

Relay Memo:

The following information is in an effort to allow some insight into the decision making process that the Storm Coaching Staff utilizes to make decisions regarding relays. We are a team and we make decisions that we feel are best for all of us. We appreciate your input if there is an oversight on our part, but please realize that the coaches' decision on these matters is final.

1. Achieved times:
 - a. Which season did they achieve the times, current or past?
2. Time of Taper:
 - a. When did swimmers achieve times?
 - b. Were all considered parties focused on the same meet?
 - i. Ex. Did swimmers beat others at a meet where they were tapered?
3. Times during the meet:
 - a. Considerations regarding relays will be taken into account during the meet.
 - i. For changes to be made swims need to be considerably faster.
 - .50 seconds in a 50
 - 1.00 Seconds in a 100
 - 2.00 Seconds in a 200
4. Other considerations:
 - a. Practice attendance
 - b. Meet attendance
 - c. General attitude during a season

Times achieved during a time trial will be considered secondary to the actual event during the meet. Time trials will fall under the above category description: (3. Times during the meet)