



SPEED DEMONS SWIM TEAM GUIDELINES

Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Senior</i>	6:30-7:30p	5:30-7:30p	6:30-7:30p	5:30-7:30p	6:30-7:30p
<i>Junior</i>	5:30-6:30p	-----	5:30-6:30p	-----	5:30-6:30p

Practice Begins Monday, September 24th

Senior swimmers are *11 years & older (placement is ultimately determined by Coach Cassandra based on skill and ability)

Junior swimmers are ALL swimmers *10 years & under

** based on their age as of Dec. 1st, 2018*

All practices are mandatory with one exception:

- ❖ Modified, JV, and Varsity SCHOOL sport participants are somewhat exempt from this. I have been rather lenient in the past with this rule... Here is the rule... You **MUST** attend *at least* one hour of YMCA practice a week and one hour of volunteer time with the Junior Practice per week. This includes Varsity swimmers. Plan accordingly. Swim Team is not a sport you can miss a lot of and expect to excel. Please attend as many practice dates as possible!

We are a competitive team and everyone's attendance is expected and necessary!

Communication via Remind

Coach Cassandra will be using the Remind app to relay important messages. The code to join is @speeddemon These messages will be 1-way conversations. If you need to get in contact with Cassandra, you can email (cizyk@yahoo.com) or text/call (315-529-7344) or speak to her after practice.

Team Practice Rules

- 1. Be ready to be in the pool at the start of practice.**
- 2. Be positive to yourself and your teammates. Negativity of any kind will not be tolerated!**
- 3. Be ready to work! You cannot do your homework or be on your phones while you're at practice so you might as well make the best of it.**
- 4. Water bottles, caps, goggles and other gear or equipment must be picked up before you leave the pool area. No one has permission to leave the pool deck before it is cleaned up.**
- 5. Practice will be fun and results will show if you listen to your coach and work hard.**

Parent Rules for Practice

- 1. You do not have to stay for practice but please stop in the pool area at least once a week to look at the bulletin board or in your child (ren)'s folder for any new information that may be added.**
- 2. Absolutely no parents are allowed on deck for any reason unless your child has a legitimate health reason.**
- 3. If you have an IMPORTANT question for Coach Cassandra, please wait until after practice to ask.**
- 4. There will be NO "coaching" from the bleachers or anywhere in the pool area at any time. At home... please encourage your child to work hard and listen to their coaches, but refrain from telling your child "how to swim" as techniques in swimming are always evolving. We don't want your child to be confused.**

Volunteering

In addition you will be asked to provide a valid email address and phone number to stay in contact with the Parents' Board. This year we are asking each family to commit to 5 hours of volunteering within the swim season. You can sign up for any dates you are available and a Chairperson will contact you. If you have questions you can contact the Speed Demon Parent Board by email at fsd.pgboard@gmail.com