



Eagle Swim Team

Age Group Program

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Assistant Coaches:

Zach Bishop

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Connor Hohlbein

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Our Job as Coaches:

1. Life Skills**
2. Performance

“Striving for Excellence in Swimming and Life.”

- Developing High Character Athletes and a High Character Team
- “Work beats talent, when talent isn’t working.”
- Swimming is 4 times more mental, than physical

“There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them.” -Dr. Denis Waitley



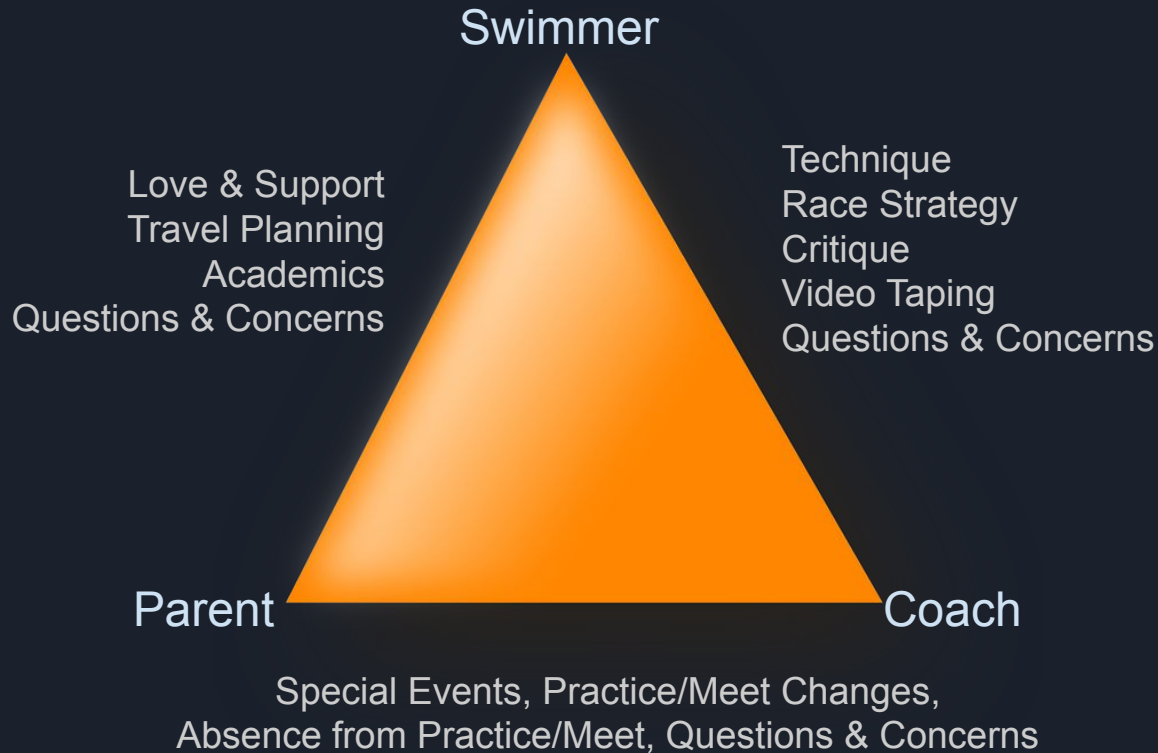


The -4- Immutable Rules of Improvement:

1. Show Up
2. Honor your teammates with your energy...
(and expect them to honor you with their energy)
3. Practice with Intention
4. Be thankful for the opportunities you have (to swim).

“It is better to be prepared for an opportunity and not have one, than to have an opportunity and not be prepared.” - Whitney Young Jr.

Triangle of Communication



Coach Ballgame

Please Give us Permission to Coach

“He who chases two rabbits, does not catch either.” - Coach Confucius

The Power of Parenting:



“Kids can do amazing things, if you give them a chance to prove it.” -Michael Brooks



Group Advancement

- Two Advancement Time frames per year
 - First Advancement (smallest)
 - Notice Sent Mid March (usually following Junior States)
 - Swimmer will start their new groups the beginning of April.
 - Second Advancement (largest)
 - Notice Sent Beginning of June (usually following EST Sizzler LC)
 - This is also the beginning of Re-Registration
 - Swimmer will start their new groups at the beginning of the new swim season at the end of August into the beginning of September
- Advancement criteria:
 - Coaches' Discretion
 - Maturity & Age
 - Attendance
 - Training Ability
 - Performance



Swim Meet Decorum

- Swimmers must arrive at least 15 minutes before host [or team] assigned warm ups, or Positive Scratch Deadline. Please communicate to your lead coach if you are running late, or plan to No Show.
- Swimmers must be prepared with:
 - Team Apparel matching colors of the day [if owned]
 - caps
 - goggles
 - extra caps & goggles
 - competition suit [and backup]
 - towels
 - water bottle
 - healthy snacks
 - sharpie [if needed]
 - Deck sandals/shoes
 - Deck Chair or Floor Pad



Swim Meet Decorum Cont'd

- Swimmers will be expected to use their technology responsibly on deck.
 - They may:
 - listen to music
 - check results
 - briefly text family
 - record another swimmers event
 - And other activities that actively involves the athlete in the team environment
 - They may not:
 - use social media
 - snapchat
 - video streaming
 - electronic games
 - And other activities that actively removes the athlete from the team environment
- After completion of all events and cool down, swimmers must check in one last time with their coach before they leave deck.

Swim Meets

Declaring Availability/Declining

- Go to [Team Website](#)
- If the Event is on the home page you can just select “Edit Commitment”
- If the Event is not on the home page select the “Events” tab and then select “Edit Commitment”
- Coaches will opt your swimmer into appropriate meets
- If you need to opt out - Click swimmer’s name and then click decline.

View/Edit All Meet Events Go Back to Event Home Page	
Click on Member Name to declare for this Event:	
Member Name	Member Commitment
Anderson Poirier *Active	✔ Committed
Callan Poirier *Active	✘ Declined



Team Travel Meets

- 13 & Older Swimmers are encouraged and welcome to travel on the bus (or plane), and stay in the hotel, with Chaperone supervision.
- 12 & Under Swimmers may attend travel team meets, but must travel with their family.
- To attend Team Travel Meets, swimmers must be eligible to swim a full schedule of at least 5 or 6 individual events.