

VGST 2024 Coach/Parent/Swimmer Expectations

Coaches will:

- Arrive before practice and start practice on time.
- Divide swimmers into “like” groups to maximize instruction time.
- Teach all 4 competitive strokes, starts, turns, and finishes to the best of the swimmer’s ability.
- Devise practice sets to reinforce specific skills, to challenge swimmers, and improve their strokes.
- Teach the importance of “knowing your times”.
- Prepare all meet lineups with the objective to win the meet, challenge relays and individual swims, and put swimmers in the maximum number of legal events for that meet.
- Be available to the parents (via email first) for conferences or feedback.
- Abide by all VGST and GKAIISA rules and show good sportsmanship while interacting with coaches, swimmers, parents and our governing body of GKAIISA.

Swimmers will:

- Arrive on time for practice.
- Pack my own bag for practice with swimsuit, goggles, cap, towel, dry clothes, and warm clothes on cooler days.
- Be attentive during practice and be on my best behavior.
- Swim the events in a meet that my coaches want/need me to swim.
- Follow coaches’ instructions at practices, meets, and other team activities.
- Not miss any of my events at swim meets.
- Cheer for my relays and my teammates.
- Show up at meets to which I have committed on web site.
- Abide by all VGST and GKAIISA rules and show good sportsmanship while interacting with coaches, other swimmers, parents and our governing body of GKAIISA.

Parents will:

- Encourage my swimmer to attend at least 3 practices per week and to be on time.
- Encourage my swimmer to pack his/her own bag, including any necessary items.
- Maintain accurate meet commitments by swimmer(s).
- Work 2 dual meet shifts for every swimmer in my family. Also, work 1 shift at Green and White, and shifts at Smoky and City if swimmer participates in these meets.
- Find my own replacement to work a meet if I find I cannot work that meet.
- Be active on the committee that I am on or be subject to termination from the team.
- Keep my 10-and-under swimmer in the tent area during meets where event calls may be heard.
- Help take charge of my 10 & under child's relays to collect swimmers and take them to both ends of the pool.
- Be sure my swimmer reports to the Clerk of Course at the appropriate time before each event.
- Encourage and compliment my swimmer and leave the coaching to the Coaches.
- Abide by all VGST and GKAIISA rules and show good sportsmanship while interacting with coaches, swimmers, other parents and our governing body of GKAIISA

The Coaches created this form. We will uphold our expectations and help you honor yours!

Our family understands that the above expectations are essential to the success of VGST, and if not upheld will result in action deemed appropriate by the VGST Board. By electronic signature, I certify that we agree to uphold all of these expectations.