



## Performance Stream Commitment Contract for APJ and APS Swimmers and Parents

Swimmers and their parent/guardian must sign and return this Commitment Contract to be registered in the FAST Aquanaut Performance Junior or Senior group. All contracts must be signed and returned to the FAST Office before Sept 8, 2020.

The purpose of this commitment contract is to ensure an understanding and acceptance, from both the swimmer and their parent/guardian, of the rigour and intensity of training and performance expected by the coaches. A positive attitude and attendance are essential for this Stream; therefore swimmer/family commitment is a requirement.

By signing this Commitment Contract, you are agreeing that you understand, accept and will fulfill to the best of your ability, the following requirements for APJ or APS swimmer group.

### SWIMMER SECTION

As a swimmer in the FAST Performance Stream I will (please check each box):

- be dedicated to the sport of swimming, FAST will be my priority extracurricular activity
- take responsibility for my health, nutrition and overall well-being
- attend at least 90% of all team practices (including dryland practices and training sessions)
- attend 100% of swim meets I am qualified for
- have a positive attitude
- understand I will be expected to train over Holidays and March Break
- attend all scheduled LC practices
- move to a Modified Training Plan (MTP) should I have or incur an injury

I \_\_\_\_\_ (PRINT swimmer's name) understand and accept that should I not live up to the requirements listed above to the satisfaction of my coach, I may be required to move out of the Performance Stream into the Aquanauts Stream.

\_\_\_\_\_  
Swimmer's Signature

\_\_\_\_\_  
Date

### PARENT/GUARDIAN SECTION

As a parent/guardian of a Performance Stream Swimmer I will (please check each box):

- understand and accept my Swimmer's responsibilities (outlined above) to be a part of the Performance Stream
- support my performance swimmer in all ways as they uphold their commitment to this group
- understand and accept that parent/guardian volunteerism will be expected at swim meets

I \_\_\_\_\_ (PRINT parent/guardian's name) I understand and accept that should I not live up to the requirements listed above to the satisfaction of my swimmer's coach, they may be required to move out of the Performance Stream into the Aquanauts Stream.

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Date