

# Sebastopol Sea Serpents

## Varsity Prep Practice Expectations & Goals

Part-Time Year-Round Practice Group  
2026-2027 Swim Year



Swimmer's Name: \_\_\_\_\_ Evaluation Date: \_\_\_\_\_ Coach: \_\_\_\_\_

### GROUP PURPOSE

Varsity Prep supports experienced swimmers who want continued development, fitness, or preparation for high school swimming with a reduced weekly commitment.

### TRAINING

- ☐ Selects and consistently attends up to three practices per week.
- ☐ Completes assigned training appropriate to current ability and goals.
- ☐ Maintains aerobic conditioning, strength, flexibility, and core stability.
- ☐ Tracks intervals, repetitions, and pace during assigned sets.
- ☐ Warms up, trains, and warms down with purpose.

### TECHNIQUE & COGNITIVE DEVELOPMENT

- ☐ Maintains legal technique in all four strokes, starts, turns, transitions, and finishes.
- ☐ Accepts coaching feedback and makes technique adjustments.
- ☐ Understands how practice habits support fitness, high school swimming, and competitive goals.
- ☐ Uses goal setting to identify an appropriate training and competition focus.

### CHARACTER DEVELOPMENT

- ☐ Maintains a positive attitude during workouts and training.
- ☐ Communicates scheduling conflicts and planned attendance with the coach.
- ☐ Demonstrates sportsmanship, self-motivation, and respect for teammates and coaches.
- ☐ Supports teammates and contributes positively to the training environment.
- ☐ Returns and organizes team equipment after practices and SSS-hosted swim meets.

### COMPETITIVE DEVELOPMENT

- ☐ Participates in required SSS team meets and events.
- ☐ Travel meets are optional unless otherwise agreed upon with the coach.
- ☐ Participates in Swim 4 Funds.

### OPTIONAL ADVANCEMENT TO PRE-SENIOR OR SENIOR

- ☐ Meets the applicable training, technique, cognitive, character, and competitive standards for the recommended group.
- ☐ Is prepared to meet the attendance, training, and competitive commitment required for the recommended group.

### RECOMMENDED PLACEMENT

- ☐ Continue in Varsity Prep — \$175/month
- ☐ Advance to Pre-Senior — \$185/month
- ☐ Advance to Senior — \$205/month

Coach Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### COACH'S NOTES

**MONTHLY DUES & PLACEMENT ACKNOWLEDGMENT** I have reviewed the group expectations and acknowledge the placement selected above. I agree to the monthly dues associated with that placement. I understand that group placement and criteria are established by the Head Coach and may be revised based on attendance, readiness, training commitment, competitive goals, or program needs. Discounts and additional fees are governed by the 2026–2027 Year-Round Team Policies.

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_