



Silver Squad Commitment

Silver swimmers practice five days a week for one hour. As a member of this squad you are expected to:

1. Maintain a monthly attendance of 95% (19 of 20 per month).
2. Be on time, stretched and ready to swim on time.
3. Have a gear bag containing:
 - a. Flippers
 - b. Paddles
 - c. Pull Buoy
 - d. Kickboard
4. Goggles adjusted to fit.
5. Attend at least 9 meets during the year (3 long course and 6 short course).
6. Become familiar with all drills.
7. Try to improve swimming skills with an honest effort at each practice.
8. Be familiar with your personal best times.
9. Put all gear away in its appropriate place.
10. Dispose of your drinking containers.
11. Help cover the pool (when in use).
12. Be on your best behavior while at practice and swim meets.
13. Report to the blocks 5 minutes before each event.
14. Report to your coach before and after each swim.
15. Swim down for at least 15 minutes after every event.
16. Warm-up 20 minutes prior to each event.
17. Sit with the team at meets.

Swimmingly,
Coach Ed

Swimmer

Date

Parent

Date