

Requirements for the Senior White (Baton Rouge)

- 80% attendance (on average 20/25)
 - o Coaches Mathew and Billy (with oversight of Coach Jayme)
 - See Practice Attendance Policy exists for reference
- Actions and attitudes match goal of the group in conjunction with Senior Black
- 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.
- 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*
- Ideal quantitative measures, to be in and remain in Senior White
 - o State Scorer- make a second swim
 - o Met practice attendance requirements of group prior to ever moving up
- Goal is to qualify for and move to Senior Grey Group or Senior Black Group
- Swimmers are expected to do everything within their power to reach their own potential