

# Expectations

## Coaches

Coaches will

- be transparent with swimmers and parents.
- be present and available for all practices and meets.
- utilize expertise to better Zizzer Swimming.
- dedicate themselves to the swimmers' growth as a student, swimmer, and person.

## Swimmers

Swimmers will

- be present at **EVERY** practice and meet.
- put forth their best effort at every practice and in every race.
- dedicate themselves to improving technique and speed.
- work to grow as a student, swimmer, and person.

## Captains

Captains will

- be a leader in and out of the pool.
- support the goals of the team and help to achieve them.
- encourage each teammate to be the best and help them in any way they can.
- be the biggest cheerleader and supporter of the team at meets.

## Parents

Parents will

- be supportive of their swimmer, the team, the coaches, and Zizzer Swimming.
- commit to making sure their swimmers are at practice on time and are picked up on time.
- help with fundraising, time at hosted meets, and help provide snacks/drinks for meets.
- cheer on their swimmer and the team in all meets (whether at the meet or from home).