**Rolling Hills Swim Team A picture containing text, sign

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**CAPTAIN GUIDELINES**

**Team Values:** Respect our team values and strive to emulate them.

**Sportsmanship                    Team Spirit                     Progress**

**Practices:**

1. **Encourage and help** swimmers to be at as many practices as possible.
2. **Be available** to help with younger swimmers at times.
3. **Attend** the majority of all practices and lead out in warmups, sets, cool downs, and any other activities.
4. **Respect** other swimmers. Lead by example.

**Meets:**

1. **Plan** to be at majority of swim meets. 8/10 preferably.
2. **Warm up is NOT optional**. Encourage swimmers to get in the water and warm up.
3. **Check swimmers into the meet** so we know who is and is not there yet.
4. **Help others be successful buddies** and be an example of one. All the buddies are still teenagers and are learning leadership skills by being a buddy. Get to know what the buddy pairs are and help those who are struggling.
5. **Show sportsmanship** **and team spirit**. Be an example of good sportsmanship and team spirit by cheering for other swimmers and participating in the themed meets.
6. **Motivate** all swimmers to swim fast, swim legal, and have fun!

**Activities:**

1. **Plan and coordinate** team building activities and games for the lake retreat and pool party.
2. Help **cook pancakes** and get other senior volunteers to assist with the pancake breakfast.
3. **Recognize** and celebrate those who make it to League Champs.

**Our goals as coaches:**

1. Help you develop leadership skills by providing opportunities to lead.
2. Have the **team do the best it can** at dual meets, division championships, and league championships.

AND MOST IMPORTANT:  **HAVE FUN!!**