

1. My swimming and Coaching experience
  - a. Emily
2. Won't be easy but will be worth it
3. Equipment for the season
  - a. Athletes need practice suit, goggles, water, cap, water, towel(s), water bottle, sunscreen for meets and WATER!
  - b. Meet Equipment
    - i. Team Caps (Official WOW caps) are REQUIRED for all swimmers to wear during meets (boys and girls) but doesn't matter during practice
    - ii. Meet suits. We ask that you have a solid Navy or Black suit for meets.
      1. NO UNDERWEAR OR COMPRESSION SHORTS CAN BE WORN UNDER TEAM SUITS DURING MEETS.
      2. Fringe, arm coverings, leg coverings, cannot be worn during a race unless it is for religious, cultural or modesty reasons. Please speak to Greathouse one-on-one if this may apply.
4. June 2<sup>nd</sup>, 2021 Night practice begins \*Pending on Numbers\*
  - a. 1st group 5:30 to 6:15 (younger group)
  - b. 2nd group 6:15 to 7:00 (middle group)
  - c. 3rd group 7:00 to 8:00 (older group)
5. June 18<sup>th</sup>, 2021 Day practice begins
  - a. 1st group 7:00 to 8:30 (older group)
  - b. 2nd group 8:30 to 9:45 (middle group)
  - c. 3rd group 9:45 to 10:30 (younger group)
  - d. July 2<sup>nd</sup> and/or 5<sup>th</sup> practices will be announced

Our meet schedule is as follows: **Athletes need to be ready to jump in the water at 7:15! Warmups start at 7:30.**

June 19<sup>th</sup> – Time Trials @ Dorchester (Home meet)

June 26<sup>th</sup> – WOW Vs. IH @ Dorchester (Home meet)

July 3<sup>rd</sup> – No meet. 4<sup>th</sup> of July weekend

July 10<sup>th</sup> – WOW vs. AST @ Accokeek (Away meet)

July 17<sup>th</sup> – WOW vs. WA @ Dorchester (Home meet)

July 24<sup>th</sup> – Divisionals @ Dorchester (Home meet) (ALL HANDS ON DECK!!)

July 31<sup>st</sup> – All Stars @ TBA

## Practice Expectations

- a. Positive attitude. Negative comments and attitudes are contagious and can bring other athletes down.
  - b. Encourage each other. Athletes can help more than coaches can in many situations
  - c. Be patient. There are 90+ athletes and only 2 coaches.
  - d. Funday Monday
    - i. Do not automatically expect Funday Mondays. Monday's WILL be practice days. "Fun" activities will be announced ahead of time when appropriate.
  - e. Please be as punctual as possible.
2. Attendance expectations
    - a. AT LEAST 2 Practices per week to swim @ meet.
    - b. 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.
    - c. If there is a scheduling issue for athletes to get a ride to or from practice and you need to change their practice time, please talk to Coach G. first. In most situations, it is not an issue but some situations can be trickier.
  3. Meets
    - a. **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.
      - i. Curtesy for coaching staff and other athletes
      - ii. ATHLETES – DO NOT RELAY INFORMATION ABOUT BEING AT MEETS THROUGH A FRIEND. **TELL COACH G. DIRECTLY AND SIGN THE BOOK!**
      - iii. **SIGN THE BOOK THAT WILL BE ON DECK EVERY PRACTICE IF YOU WILL NOT BE AT THE MEETS!**
    - b. It is expected that you stay throughout the meet until all your events are done. Including Relays because they can change at a moment's notice.
    - c. Tentative Relay lineups will be posted before the meet. Changes can occur during the meet though.
    - d. After your races, stop by the coach's tent and talk to the coaches about your race.
  4. Nutrition
  5. Extras
    - a. Veteran swimmers, if you'd like to help with other practices, please speak to Coach G.