expected to participate in at least one scheduled swim meet per month. In addition, it is expected that any swimmer qualifying for the State Championships will participate in as many events as possible at that meet. If a swimmer is not qualified for the Championship meet, then they are expected to attend the ISI Regional meet. Coaches must be notified if a swimmer is unable to attend the State or Regional meets, and provided with a reasonable explanation for non-attendance. In the case of the State Championship meet, coaches must be notified at least 3 weeks in advance.

It is strongly suggested that swimmers attend their highest qualified meet. If there is a financial concern, please contact your coach.

All swimmers are expected to wear the Bett club swim cap during a meet.

### **Expectations of Parents:**

As a parent of an athlete, it is natural to want to improve your child's performance by offering tips and/or recommendations. However, the coaching staff would politely request that you refrain from "coaching" your child during a practice or a meet. If you have information that you feel is important to the performance of your child, please feel free to offer that to the practice group coach. As coaches we may not always be aware of health conditions, personal situations or school conflicts that may impact your swimmers performance in and out of the water, and, we welcome the information so that we may better assess how we can improve the swimmers performance or motivation.

The practice group coach is usually available immediately after practice to discuss any questions or concerns. In the event that it is not possible to speak right after practice, please e-mail or leave a note in the office as to when you are available. The coach will make every effort to meet with you at that time.

Additionally, we ask the parents and the swimmers to refrain from entering the coach's office before, during and/or after practice unless invited in. This is allow coaches private time to discuss any issues they may have with other coaches, parents and/or swimmers.

### **What to Expect from the Coaching Staff:**

The swimmers and families of the Jr./Sr. group practice can expect the coaches to be professional, fair-minded, prompt, up-to-date on the latest techniques and caring for the swimmers. The practice group coach will do everything in his/her power to ensure that all swimmers receive the best possible work-out and feedback on their performance specific to their ability. The practice coach will be available after practice to discuss a swimmer's personal goals.

Any questions or concerns by either a swimmer or parent should be addressed in a prompt fashion directly with the coach. If an issue cannot be resolved in this fashion, then the issue should be put in writing and taken to the executive coaches committee.

**Equipment:**

Swim Suit (no loose suits, ask coach)

Goggles

Training Fins

Pull Buoy

Hand Paddles

Loose Shorts, and, shirt for Drag Training

Club will provide dry-land equipment and resistant training cords for pool