

### **Competition and Meet Participation:**

Competition is a crucial aspect of the Instinct Swimming program. Just as tests and quizzes provide valuable feedback to teachers on what areas in which students are strong and which they need more work, competition provides the coaches and athletes the same. As such, all athletes will be entered on all days of all meets designated for their practice group. Athletes will be entered in the events that the coaches deem necessary based on the long term developmental goals and placement within the season.

Meets are on an invitation basis, only athletes who maintain their practice group attendance requirements and prove to the coaches that they are able to represent Instinct Swimming in a positive manner will be welcomed to represent the team in competition.

Failure to compete in meets may result in removal from the team with no refund/reimbursement.

### **Travel Meets:**

Instinct Swimming participates in multiple travel meets per year. This is an opportunity for athletes to compete against all over the country. Travel meets are by invitation only. All costs of travel are the responsibility of the athlete's family.