1. My swimming and Coaching experience
   1. Kelcey
   2. Natalie
2. Won’t be easy but will be worth it
3. Equipment for the season
   1. Athletes need practice suit, goggles, water, cap, water, towel(s), water bottle, sunscreen for meets and WATER!
   2. Dryland practice – Shoes, socks, water, gym shorts, shirts, water bottle and WATER!
   3. Meet Equipment
      1. Team Caps (Official WOW caps) are REQUIRED for all swimmers to wear during meets (boys and girls) but doesn’t matter during practice
      2. Meet suits (Official WOW suits) are REQUIRED for all swimmers to wear during meets and **should not** be worn at practice.
4. May 30, 2018 Night practices begin \*Pending on Numbers\*
   1. 1st group 5:30 to 6:15 in pool practice, 6:15 to 6:30 dry land work
   2. 2nd group 6:00 to 6:15 dry land, 6:15 to 7:00 in pool practice
   3. 3rd group 7:00 to 8:00
5. May 19, 2018 Day practice begins
   * + - 1st group 7:00 to 8:30
       - 2nd group 8:30 to 9:45
       - 3rd group 9:45 to 10:30
     1. July 4th Practice times TBD – Info will be emailed and/or texted to you
6. Our meet schedule is as follows:
   1. June 9, 2018 Time Trials
   2. June 16, 2018 WA @ WOW
   3. June 23, 2018 CSR @ WOW
   4. June 30, 2018 AST @ WOW
   5. July 7, 2018 WOW @ SX
   6. July 8, 2018 Guppy Meet @ SVA
   7. July 14, 2018 WOW @ WSL
   8. July 15, 2018 Charles County Championships Hampshire   
      \*ALL HANDS ON DECK\*
   9. July 21, 2018 Divisional at Cheverly
   10. July 28, 2018 All Stars at Whitehall (By Invitation)
7. Practice Expectations
   1. Positive attitude. Negative comments and attitudes are contagious and can bring other athletes down.
   2. Encourage each other. Athletes can help more than coaches can in many situations
   3. Be patient. You are not going to make the Olympic Trials after 2 weeks of practice. There are 90+ athletes and only 3 coaches.
   4. Funday Monday
      1. Do not automatically expect Funday Mondays. Monday’s WILL be practice days. “Fun” activities will be announced ahead of time when appropriate.
8. Attendance expectations
   1. AT LEAST 2 Practices per week to swim @ meet.
   2. It’s important that you come to practice in order to get better and faster. You are paying for this, get the most out of it as you can.
9. Meets
   1. Please Sign The Signout Book by the Tuesday before a meet if you are unable to attend or have to leave by a certain time.
      1. Curtesy for coaching staff and other athletes
      2. ATHLETES – DO NOT RELAY INFORMATION ABOUT BEING AT MEETS THROUGH A FRIEND. **TELL COACH GREATHOUSE DIRECTLY!**
      3. **SIGN THE BOOK THAT WILL BE ON DECK EVERY PRACTICE IF YOU WILL NOT BE AT THE MEETS!**
   2. It is expected that you stay throughout the meet until all your events are done. Including Relays because they can change at a moments notice.
   3. Tentative Relay lineups will be posted before the meet. Changes can occur during the meet though.
   4. After your races, stop by the coaches tent and talk to the coaches about your race.
10. Nutrition
11. Extras