

Swim Meet Expectations:

Have fun, enjoy the journey and enjoy competing with your teammates and other swimmers. Make friends!

Demonstrate sportsmanship; wish them good luck prior to a race and extend a hand to your competition and tell them 'great swim' following a race.

Be polite and respectful to all.

Bring healthy food and snacks, water, sunscreen, multiple towels, footwear, weather-appropriate clothing and folding chairs. Bring your Eagles Swim Club T-shirts, caps and **Eagle hats.**

Swimmers are expected to arrive 1 hour prior to the meet start time unless otherwise given permission. Swimmers may ask for a delayed arrival only when their 1st event timeline is 90 minutes beyond the initial start of the meet. In this case swimmers are expected to arrive 1 hour before that 1st event.

Swimmers are to be prepared when attending a meet. They must have the meet timeline printout, pre and post Meet Strategies and Analysis forms, Goal Time form and Warm Up and Re-Warm up Guidelines form.

Swimmers are to check in with Coach as soon as they arrive to the facility.

Prior to an event swimmers are encouraged to see me and are required to do so immediately following their event before visiting with their parents. This allows me to give feedback in a timely and meaningful manner prior to their swim down and next event. Swimmers are required to swim down following an event and are required to re-warm up prior to their next event time permitting.

Parents are expected to support and not coach. Hugs and more hugs and encouragement are all that is expected from parents. Under no circumstance should any technical advice be given at any time. This insures that there is no conflicting information given that will only cause confusion and undermine our process. Our expectations from meet to meet will differ from yours. We will be process-driven and not outcome-driven.

Parents are always encouraged to meet and discuss any concerns at the appropriate times.

Swimmers are to check with me prior to leaving the facility. This insures that any further information regarding the day's outcomes or next day can be delivered at this time.

And remember DQ's are part of a learning process. The officials are there to point things out so that corrections can be made going forward.