

# **Responsibilities of Coaches & Swimmers**

## **Responsibilities of the Coaches**

The main responsibility of the coaching staff is to provide the best possible training (technical and conditioning), motivation and an environment to help each swimmer realize his/her potential. The coaches are happy to discuss the progress of the swimmer or any concerns that a swimmer might have. If you need to talk to one of the coaches, please speak to them after practice. The coaches numbers are:

Amanda Bonan – 201-760-2622  
Michael Zoeller – 201-934-5079

## **Responsibilities of the Swimmer**

Each new swimmer must pass a deep water test. This will be given during the first week of practice.

Attend practices regularly.

Attend meets and be prepared to do the best they are capable of.

Arrive on time and be prepared to swim and accept constructive comments from the coaches.

Bring all necessary equipment (suit, towel, goggles, cap, water bottle).

Warm up with the team.

Know the events you are swimming in.

Rest while waiting for your event.

Swim your event.

Stay in the designated waiting area between events.

Be respectful and courteous to your teammates and the other team.

Have Fun!