

Senior Grey Group **(Baton Rouge)**

Group Requirements

- 93% attendance (on average 30/32)
 - Coaches are Mathew and Billy (with oversight of Coach Jayme)
 - See Practice Attendance Policy for reference
- Actions and attitudes match goal of the group
- Attend all competitions recommended 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
- Full participation and meeting expectations of coaching staff in practices, meets and team events
- 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
 - Nutrition
 - Academic success
 - No drugs, tobacco product
 - No alcohol consumption
- *Parental involvement in swimming decisions at a minimum*
 - *Once swimmers achieve competency, the swimming relationship should be limited to coach/athlete for them to progress to their greatest capabilities while maintaining a certain level of sanity. Overbearing parents can be a major challenge to an athlete's success.*
- Ideal performance criteria to be in, and remain in, Senior Grey Group
 - At least 1 USA Swimming Sectional Cut (TSC cuts recognized)
 - 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 Grey Group

- Swimmers are expected to do everything within their power to reach their own potential
- Be willing to work to be in Senior Black group
- Swimmers will consistently be team leaders and examples to the other athletes on the Team
- Parental Support
 - Swim A Thon Fundraising more than the minimum requirement is requested and/or
 - Volunteering at all competitions [officiating, support staff, timing, marshalls, etc]