

## Gold Swimmer & Parent Agreements

### INTENTIONS OF THE GOLD GROUP

- To Accept and meet the challenges, requirements and agreements to be in the Gold Group.
- To Value and be Satisfied with your choice to be in the Gold Group
- To Elevate swimmer performance through teamwork, self-responsibility, commitment, consistent and frequent training and time management.
- To Understand your impact on your groups overall training performance
- To Be committed to helping your” teammates” improve performance and achieve “their” goals
- To Grow and mature as a result of being in the Gold Group
- To Make lifelong friends and have fun as a result of working together with your teammates for a common goal.

### GOLD GROUP REQUIREMENTS FOR CONSIDERATION

1. 11 Years of age or older
2. Must have a minimum number of Red Times TBD based on age group, Blue times count as 2 red times
3. Must pass Test Set 8x100 Free 1:15, 1:25, 1;30
4. Must pass Test Set 4x200 IM 2:40, 2:50, 3:00 or Test Set 8x100 IM 1:40, 1:50, 2:00 TBD
5. Must pass Main Stroke Test Set 8x100 varies according to stroke and age
6. Must demonstrate **Good Practice Habits** including arriving on time and being “ready to swim” without being told, being responsible for one’s own equipment and have it ready every practice, is able to focus during practice and listen to the coach without being told, is able to complete sets without stopping or taking unscheduled rests, tries hard to complete the set as designed.
7. Must demonstrate a **Commitment to swimming** – swimming is your main sport, attendance requirements are met, participates in Dryland and demonstrates a desire to excel at swimming
8. Must demonstrate **Coachability and a Positive Attitude** by showing a willingness to follow coaching directions, is willing to try regardless of the outcome (successes or failures), and stays teachable.
9. Must demonstrate **Team Spirit and Loyalty** by being supportive of all teammates, being helpful and considerate to all team members, and treating teammates with respect and kindness.

\*All considerations are subject to Coaches Discretion, exceptions must be approved by the CEO/Head Coach.

### AGREEMENTS OF THE GOLD GROUP

#### ATTENDANCE

1. \_\_\_\_\_ I agree to attend a minimum of 4 practices per week and understand my Practice Attendance is reviewed quarterly.
2. \_\_\_\_\_ I agree to be responsible for my time management, including prioritizing school work and balancing swimming, and all other important areas of life i.e., family, church, friends, sleep. I understand the lifestyle of a high performance athlete is unique and not the normal schedule. I understand that my time is one of the most valuable thing I have and that I may have to make sacrifices from other things that are important to me in order to achieve my swimming goals and I am willing to do that to realize my maximum potential.

3. \_\_\_\_\_ I agree to be responsible for my own health and well-being and making sure that I get adequate sleep and rest. I understand that rest and recovery are as important as the hard work and training, and they go hand in hand to prevent injury and produce maximum results.
4. \_\_\_\_\_ I agree and understand the Gold swimmers have high achievement goals and I agree to start living the lifestyle of a high performance person. Gold swimmers must maintain appropriate nutrition, as well as abstain from the use of drugs, alcohol, and tobacco products.
5. \_\_\_\_\_ I agree and understand that as a Gold and high school level swimmer, it is preferred that high school practices have limited interference from club practices.
6. \_\_\_\_\_ I agree to arrive to practice on time with a positive attitude.
7. \_\_\_\_\_ I agree to hold myself accountable at every practice. This includes but it not limited to challenge myself daily, pay attention to detail, and focus at practice. Efficiently and quickly add/remove equipment when moving from set to set. Rest periods are planned and limited in order to promote maximum improvements.
8. \_\_\_\_\_ I agree to foster my relationship with my coach(es) and to communicate directly with my coach regarding my training, progress, swim meets, events etc. At the Gold level, the swimming relationship will be transitioning to coach/athlete, in order prepare the swimmer to reach the stage of autonomy. The individual who has the most influence of the athletes' success is the ATHLETE. Parental involvement at the Gold level should be that of fostering and nurturing swimmer/coach goal-setting and decision making to attain the highest possible level of success for each swimmer.
9. \_\_\_\_\_ I agree to have open communication with my coach if I have any problems or concerns. And I agree to go to the coach first and to my parents, then to the head coach, then to the board if I can't my situation solved.
10. \_\_\_\_\_ I agree not to gossip about the team, the coaches, team mates or any other teams or swimmers. I understand gossip is very destructive and can negatively impact the group and the team. If I have a problem with someone, I will have the maturity to speak to that person directly or get my coach or parent's assistance in being in communication to resolve the issue.
11. \_\_\_\_\_ I agree to attend all championship meets, advanced meets and any competitions recommended by the Coach.
12. \_\_\_\_\_ I agree and understand that I am required to obtain my IMX events, including all strokes and distances, including distance events as prescribed by the Coach.
13. \_\_\_\_\_ I agree to wear my designated team suit and team cap to all swim meets.
14. \_\_\_\_\_ I agree that Team tech suits or performance suits must be approved by the Coach and may not be worn at Eastern Committee meets and that they are only allowed at Invites, JO's and advanced level meets.
15. \_\_\_\_\_ I agree to have all the required equipment and to be responsible for my own things.
16. \_\_\_\_\_ I promise to conduct myself with honor and selflessness at all competitions regardless of circumstances.
17. \_\_\_\_\_ I agree to support the newer novice swimmers and I understand that as a Gold swimmer, we have a responsibility to encourage and be role models for all other practice groups.
18. \_\_\_\_\_ I agree to abide by the Athlete Code Of Conduct both in my words, actions and in all social media.
19. \_\_\_\_\_ I agree to be responsible for participating in club fundraising and to meet the minimum of \$250 during our Annual On-line Campaign or exceed the amount with no buyout. I understand this to be a swimmer responsibility and not my parents and I agree to actively raise a majority of all my fundraising requirements.
20. \_\_\_\_\_ I agree to also participate in the Swim-a-thon by raising the fundraising minimum.

21. \_\_\_\_\_ I agree and understand that the Coach may administer other sanctions appropriate to the breach of any expectation of this agreement, i.e., a swimmer ineligible to swim at upcoming meet or participate on relays if team suit is not worn, etc.

### **GOLD SWIMMER & PARENT AGREEMENTS**

\_\_\_\_\_ (Swimmer) I have read and understand the Intentions and Agreements to be a member of the Gold Group. I welcome the challenge and will do my best to become a successful Gold swimmer.

\_\_\_\_\_ (Swimmer) I have read and understand I am accountable for my agreements and that the following actions will be taken if I am unable to meet my agreements within reason. I understand this process of accountability is intended for my best interests as well as for the benefit of the group as a whole.

#### **WHEN SOMEONE CANNOT MEET THEIR AGREEMENTS – Steps of Accountability**

- **1<sup>st</sup> Time** - The Coach will speak with me about honoring this agreement and give me an opportunity to restore integrity or make a new promise depending on the broken agreement.
- **2<sup>nd</sup> Time** – The Coach and Head Coach will meet with me to see if this group is the appropriate group for the swimmer, if it fits the swimmers goals, schedule and needs. And put a plan in place to support the swimmer in following the above agreements.
- **3<sup>rd</sup> Time** – The Head Coach and Coach will make a recommendation for a more appropriate practice group and move swimmer to a better suited group that the swimmer can meet the agreements and expectations of the group.

(swimmer) I have read and understand my role in the GOLD group and will do my best to meet all my agreements and commitment to the team and in return discover my highest potential.

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*Swimmer Signature*

*Date*

I, the Parent, \_\_\_\_\_ have read and understand my role as a Parent of a GOLD swimmer and will do my best to support both the swimmer and the coaches to fulfill their agreements.

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*Parent's Signature*

*Date*

I, the Coach \_\_\_\_\_ understand my role as Coach of a Gold swimmer and will do my best to support both the swimmer and the parents to fulfill on their agreements and I am committed to helping your swimmer fulfill their goals and highest potential with our team.

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*Coach's Signature*

*Date*

#### GOLD SWIMMER GOALS

1. Have 100% attendance. It's not required but why not go for it? You won't know you can do it unless you try.
2. Face your fears, Don't be afraid to Fail. Learn to Fail without losing confidence. Elite athletes know how to set goals that aren't easy to obtain, then try and try and try again and never quit!
3. Understands that each practice is a necessary component for success, show up early, stay the entire time.
4. Don't take racing so seriously, it's just a race. Keep things in perspective.
5. Love the sport of swimming, and everything about it.
6. Be passionate about the art of racing
7. Be positive, guard your thoughts from negative and critical thinking. Recognize what you are doing well.
8. Have confidence in yourself. After all, you've made it into the Gold group which is not easy. So if you can that you can do anything you put your mind and and are willing to work for.
9. Enjoys challenges and difficult tasks, understands that these challenges build character and help the process of success in and out of the pool. Don't be afraid to ask for help and support.
10. Always seeks to do more then what is asked, is not satisfied doing the minimum
11. Understand that confidence is gained by being courageous and taking actions you've never taken before. Confidence, not arrogance is a key factor in being successful.
12. Give yourself honest self-assessment in practice and meets without putting yourself down.
13. Take responsibility for your actions and your impact on others in practice and meets
14. Understands that the "Athlete" has the most influence on the outcome, not parents, not coaches. Your success is within your power to effect.

15. Come to practice prepared with proper equipment and nutrition (water, sports drink, power bar)
16. Carry at all times spare suit, cap and goggles
17. Consult the coach concerning injury or illness or any other problems
18. Consult the coach when needing to miss practice to get an excused absence
19. Consistently offer the coach feedback on personal technique, training and meet performances
20. Improve ability to Focus and be involved in one's own process, mindful training gets results faster. No mindless training.
21. Commit to doing your best and when you fall short or break an agreement, address it directly and get back on track as quickly as possible. You do not have to do this perfection. It's PROGRESS NOT PERFECTION.
22. Support your teammates 100%. In order for one person to win everyone must win. Take on making sure your teammate is successful and you will find new access to have successful, purposeful practices.

**By committing to these goals, we believe you will create your best possible chance to achieving your highest potential not only in swimming but in every area of your life!**