



Farragut Middle School Swim & Dive Team  
Coach/Parent/Swimmer Expectations



Swimmers & Divers will:

- ✓ Not be on my cellphone during any practice or swim meet.
- ✓ Show sportsmanship, at all times, to my fellow teammates and all members of other teams in KMSSL.
- ✓ Arrive to practices on time and prepared with all my gear needed to practice at my best, including for dryland.
- ✓ Arrive to all swim meets I have made an official commitment to on time and ready to swim/dive the events that my coaches need me to swim/dive.
- ✓ Cheer for my relays and my teammates when I am not competing at meets.
- ✓ Give my very best effort, follow coaches' instructions, and be attentive during all water/dryland practices and during all swim meets.
- ✓ Communicate directly with a coach before I am going to miss a practice or swim/dive meet.
- ✓ Communicate directly with a coach when I need additional support, have questions, or have concerns regarding my own swimming /diving and progress during the season.
- ✓ Comply with FMS Swim Team and KMSSL rules and show good sportsmanship while interacting with coaches, swimmers/divers, others, and governing body of KMSSL.

Parents will:

- ✓ Encourage my swimmer/diver to pack his/her own swim bag and arrive to practice with entire dryland attire on.
- ✓ Encourage my swimmer/diver to communicate with coaches their needs, concerns, and questions about their own swimming/diving and progress during the season.
- ✓ Declare my athlete's participation to each and every meet on the team website prior to the deadline.
- ✓ Communicate directly with a coach before my child is going to miss a practice or meet.
- ✓ Support coaching staff decisions and ask questions outside of assigned practice/meet time.
- ✓ Encourage and compliment my swimmer/diver after practices and meets, leaving coaching to the staff.
- ✓ Work meet shifts as required and find my own replacement to work a meet if I cannot work.
- ✓ Actively participate on the committee that I have signed up for.
- ✓ Comply with FMS Swim Team and KMSSL rules and show good sportsmanship while interacting with coaches, swimmers, others, and governing body of KMSSL.

Coaches will:

- ✓ Write weekly practices that reinforce good technique, challenge swimmers' mental and physical ability, and encourage improvement in all 4 strokes, as well as starts/turns/finishes.
- ✓ Arrive before practices start, begin all practices on time, and remain fully engaged with all swimmers for the duration of each practice.
- ✓ Prepare all swim meet lineups with the objective to maximize point value, assign competitive relays and individual swims, and enter all swimmers in the maximum number of legal events possible.
- ✓ Give positive feedback and constructive critique to swimmers during practices and swim meets.
- ✓ Be consistently available to swimmers to discuss any questions, concerns or support they may need this season.
- ✓ Be an opportunity of support to each individual athlete's mental and physical health throughout the season.
- ✓ Be available to parents (via email first) for discussions or feedback outside of assigned practice/meet times.
- ✓ Comply with FMS Swim Team and KMSSL rules and show good sportsmanship while interacting with coaches, swimmers, others, and governing body of KMSSL.

**I understand that the above expectations are essential to the success of FMS Swim, and if not upheld will result in action deemed appropriate by the FMS Swim Board. My signature below certifies that I agree to uphold all of these expectations.**

Swimmer's signature \_\_\_\_\_

Date \_\_\_\_\_

Parent signature(s) \_\_\_\_\_

Date \_\_\_\_\_