

Seahawk Swim Team 2025-2026

Coach: Lisa Purdy-Ciesielski 712-439-1833

Assistant Coach: Bronwen Dean 712- 449-5011

Seahawks Swim Team Website- www.siouxcenter.org/seahawks

Practices

Individual varied practices 4:00 pm-5:30 p.m. at the All-Seasons Center
Sioux Center, IA 770 7th St NE (712) 722-3010

Cancellation of Practice

When Sioux Center School cancels school for a snow day. Listen to your local radio station for that information. The coach will determine any other cancellations and a written, e-mail, Facebook or verbal notification will be sent home.

TEAM RULES & EXPECTATIONS

1. Attend practices please. Be on time, if possible, we start at 4:00 pm.
2. **It is your responsibility to report to the coach whether you are NOT going to participate in a swim meet 10 days prior to the date of the meet!**
3. Be responsible with your own belongings – The coaches are not responsible for loss, stolen, etc. Bring your own items to practice (caps, goggles, suit, towel, etc.) **No electronic device used in locker room!!**
4. **No one may be in the water until a coach has given the warm-up workout and the O.K. to enter the water/pool.**
5. Must follow stretching guidelines before and or after practice. This is for your benefit!
6. No disrespect to coaches, other swimmers, lifeguards and or property of the pool or others *One warning, then you will be dismissed from practice &/or meet.
7. All coaches expect you to try, ask questions, and work hard without complaining, whining, etc.
8. No tolerance to fighting, swearing, or substance abuse.
9. **Your behavior before and/or after practice or at a swim meet must be the best and with no incidence. If any problems occur you will endure the consequences, which could lead to, but are not limited to, expulsion from the team.**

SHORT TERM GOALS

Provide an opportunity for all swimmers to develop good attitudes while learning or increasing skills of the four competitive strokes, including starts, turns, streamlining and finishes.

Commit to making practice happy, safe and comfortable.

LONG TERM GOALS

Create a lifelong recreational skill.

To provide every swimmer an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to high school competitors.

IDEAS/ACTIVITIES TO DO FROM 3:30-4:00 or until coach arrives

1. Must be in the front lobby/entrance seated by the table and chairs (**not outside, not in the locker rooms, not in the hallway, not in the hockey arena, and not in the pool!**)
2. Rest, Relax and Chit Chat Quietly
3. Eat small healthy snack (no fighting over food)
4. Do your homework.
5. Use the restrooms located directly across from the hockey arena if needed.
6. **Behave, Please & Thanks!**

It is not the ASC staff to attend to swimmers prior to practice- rules must be followed-

Please feel free to ask Coach Lisa any questions or give suggestions at any time.

Home number: 439-1833 e-mail: kl斯基@premieronline.net

Seahawk Information may be found at www.siouxcenter.org/seahawks