

Requirements for the Senior Black Groups (Baton Rouge, Lafayette and Nicholls)

- 93% attendance (on average 30/32)
 - o Senior Black Group Coaches retain discretion of accepting absences which do not count against the attendance figure
- Actions and attitudes match goal of the group
- Attend all competitions recommend by coaches
- Athletes must compete in and wear attire according to Crawfish Aquatics protocols
- Athletes must conduct themselves with honor and selflessness at all competitions regardless of circumstances
- Limited interference from high school competitions. Athletes can attend HS practices and meets, but practices must be coordinated with coaches and during HS meet meets, practice must first be attended that day, when feasible.
- No high school or summer league meet shall interfere, in any way, with a USA swimming meet that is on the schedule
- Must be active in club fundraising or clinics offered for younger club members
- Must live lifestyle appropriate for achieving greatest personal success
 - o Nutrition
 - o Academic success
 - o No drugs, tobacco product
 - o No alcohol consumption
- *Parental involvement in swimming decisions at a minimum*
- *Once swimmers achieve competency, the swimming relationship must be limited to coach/athlete for them to progress to their greatest capabilities while maintaining a certain level of sanity. Overbearing parents are a burden to the coach AND to the ATHLETE*
- Ideal quantitative measures, to be in and remain in Senior Black Groups
 - o At least 1 USA Swimming Sectional Cut (TSC cuts recognized)
 - o OR 2 USA Swimming Sectional Bonus Cuts (TSC cuts recognized)
 - Ultimately, Coaching staff has flexibility for allowances in group
- Goal is to qualify for and compete in Junior Nationals, US Open, US Nationals, Olympic Trials and/or competitions selected by Coaching Staff

Goals and Expectations of Senior Black Group

- Swimmers are expected to do everything within their power to reach their own potential
- Swimmers will consistently be team leaders and examples to the other athletes on the Team

Athlete Name: _____

Athlete Signature: _____

Parent/s Name/s: _____

Parent/s Signature/s: _____

Coach Signature: _____

Other Comments: _____