

FONTANA AQUATICS CLUB

AGREEMENTS OF THE SENIOR ELITE GROUP

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

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

1. I agree to attend a minimum of 80% of practices. Each and every practice is a necessary component for the success as a Platinum swimmer. (e.g., if there is 22 practices per month you can miss approximately 3-4 practices per month)
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 things 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 to live a lifestyle of a high performance person that is appropriate for achieving greatest personal success. Senior Elite 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 Senior Elite level swimmer, my club training takes priority over high school practices and shall have limited interference from high school practices.
6. I agree to arrive to practice on time with a positive attitude.
7. 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.
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 Senior Elite 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 Senior Elite 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 my situation can't be 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.

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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 participate in any clinics, events or activities designed to support the newer novice swimmers and I understand that as a Senior Elite 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 \$200 during our regular season. 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 meets or participate on relays if the team suit is not worn, etc.

Swimmer's Name

Signature

Date

Parent's Name

Signature

Date