

# 13-18 Age Group Expectations

- Come to practice on time every day with a positive attitude.
  - If you are early you are on time, if you are on time you are late.
  - Be ready to improve and willing to listen to your coaches.
  - Be willing to do more than anyone else.
  - Give your best every lap, and don't make excuses.
  - Be a mentor to the younger swimmers.
  - Volunteer with the team and attend swim team functions, especially the Swim a Thon.
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- Club swimmer expectations –
    - 13-18 Swimmers:
    - I would expect swimmers to be with the Flyer team as much as possible, there isn't much that your club team is doing that we aren't offering you here. We have an experienced, and highly qualified staff of coaches who can help you achieve your goals, and in this short sprint dominated season I would prefer you swim with the Flyers a majority of the time.
    - We will make you faster, we will make you stronger, we will make you better.
      - Volunteer 1-2x during the week
      - Relay starts and Relay exchanges/starts/turns on Fridays (as much of practice as possible) Make every extra effort to attend these, fast aggressive exchanges are crucial for bigger meets, swimmers need to be familiar with one another for this to be successful.
      - Thursday/Friday of Burlington and TriCounty Meets (maybe DB)
      - Volunteer 1-2x during the week
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- Volunteer opportunities:
    - Mini Team (10:30-11:30)
    - 9-12 practice (9:30-11:00)
    - Wednesday night meets
    - Group I (10:45- 12:00)
    - Group II (10:45 – 12:30)
    - Poster making/nail painting, etc on Fridays before meets
    - Age Group Coach