

SENIOR GROUP

BE ON TIME ALL THE TIME

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-SENIOR BLUE—EXPECTATION IS ATTENDANCE AT PRACTICE

2-SENIOR WHITE---EXPECTATION IS 90% PRACTICE ATTENDANCE

3-SWIMMERS MUST COMMUNICATE WITH THE COACHING STAFF WHEN THERE NEEDS TO BE A CHANGE

4-RESPECT FOR ALL STAFF AND SWIMMERS WILL BE A 2 WAY STREET

5-MUST MENTOR 1 DEVELOPMENTAL AND 1 AGE-GROUP SWIMMER DURING THE YEAR

6-MUST WORK STROKE AND TURN CLINICS FOR AGE GROUP AND DEVELOPMENTAL

7-MUST HAVE POSITIVE ENERGY ON THE DECK AND AT DRYLAND—HUSTLE TO THE BEGINNING OF ALL PRACTICES MORNING AND AFTERNOON—WE HAVE LIMITED WINDOWS ESPECIALLY IN THE PM SESSIONS TO GET STARTED ON TIME

8-MUST BE A CHEERLEADER FOR ALL MEMBERS OF THE TEAM

9-MUST BE SWIM MEET DRESSED APPROPRIATELY TO REMAIN WARM

10-DONNER STUFF WORN AT DONNER MEETS

DIVISIONAL CUTS

AGE GROUP STATE CUTS

SENIOR STATE CUTS

SECTIONAL CUTS

JUNIOR NAT CUTS

SENIOR NAT CUTS

OLYMPIC TRIAL CUTS

COLLEGE SCHOLARSHIPS

EXPECTATION OF ATTENDANCE AT YOUR RESPECTIVE MEET FOR TEAM POINT FOR BETTER TEAM PLACING

**ANY AND ALL RELAY CUTS MUST BE MADE EACH SEASON—DONNER
SWIM CLUB WILL ONLY ENTER RELAYS THAT HAVE MADE THE
SEASONAL SHORT COURSE OR LONG COURSE CUT AT CHAMPIONSHIPS**