**Rolling Hills Swim Team **

              **PARENT 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** during practices in case of emergency.
3. **Inform** coaches when swimmers will miss more than 2 practices in a week.
4. Swimmers must attend their **appropriate age group practice**. Exceptions will be made by the coaches and will be made each year. If your swimmer swam with a different age group one year that does not guarantee they will the next.

**Meets:**

1. **Schedule** vacations, family outings, sporting events, and other activities outside of the swim season. Swimmers should be at least 7/10 dual meets and division championships. If there are conflicts with this, please reach out to the parent reps and coaching staff to let them know.
2. **Warm up is NOT optional**. Please have your swimmers at swim meets on time to warm up. Warming up before a meet and practices ensures swimmers do not injury themselves by sprinting with tight muscles.
3. **Be prepared**. Bring snacks, weather appropriate clothing, tents for heat and rain, and water. Ensure your swimmer knows what they are swimming before warm up begins. If there are changes the coaches will notify your swimmer directly and their buddy.
4. **Be patient with buddies.** All the buddies are still teenagers and are learning leadership skills by being a buddy. Get to know your swimmers’ big buddy and help them know where you are sitting at the meet and how to find you. It isn't all up to the big buddies to get your swimmer to their race.
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. Be on time for your **volunteer** positions and do the best job you can. We can't run swim meets without you!

**Volunteering:**

Volunteering is required…

**Seagull Award:**

The seagull award is an award any swimmer can earn by working hard, respecting team values, and being committed to the swim team. The following are the criteria to be considered for the seagull award:

1. If the swimmer misses less than 10 practices.
2. Swimming events they are assigned.
3. Achieving 2 required seagull time standards. Seagull time standards will be determined by the swim coaches.
4. Achieving an individual League Qualifying Time (A time).
5. Swim at 7/10 dual meets and 1 championship meet.
6. The swimmers desire, discipline, and determination towards swimming on the team will be considered as well as how they are an example of our team values.

**Our goals as coaches:**

1. Having each **swimmer accomplish their best** by the end of the season.
2. Have the **team do the best it can** at dual meets, division championships, and league championships.
3. Having every swimmer give us 110% of their effort in practice every day, plus going into every meet with the attitude of succeeding.  What we mean by succeeding is by dropping time and **progressing** throughout the season, not by what place you get.
4. Teach and challenge swimmers to learn the team values and practice living them.
5. AND MOST IMPORTANT:  **HAVE FUN!!**