

Greenfield Community Aquatic Team

-Group Expectations-

Pumas:

Technique:

- Perform underwater streamline glide no kick to the flags. Perform these skills from a dive off the block, or the edge of pool deck, and from a push-off.
- Demonstrate proper aquatic posture on deck, in standing and laying down (front and back) positions.
- Become proficient at balancing body on front, side and back, with head/neck in line with spine, arms at side, as well as with arms extended in front.
- Learn the 4 competitive strokes, and be able to swim legally.
- Begin to understand the feel of and work on the high elbow catch phase of all strokes.
- Develop bilateral breathing patterns for freestyle
- Be able to breath correctly for each stroke – every 3 for freestyle and every 2 for butterfly.
- Learn legal and efficient turns in all four strokes.
- Demonstrate legal and efficient finishes in all four strokes, and perform for every finish.

Practice Performance:

- Attend a minimum of 60% of offered practices.
- Be able to complete an entire practice.
- Learn the reasons to come to practice.
- Understand why practice helps improvement.
- Understand a set based on listening.
- Know at least 2 drills for each stroke.

Competitions:

- Swim in at least 1 competition per season.
- Swim a good variety of events at the meets, as expected by coach.
- Be on time for events at swim meets-do not miss events.

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; know the names of all practice groups.
- Know all coaches.
- Demonstrate team pride by supporting and cheering on teammates at practices and meets.

Mental Training:

- Understand the idea of failure and learning from mistakes as being a necessary part of success.
- Understand and practice how to keep focus during practices and meets.

Requirements:

- Cougar Cub & Puma coach discretion
- Attend 50% of practices in Cougar Cubs
- 50 Freestyle
- 50 Backstroke
- 25 Butterfly
- 25 Breaststroke

