

## For the Swimmers

### **Be on time form Practice and Meets**

Whether arriving in a car pool or individually, be sure to arrive on time. The training period is carefully planned by the coach for your benefit - missing any part sets you behind.

**All BRY swimmers must be on time and fully participate in every meet warm-up period.** Failure to do so may result in your forfeiture of meet participation.

### **Dress Well**

Come to practice dressed for the weather. Your season's success is dependent of your health. Take care to be dried and dressed warmly before you leave.

### **Water Bottles**

Use of water bottles during practice is crucial for Age Group Advanced, Juniors, and Senior level swimmers. Swimmers using the water fountain during practice miss valuable practice time.

### **Before and After Practice**

You represent our team and the YMCA at all times. Conduct yourself accordingly. While waiting for practice to begin, please sit quietly on the bleachers. After practice, dry off and dress immediately. If you must wait for a carpool or another group to finish, do so quietly in the lobby. Do not interfere with other practices or other programs in the YMCA. We are a respected group as long as we respect others.

### **Meet with your Coach**

If for any reason you have questions or difficulties, be sure to consult your coach first. Use the proper lines of communication. Encourage your swimmer to address problems immediately with their coach. As parents, speak with your child's deck coach if you have any questions. Contact the Head Coach if you need additional feedback.

### **Mailbox**

Each team member has a mailbox for distribution of newsletters, meet awards, college recruiting materials, and whatever else is being handed out at practice. Check your mailbox each time you come to practice. If you share a mailbox, be sure not to take 2 copies of any flier.

### **Equipment**

Please bring these pieces of equipment with you to practice every day:

**Goggles, Fins, and Snorkel**

If applicable also bring a cap and paddles.

