

# **AGE-GROUP**

## **BE ON TIME FOR SCHEDULED PRACTICE**

**SWIMMERS AND PARENTS—THE FOLLOWING WILL GIVE YOU SOME BASIC AND EXPECTED GUIDELINES FOR THE GROUP YOU ARE IN AS WE BEGIN THE 2010-2011 SWIMMING SEASON---AS YOU READ THERE WILL BE SPECIFIC AREAS THAT NEED TO BE ADDRESSED BEFORE YOU CAN MOVE UP TO THE NEXT LEVEL WITHIN DONNER SWIM CLUB----ALL RELAY CUTS WILL NEED TO BE REMADE EACH SEASON IN ORDER TO TAKE A RELAY TO THE STATE CHAMPIONSHIPS----HOPEFULLY THIS WILL ANSWER SOME OF YOUR QUESTIONS OR PERHAPS STIR UP SOME NEW ONES.**

### **1-CONSISTENCY OF ALL PRACTICE HABITS**

**A-THE DONNER WAY AS TAUGHT BY COACHES**

**B--BEING ON TIME FOR PRACTICE**

**C---IN ATTENDANCE ON TIME FOR DRYLAND AND DRESSED**

**D----MEETS-MUST WEAR SHIRT-SOCKS SHOES SWEATS HAT**

**ETC. TO STAY WARM AT MEETS TO OPTIMIZE**

**PERFORMANCE**

**E----GREAT PRACTICE HABITS MAKE FOR GREAT SWIMS**

### **2-NO NEGATIVE TALK AT PRACTICE AND OR MEETS**

**3-ATTEND MEETS BOTH HOME AND AWAY AND YOU MUST EXPERIENCE ALL AGE RELATED EVENTS IN ORDER TO HAVE AN ABILITY TO MOVE TO THE SENIOR GROUP—YOU CANNOT AVOID ANY EVENTS**

**4-MUST BE ABLE TO DO 100'S OF ALL STROKES AND THE 200 AND 500 FREE IN ORDER TO BE ELIGIBLE TO BE CONSIDERED FOR MOVE UP TO THE SENIOR TEAM, AND ONLY WITH HEAD COACH APPROVAL**

**5- PARENTS MUST WORK AT LEAST 2 PLUS SESSIONS AT ALL HOME MEETS**

**6-HAVE AND WORK TOWARDS DIVISIONAL CUTS AND ATTEND MEET**

**7-WORK TOWARDS STATE AGE GROUP CUTS AND ATTEND THE MEET**