



TO: Discover

FROM: Coaching Staff

RE: Discover Expectation Levels

To help you understand what our expectations will be we have developed these guidelines. We will use these to help us determine what group you will swim in. These are not rules and they can be adjusted to suit your individual needs and goals in swimming. These guidelines will assist us in promotions from group to group and setting the direction in each group.

- 1) Attending at least 2 Practices a week.
- 2) Swimmer will have the desire to improve his/her swimming.
- 3) Swimmer will attend at least two workouts offered.
- 4) You will be learning about intervals and how to use the pace clock
- 5) You will be learning to be a leader in workouts (lead lanes)
- 6) You should encourage yourself and others to work harder. You will maintain a positive attitude about swimming.
- 7) The swimmer should be able to make 6 x 25 on - 1:30 and hold them all under :60.
- 8) The swimmer will be learning to legally perform all four competitive strokes.
- 9) You should be willing to learn about yourself and your potential capabilities by accepting and working towards achieving the challenges set before you.
- 10) Attention should be given to learn about adjusting to the conditions that surround you (leaky goggles, cold water, lane etiquette, reading the clock).
- 11) Swimmers need to learn about their body (eating, sleeping habits).