

DEVELOPMENTAL

- BE ON TIME FOR 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---LISTENING SKILLS--HEAD UP AND EYES ON COACH WHEN SPEAKING

2-MUST ATTEND BOTH HOME AND AWAY MEETS TO BE CONSIDERED FOR A MOVE UP TO THE NEXT GROUP

3-SHOULD ATTEND SATURDAY WORKOUTS WHEN HOME AND NOT INVOLVED IN ANOTHER SPORT.

4-MUST BE ABLE TO DO A 50 FLY AND A 100 OF EACH STROKE AND MUST BE LEGAL WITH TURNS AND TOUCHES ESPECIALLY FLIP TURNS IN ORDER TO BE CONSIDERED FOR THE AGE-GROUP TEAM

5-WORK TOWARDS DIVISIONAL CUTS AND ATTEND THE MEET

6-WHEN ATTENDING A MEET PARENT SHOULD PUT EVENT NUMBERS ON SWIMMERS ARM WITH A MARKER---ALSO PARENTS PLEASE MAKE SURE YOUR CHILD WILL BE WARM THROUGHOUT THE MEET

7-PARENTS MUST WORK AT LEAST 2 SESSIONS AT ALL HOME MEETS