

ROTA TIBURONES SWIMMER/PARENTS CONTRACT
March 2011 – February 2012

Focus:

- Develop yourself and your swimming. Respect others for doing the same.
- Set goals and strive for “personal bests”.
- Always display good sportsmanship, which means winning and losing gracefully.
- Support your teammates and cheer them for their success.

Swimmer’s responsibilities:

- Arrive to practice on time.
- Bring water or sports drinks to practice (in a plastic bottle with your name).
- Arrive to practice in your practice suit, cap, and goggles ready to go.
- Have all equipment on deck for practice (fins, goggles, water, cap, etc.).
- Go to the bathroom before practice starts.
- Follow the pool rules at all times (i.e., behave responsibly, no running, no splashing or dunking others, and do not use kickboards or noodles as toys).
- Come to practice with a positive and polite attitude. **Rudeness and Disrespect will not be tolerated.**
- Help put away all equipment without being asked.
- Keep track of all your personal belongings. Label all equipment with your name.
- Clear the locker room as quickly as possible, do not play or linger around.
- If you miss school, don’t come to practice.
- If you are caught using drugs and/or alcohol, you will be removed from the team. **Zero tolerance.**

Parent’s responsibilities:

- Parents are members of the team as well and are expected to volunteer at meets and events.
- Ensure your swimmer is rested, nourished, and hydrated.
- Ensure your swimmer is prepared with all equipment for practices and meets.
- Make every effort to be aware of upcoming swim meets and sign your swimmer(s) up as early as possible.
- Ensure your swimmer is at the prescribed place at the prescribed time if signed up for a meet. No-shows take a slot away from another swimmer that could have participated, which is especially important for relay teams.
- Notify coaches of any behavior or medical conditions affecting swimmer (i.e., ADD, diabetes, dyslexia, hyperactivity, medications, previous injuries, etc.).
- Ensure your swimmer adheres to the pool rules.
- Support your swimmer(s) with encouragement and praise at all times.

Consequences for swimmers that exhibit unacceptable behavior:

Swimmers who take a disproportionate amount of the coach’s time due to *unacceptable behavior, lack of responsibility, or lack of interest in practicing* may be removed for the remainder of the practice session at the coach’s discretion. The three-strike rule applies meaning that if this action occurs three times you will be asked to leave the team.

Swimmer Signature/Date

Parent Signature/Date