

# Seahawk Swim Team 2018-2019

Coach: Lisa Purdy-Ciesielski 712-439-1833

Assistant Coach: Bronwen Dean 712-722-4762

Seahawks Swim Team Website- [www.siouxcen.org/seahawks](http://www.siouxcen.org/seahawks)

## Practices

Individual varied practices 4:00 pm-5:30 p.m. at the All Seasons Center – Sioux Center, IA 770 7<sup>th</sup> St NE (712) 722-3010

## Cancellation of Practice

When Sioux Center School cancels school for a snow day. Listen to your local radio station for that information. The coach will determine any other cancellations and a written or verbal notification will be sent home.

## TEAM RULES & EXPECTATIONS

1. Attend practices please. Be on time if possible, we start at 4 on Monday, Tuesday, and Thursday. Inform your coach if you plan to be gone from a practice.
2. **It is your responsibility to report to the coach whether or not you are going to participate in a meet 10 days prior to the date of the meet!**
3. Repeated occurrences of failing to be to practice and on time for practice &/or multiple early leaves will be taken into consideration when it comes time for awards and relay teams.
4. Be responsible with your own belongings – The coaches are not responsible for loss, stolen, etc. Bring your own items to practice (caps, goggles, suit, towel, etc.)
5. **No one may be in the water until a coach has given the warm-up workout and the O.K. to enter the water.**
6. Must follow stretching guidelines before and or after practice. This is for your benefit!
7. No disrespect to coaches, other swimmers, lifeguards and or property of the pool or others \*One warning then you will be dismissed from practice &/or meet.
8. All coaches expect you to try, ask questions, and work hard without complaining, whining, etc.
9. No tolerance to fighting, swearing, or substance abuse.
10. **Your behavior before and/or after practice or at a meet must be the best and with no incidence. If any problems would occur you will endure the consequences, which could lead to, but are not limited to expulsion from the team.**

## SHORT TERM GOALS

Provide an opportunity for all swimmers to develop good attitudes while learning or increasing skills of the four competitive strokes, including starts, turns, streamlining and finishes.

Commit to making practice happy and comfortable.

## LONG TERM GOALS

Create a lifelong recreational skill.

To provide every swimmer an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to high school competitors.

## IDEAS/ACTIVITIES TO DO FROM 3:30-4:00 or until coach arrives

1. Must be in the front lobby/entrance seated by the table and chairs (**not outside, not in the locker rooms, not in the hallway, not in the hockey arena, and not in the pool!**)
2. Rest, Relax and Chit Chat
3. Eat small healthy snack (no fighting over food)
4. Do your homework.
5. Use the restrooms located directly across from the hockey arena if needed.
6. **Behave, Please & Thanks!**

## SWIMMING REWARDS:

1. **Intrinsic rewards** – those that you personally achieve, feels good inside.
2. **Extrinsic rewards** – those that are given to you for something, usually not as meaningful as intrinsic rewards.

Examples:

- prizes given at some practices
- name placed on record board if record is broken
- Medal given for being a member of the swim team

Awards, like in the past, will also be given out at the end of the season at an awards banquet. Awards will be given, based on the criteria specified below.

- A. High Point Award** = given for top boy & girl in each age group for the most points accumulated from swim meets throughout the entire season.
- B. Senior Seahawk Award** = given to a male/female that portrays the following:
  - \* age 15-18
  - \* obeys all rules
  - \* interacts with all ages
  - \* good role model
  - \* demonstrates improvement in swimming ability
  - \* shows good sportsmanship & leadership
  - \* above average practice attendance
  - \* listens & cooperates with coaches
- C. Most Improved Award** = given to a male/female that portrays the following:
  - \* any age
  - \* obeys all rules
  - \* listens to coaches
  - \* times improved on every race in the entire season are factored in as to who improved the most
  - \* demonstrates large improvements on strokes
  - \* works hard every practice
  - \* maintains positive attitude
- D. Seahawk Rookie Award** = given to a male/female that portrays the following:
  - \* new to the swim team
  - \* obeys all rules
  - \* listens to coaches
  - \* nice to others
  - \* works hard every practice
  - \* maintains positive attitude
  - \* above average practice attendance
  - \* goes above & beyond for a new swimmer!
- E. Outstanding Seahawk Award** = given to a male/female that portrays the following:
  - \* new or old member
  - \* obeys all rules
  - \* listens to coaches
  - \* helps others
  - \* works hard every practice
  - \* maintains positive attitude
  - \* outstanding in practice attendance
  - \* shows good improvements

This is the criteria for earning an award. Knowing your expectations up front empowers you to be able to obtain an award.

Please feel free to ask Coach Lisa any questions or give suggestions at any time. Her home number is 439-1833 or email me [lkski@premieronline.net](mailto:lkski@premieronline.net)

Seahawk Information may be found at [www.siouxcenter.org/seahawks](http://www.siouxcenter.org/seahawks)