

# Greenfield Community Aquatic Team

## -Group Expectations-

### Cougar Cubs:

#### **Technique:**

- Demonstrate proper streamline position.
- Perform underwater streamline-no kick, and with kick.
- Demonstrate proper aquatic posture on deck, in standing and laying down (front and back) positions.
- Learn breathing for all strokes
- Begin learning how to push off and finish at the wall.
- Begin learning basic skills for open turns and flip turns.
- Demonstrate legal finishes for all four strokes.

#### **Practice Performance:**

- Attend a minimum of 50% of offered practices.
- Be able to complete an entire practice.
- Learn the reasons to come to practice.
- Understand why practice helps improvement.

#### **Character/Life Skills:**

- Become great at listening to the coach and following directions correctly.
- Have a positive attitude, and understand what this means.
- Understand that their own positive attitude can affect not only their own practice/meet performance but also that of their teammates.
- Show respect for all coaches, teammates, and parents.
- Behave properly in the locker rooms.
- Know the names of all teammates in group, and know some names of teammates in other practice groups.
- Know all coaches.

#### **Mental Training:**

- Understand what focus is, and how to do it.

#### **Requirements:**

- 25 Freestyle
- 25 Backstroke

