**Rolling Hills Swim Team **

              **SWIMMER GUIDELINES**

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

**Sportsmanship                    Team Spirit                     Progress**

**Practices:**

1. Must have **5 practices completed** to swim in the first swim meet.
2. **Be punctual**. Be ready to get in the water when your practice time begins.
3. **Be prepared**. Bring your swimsuit, goggles, and swim cap.
4. **Actively participate** in practice and do what the group is doing, plus be willing to try new and difficult things.
5. **Clean up** your area after practice and respect the pool.
6. Go to the bathroom **BEFORE** practice!
7. **Listen and respect** the coaches and captains throughout the season.

**Meets:**

1. **Warm up is NOT optional**. Warming up before a meet and practices ensures swimmers do not injury themselves.
2. **Be prepared**. Bring extra towels, goggles, cap, team swimsuit, snacks, and weather appropriate clothing. Know what your events are, your heat, and your lane. Write your swimmer number on your body for timers to see. Don't miss your event.
3. **Help your buddies** get to their races, cheer them on, and remind them about what we have been focusing on at practice.
4. **Show sportsmanship** to teammates and opposing teams. And have **team spirit** by participating in the meet themes as well as being available for relays!
5. When you are not racing you should be **cheering**!

**Seagull Award:**

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

**Our goals as coaches:**

1. Having each swimmer do their best by the end of the season.
2. 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.
3. Teach and challenge swimmers to learn the team values and practice living them.

 AND MOST IMPORTANT:  **HAVE FUN!!**