

# Coach DJ's Expectations for FHE Swimmers

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## I. In the Water (Training Expectations)

### Attendance & Punctuality

- Arrive 10–15 minutes early to practice, ready to get in the water on time.
- Notify the coach in advance of any absences (school commitments, illness, family events).
- Commit to consistent attendance to support personal and team progress.
- No usage of Smartwatches while in the water.
- Always come prepared with proper fluids (water, sports drinks, electrolytes – NO ENERGY DRINKS or CARBONATED BEVERAGES).

### Effort & Attitude

- Always give full effort, even on tough sets or 'off' days.
- Maintain a positive attitude — encourage teammates, avoid complaining, and show sportsmanship.
- Be coachable — listen attentively, apply feedback, and ask questions respectfully.

### Technique & Focus

- Focus on proper technique, not just speed.
- Strive for continuous improvement in starts, turns, breakouts and finishes.
- Avoid distractions — no unnecessary talking during sets or drills.

### Teamwork & Respect

- Support teammates during sets and meets — cheer, don't criticize.
- Treat all swimmers, coaches, and officials with respect and courtesy.
- Share lanes fairly & practice good lane etiquette (circle swimming, spacing, etc.).

### Meets & Competition

- Arrive early, in proper team gear, for warm-ups and events.
- Stay until the end of each meet unless excused by the coach.
- Demonstrate sportsmanship — shake hands, congratulate others, and represent the team well.
- All swimmers should thank and shake hands with Officials prior to leaving each meet.

## II. Out of the Water (Character & Responsibility)

### Academic Commitment

- Maintain good standing in homeschool coursework.
- Practice time management to balance academics, training, and rest.
- Represent both the team and homeschool community with integrity.

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## **Nutrition & Recovery**

- Eat a balanced diet to fuel training and recovery.
- Stay hydrated before, during, and after practices.
- Get adequate sleep (8–10 hours per night) for optimal performance.

## **Personal Conduct**

- Uphold honesty, respect, and self-discipline in and out of the pool.
- Avoid gossip, negative social media behavior, or disrespectful communication.
- Be a role model for younger swimmers.

## **Communication**

- Check team communications regularly. General team communications will take place through SportsEngine. Any other communications with swimmers must include Coach(es), Team Manager and Parents to remain in compliance with SafeSport.
- Communicate schedule conflicts or injuries promptly and respectfully.
- Parents and swimmers should work together to keep the coach informed.

## **Team Representation**

- Wear team gear at meets and official functions.
- Represent the program with class and humility.
- Remember: you are an ambassador for your homeschool, your family, and your team.

## **III. Leadership & Growth (for Captains & Co-Captains)**

- Mentor younger swimmers during practices or meets.
- Help set up and clean up for team events.
- Assist with warmups and verify that swimmers are aware of their events.
- Lead by example and show accountability — be the example, not the exception.