**Gold Group Expectations**

I agree to attend a minimum of 4 practices per week. Each and every practice is a necessary component for the success as a Gold swimmer.

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 and understand that as a Gold and high school level swimmer, it is preferred that high school practices have limited interference from club practices.

I agree to arrive to practice on time with a positive attitude.

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.

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 Gold level, the swimming relationship will be transitioning to coach/athlete, in order prepare the swimmer to reach the stage of autonomy.

I agree to have open communication with my coach if I have any problems or concerns.

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.

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. **Team Suit Arena Powerskin ST 2.0**

I agree to have all the required equipment and to be responsible for my own things.

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

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.

**Warnings for not following Group Rules**

**1st 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. Will also help with planning goals that are reachable.

**2ndTime**–The Head 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.