

Hydra Aquatics Athlete Expectations

At Hydra Aquatics, we believe that developing great swimmers begins with developing great people. Our expectations reflect our commitment to character, community, and competitive growth. These values align with USA Swimming's American Development Model (ADM), which promotes long-term development through competence, confidence, connection, and character.

Character, Culture & Community

Live with values. Swim with purpose.

- *Embrace Our Core Values: Uphold the mission and vision of Hydra Aquatics by modeling respect, responsibility, and purpose in every aspect of your swimming journey.*
- *Focus on Holistic Development: Strive to grow not just as an athlete, but as a person-developing confidence, leadership, resilience, and life skills that will serve you beyond the pool.*
- *Demonstrate Respect at All Times: Treat teammates, coaches, officials, and competitors with courtesy and integrity. Great swimmers are also great sports.*
- *Foster Open Communication: Communicate with honesty and respect. Share concerns, ask questions, and listen actively to build trust and strengthen our team culture.*
- *Bring a Positive Attitude: Approach training and competition with enthusiasm, curiosity, and an open mind. Support others, celebrate growth, and welcome feedback as a tool for improvement.*
- *Be a Leader by Example: Whether you're new to the team or a seasoned swimmer, your actions matter. Inspire those around you by modeling effort, positivity, and accountability.*
- *Value the Team-First Mentality: Recognize that our success depends on each other. Lift up your teammates and understand that your personal best helps move the team forward.*
- *Respect Our Spaces and Equipment: Treat all facilities, gear, and teammates' belongings with care. Take pride in leaving spaces clean, organized, and ready for others.*

Training, Competition & Commitment

Show up with focus. Race with pride.

- *Be Present and Prepared: Show up on time and ready for all practices, meets, and team activities, with the*

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proper equipment and attire-including dryland gear.

- Give Your Best Effort Daily: Every practice is a chance to grow. Even on tough days, show up with focus and determination-progress is built through consistency.*
- Honor Attendance Commitments: Follow your group's expectations for training and meet participation. Being present is key to both personal and team success.*
- Take Ownership of Your Journey: Your effort, habits, and mindset shape your path. Embrace responsibility for your own development, both in practice and at meets.*
- Participate in Competition (When Applicable): Meets are an opportunity to test your skills and contribute to the team. Attend competitions regularly as assigned to your group level.*
- Compete with Purpose and Pride: Race at the highest level for which you qualify while staying grounded in good sportsmanship, effort, and humility-on good days and tough ones alike.*
- Follow Safe Sport Guidelines: Help protect the safety and well-being of all athletes by following USA Swimming's Safe Sport policies, including MAAPP and required trainings.*

Accountability Process

How we support athletes when expectations aren't being met.

- 1. Coach-Swimmer Check-In: Private conversation with their coaches about expectations, goals, and how they're feeling.*
- 2. Coach-Swimmer-Parent Meeting: A collaborative meeting to address concerns, share observations, and explore solutions together.*
- 3. Adjustments or Reassignment: If needed, we may recommend a change in group placement-or in rare cases, a temporary step away from the team.*

Our priority is growth. We will always work with honesty and care to help each athlete succeed in the best environment for them.