

Mentor guidelines:

- 1) You are swimmers FIRST... we love that you are volunteering to help us out but your most important duty is to be a swimmer first, then a mentor. You are going to be in the spot light as role models for all of the younger swimmers and if they see you putting swimming second, they will too.
- 2) SAFETY... this is why we need mentors! The pool is too big and we have too many swimmers for a safe practice with just coaches. You should be aware of your surroundings at all times, even when helping another swimmer. Make sure no heads are under that shouldn't be.
- 3) Keep the talking to a minimum... we know you are friends, so are the coaches but during practice the swimmers are more important. If you are talking with each other you are more likely to miss a swimmer that is struggling.
- 4) Listen to all directions given by the coaches... If you don't know what we are doing, how will you help the kids? Make sure you can hear the coach when they give directions. It is more important for you to know the set than for the kids to.
- 5) Challenge your swimmers... count to five before helping them. The harder you push them (safely) the more they will surprise you. Most beginning swimmers are nervous and will be more nervous if you help them too much because they will think they can't swim without you.
- 6) Be a cheer leader... you are role models so you are the individuals on the team that I expect the most out of. I expect you all to lead cheer with the younger swimmers and participate in all spirit activities.
- 7) Be accountable... your coaches need to know they can count on you. Show respect to your coaches and set an example to the rest of the swimmers on the swim team. Please be on time and come as often as you can. Those mornings get really early and it is hard to get out of bed and come but like I said above... we need you!
- 8) Be prepared... please come dressed and ready! We need you to be the first in the pool so we can start practices on time.

Name:

Parents Name:

E-mail:

Phone:

Swimming experience:

Number of years:

Skill level:

Acheivements:

Coaching and Leadership Experience:

Check the days you can work:

After school practice: ___ Mon ___ Tues ___ Wed ___ Thurs ___ Fri

Morning practice : ___ Mon ___ Tues ___ Wed ___ Thurs ___ Fri

List any days or weeks you will not be here:

Parent or Guardian Approval:

I give permission to allow my child to participate as a Mentor on Potomac Station Swim Team.

Signature

Date