



WYC IKAIKA WATERMAN'S PARTICIPANT GUIDELINES



As program director of the WYC IKAIKA WATERMAN'S, I am honored to have the opportunity to work with you or your children. My goal is to make every experience I provide through WYC IKAIKA Waterman's a positive one for everyone. With that goal in mind, I believe in the importance of communication of expectations, goal setting and planning. Please read the following guidelines and sign below if you are prepared to follow this amazing journey together.

As a coach, my goal and promise is to continue to learn to be the best coach I can, to listen and learn from my athletes, and to understand that my achievements will be assessed by my athletes' achievements, attitudes and enjoyment. I look forward to assisting you in becoming the very best you can be, through positive, informed and consistent coaching. Your attitude will be expected to be one of self discipline, respect and self belief. The ASPIRE PHILOSOPHY can be translated to encompass all areas of your life and, as your coach, I will also strive to display the ASPIRE PHILOSOPHY both on and off the water.

To be successful in any chosen field of endeavor, you need to enjoy what you are doing. To reach the highest level requires a true "passion" supported by dedication and hard work.

Cheers
Coach Shelley

THE ASPIRE PHILOSOPHY

ASPIRE : Attitude, Sportsmanship, Persistence, Individual, Respect, Evaluate & Enjoyment.

ATTITUDE: A positive attitude that shows respect for others through my actions. Being on time and prepared for all team events and workouts. Looking for the positive in all situations, being positive towards teammates and all I meet. Being aware of the consequences of my actions and words.

SPORTSMANSHIP: Behaving on and off the water like a champion by: encouraging others, always doing my best, & being understanding of all club members, volunteers and officials. Enjoying the achievements of myself & others.

PERSEVERANCE: I will keep finding ways to improve myself, understanding that things worth working for take time and effort. If I'm struggling in anyway I will ask for help, to ensure my personal enjoyment and improvement.

INDIVIDUAL: I will take responsibly for myself and my actions. I will be understanding & tolerant of the individual needs of others.

RESPECT: I will respect myself, others, equipment and the guidelines set down for the club to ensure everyone's safety and enjoyment. I will respect all decisions made by the race officials (with a smile.)

ENJOYMENT AND EMOTIONAL DEVELOPMENT: I will find ways to enjoy the experience our club has to offer and help make this a great club for all concerned.

- (1) I have read the athlete guidelines and rules and will abide by them, while I am a member of WYC IKAIKA WATERMAN'S.
- (2) My family will take care of all payments and WYC club requirements in a timely manner.
- (3) I will be on time and check in at each training sessions or events.
- (4) I will ask to use any equipment and understand my responsibilities with equipment as stated in the rules. I will report any damages, & put ALL equipment back in the correct place, and help others clean up in a timely manner.
- (5) I will do the "spin" where ever I am and ensure I leave the area in the same condition, if not better than how I found it.
- (6) I will focus on being my best, and enjoying the physical and mental challenges, while I am at training. I will keep any talk POSITIVE AND TRAINING FOCUSED. I will encourage and support my teammates to improve and find the positive in all experiences.
- (7) I will be prepared for each session. Read the program (if applicable) & prepare my mind & body, have my equipment ready and my goals set. I will bring all my training tools ready to use at each session, including GPS, metronomes, swimwear & running shoes.
- (8) I will be courteous & thoughtful at all times, If you can't say anything "NICE" ,don't say anything at all. If someone does something you don't like, say, **"PLEASE DON'T DO THAT, I DON'T LIKE IT!"** They will respond: **'IM SO SORRY, I WON'T DO IT AGAIN!'** then you both **HIGH FIVE & MOVE ON!!**
- (9) I will be aware of what makes a great training session for everyone, if I have questions, coach will welcome them in a text, call or email.
- (10) I will read all correspondence and enjoy a positive journey!

PARTICIPANT

NAME:..... SIGNATURE :.....DATE.....