**AGREEMENTS OF THE PLATINUM GROUP**

The following expectations and guidelines are set forth by the Head Coach

Each swimmer and parent must sign and return a copy of this contract to their Coach by the deadline tba.

I agree to attend a minimum of 95% of practices. Each and every practice is a necessary component for the success as a Platinum swimmer. You can miss approximately 2 practices per month

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.

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.

I agree to live a lifestyle of a high performance person that is appropriate for achieving greatest personal success. Platinum swimmers must maintain appropriate nutrition.

I agree and understand that as a Platinum level swimmer, my club training takes priority over high school practices and shall have limited interference from high school practices.

I agree to arrive to practice on time with a positive attitude. (Not 5 mins before Practice Starts).

I agree to train at or above my current level based on my experience and speed. I understand training at this level requires attention, focus, efficiency and velocity when moving from set to set and that rest periods are planned and limited in order to promote maximum improvements.

I agree to foster my relationship with my coach and to communicate directly with my coach regarding my training, progress, swim meets, events etc.  At the Platinum level, the **swimming relationship must be limited to coach/athlete in order for the swimmer to have reached an appropriate stage of autonomy. The individual who has the most influence of the athletes’ success is the ATHLETE.** Parental involvement at the Platinum 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.

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.

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.

I agree to attend all championship meets, advanced meets and any competitions recommended by the Coach.

I agree to wear my designated team suit and team cap, team shirt or Warm Up to all swim meets.

(Arena Powerskin ST 2.0).

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. **Must be an Arena Suit, NO SPEEDO OR TYR**

I understand I can wear tech suits during practice prior to any advanced meet.

I agree to have all the required equipment and to be responsible for my own things. (Email Coach For list).

I promise to conduct myself with honor and selflessness at all competitions regardless of circumstances.

I agree to abide by the Athlete Code of Conduct both in my words, actions and in all social media.

I agree and understand that the Coach may administer other sanctions appropriate to the breach of any expectation of this agreement. (#1 Attendance).