



T1/T2 Training Group Expectations

Coaches

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Practices

Practice Attendance

- Minimum requirement is 50% of practices during the season
- Many swimmers find greater success attending 3 out of 4 practices (or more) each week
- **If your swimmer will be absent from practice for an extended period of time (e.g., medical, camp, vacation) please e-mail the T1/T2 coaches in advance of the absence**

Practice Expectations

- Circle swimming - We swim on the "right side of the road" during regular practice sets for swimmer safety
- Leave the wall on time - we often start a set leaving the wall 5 seconds apart, or 10 seconds apart. Our swimmers are responsible for monitoring their clock and starting on time.
- Go to the bathroom before practice; bring a water bottle with you to the lane

For Parents

- For insurance and athlete protection purposes, parents are not allowed on the pool deck, or in locker rooms
- If you want to talk with a coach, we are generally available 15 minutes before and after practice. Just let us know and we will step off deck.

Equipment (all available at Elsmore Swim Shop in Brookfield)

- Mesh bag to hold your equipment
- Kickboard
- Fins for feet (also called flippers) - short or long fins are acceptable
- Water bottle for during practice
- Sneakers for dryland practices

Meets

Meet Attendance

- Minimum requirement is 50% participation in swim meets
- Specific dates not available to swim must be entered as a "note" during meet commitment



T1/T2 Training Group Expectations

- Changes in meet availability should be communicated as early as possible to avoid relay placement for your missing swimmer
- If there is a last minute reason you won't be attending the meet (i.e. illness), please text the T1/T2 coaches to let us know as soon as possible

Meet Expectations

- Arrive ON TIME - we have limited and very specific times to warm up, and we are managing dozens of swimmers. Late arrival means your swimmer won't get a warm up, or may lose their relay spot.
- Swimmers are responsible to report behind the blocks for their swims, and get to their race on time.
- Swimmers check in with their coaches before and after each race.

Tips on Meet Success

- Bring two towels, an extra cap and goggles, and warm clothes for between races
- Bring your own food and water - meets vary greatly on food availability for purchase
- Have your events written on your arm in advance of arriving in a format like this:

Event #	Event	Heat	Lane
3	50 Fly	3	4
9	100 Back	4	2