

Sea Bees Swim Club expectations

Attendance: When you sign up for a season, regular practice attendance is expected. We understand and support participation in other extracurricular activities, but pool space and coaching time are limited. With rising registration numbers, we're nearing our capacity. To ensure spots go to swimmers who are committed, those who frequently miss practice without communicating with coaches may not be prioritized for future season registration.

Late to Practice: When Masked, Cuckoo, and Honey bee group swimmers show up late to practice it is their responsibility to read through and understand their groups entire workout and ask their coach for that practice any questions they have. Then warmup in the diving well or the shallow end if we are swimming the competition way that day, and once warmed up join your group where they are at in practice.

Before practice:

- All team members are expected to arrive on time and to remain until the end of practice. If there is an exception to this, we ask that there is communication with the coach before practice begins.
- Be on deck 15 min before start of practice
 - EVERYONE helps with putting lane lines in before and taking them out after practice (no waiting in the locker rooms to get out of helping with lane lines)
 - Dynamic stretching with your teammates
 - Run through practice and Q&A with coach at the whiteboard
- Have swim gear that will be used in practice OUT OF SWIM BAGS and on the deck ready to go
- Bring a full water bottle
- Have athletic shoes for dryland days, NOT CROCS
- Appropriate behavior in locker rooms
- Do not use or go in saunas
- Use bathroom prior to practice

During practice:

- Follow the coaches lane assignments
- Listen to Coaches – keep head above water
- No talking when coach is talking
- Look at coach when they're explaining sets/ drills
- Ask appropriate questions
- Ask to get out to go to the bathroom
- Ask questions if clarification is needed
- High School Swimmers: Better behavior than when on HS team. HS swimmers should be role models for younger swimmers.

General

P.R.I.D.E. standards are in effect at all times; Swimmers are expected to be **P**repared and on time, **R**espectful of all coaches, teammates and parents, to act with the utmost **I**ntegrity, to be **D**edicated to the team and to self, and lastly, strive for **E**xcellence on a daily basis.

Prepared: Sea Bees Age Group Swimmers are prepared. They understand the importance of being on time and are considerate of others' time. They are responsible for having their equipment ready for practice. They come prepared to work hard and encourage their teammates to do the same. They have taken steps throughout the day to ensure they are successful at practice and meets (enough sleep, good nutrition, homework completed).

Respectful: Sea Bees Age Group swimmers are respectful to their teammates, competitors, coaches, officials and, most importantly, their parents. They use respectful language and behavior when at practice, meets and when near younger Sea Bees members. They are respectful of others' personal property. They respect and show appreciation for the support and time devoted to their success by parents and family members. They show a respectful use of social media where any topic or member of Sea Bees is concerned.

Integrity: Sea Bees Age Group swimmers act with honesty. They train with integrity and avoid behaviors that will be a distraction to their performance or that of others. They are honest in their communication with their coaches, teammates and parents.

Dedicated: Sea Bees Age Group swimmers are dedicated to their team, themselves, their sport and they understand that success isn't given; it is earned through consistency and hard work. They attend practice and give a good effort consistently..

Excellence: Sea Bees Age Group swimmers try their best and give a sincere effort at practice. Sea Bees Age Group swimmers help to create an environment where excellence is expected by having a positive attitude and working hard.

Sea Bees Lane/Group Leaders: Age Group Swimmers should strive to lead the lanes in which they swim.

Criteria for being considered for Lane Leaders:

Represents **Sea Bees PRIDE:**

- **Prepared:** Is prepared to work hard with a positive attitude and is on time for practice. Reinforces positive thinking on the deck and during practice among teammates. Encourages teammates during practices and meets.
- **Respectful:** Is respectful to coaches, teammates, parents and officials.
- **Integrity:** Acts with integrity, does not stop during sets or warm up. Sets a great example for all other Sea Bees swimmers.
- **Dedicated:** Is dedicated and rarely misses practice
- Strives for **Excellence** in the water and out.
- Know how to read the clock and pay attention to intervals.
- Know the drills used by the group and be willing to help others do them correctly.
- Listen attentively to upcoming sets and be able to repeat them to other swimmers in your lane.
- Get in the water on time and start sets on time. Exemplify good lane etiquette at all times and encourage others to do so.

