

Cedar Swim Club

Senior National Group Coach/Athlete Contract

Senior National swimmers are expected to do everything within their power to reach their own personal potential.

The following expectations and guidelines are set forth by the Senior National Coach & Head Coach. Each swimmer and parent must sign and return this contract to the Head Coach.

1. *Attend a minimum of 96% of practices.* Each and every practice is a necessary component for success as a senior swimmer. Sr. Nat level swimmers shall have limited interference from high school practices.
2. Arrive to practice on time with a positive attitude.
3. Train at or above a level appropriate for current experience and speed.
4. *Foster a healthy coach-athlete relationship.* At the Sr. Nat 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 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.
5. *Live lifestyle appropriate for achieving greatest personal success.* Senior swimmers must maintain appropriate nutrition, as well as abstain from the use of drugs, alcohol, and tobacco products.
6. Attend all competitions recommended by Senior Coach.
7. *Participate in a various events (every distance) prescribed by Senior Coach.* Wear a team suit and team cap to all swim meets. Team suits and approved racing/performance suits (navy in color) are available through www.swimoutlet.com/cedarswimclub
8. Conduct yourself with honor and selflessness at all competitions regardless of circumstances.
9. Active in all club functions and fundraisers.
10. *Participate in clinics offered for younger club members.* Senior National swimmers are leaders on the team and must present a model for younger swimmers to follow.

Cedar Swim Club

Senior National Group Coach/Athlete Contract

Sanctions: Failure to meet the above expectations may result in revocation of the privilege of Sr. Nat Group membership. The Senior coach may administer other sanctions appropriate to the breach of any expectation of this agreement, ie. swimmer ineligible to swim at upcoming meet if team suit is not worn, etc.

Attributes and Characteristics of a Successful Sr. National Swimmer

(THESE ARE YOUR GOALS)

1. Has 100% attendance at practice sessions
2. Does not arrive late or leave early from practice
3. Understands that each practice is a necessary component for success
4. Incorporates both a team and individual approach to swimming
5. Loves to Race
6. Loves the sport and is committed to it
7. Has an open mind and believes that anything and everything is possible
8. Has confidence in themselves and in the work they have put in, as well in the obstacles and challenges they have overcome
9. Enjoys challenges and difficult tasks, understands that these challenges build character and help the process of success in and out of the pool.
10. Always seeks to do more than what is asked, is not satisfied with the minimum
11. Understands that confidence, not arrogance is a key factor in successful performances
12. Gives honest self-assessment in practice and meets
13. Takes responsibility for their actions in practice and meets
14. Understands that the "Athlete" has the most influence on the outcome
15. Comes to practice prepared with proper equipment and nutrition (water, sports drink, power bar)
16. Carries at all times spare suit, cap and goggles
17. Consults the coach concerning injury or illness
18. Consistently offers the coach feedback on personal technique, training and meet performances
19. Practices good self-talk during all practices and meets
20. Understands that focusing on the solutions is far better than focusing on problems
21. Above all commits to doing everything within their power to reaching their goals and maximizing their own potential

Cedar Swim Club

Senior National Group Coach/Athlete Contract

I have read understand the expectations. I welcome the challenge and will do my best to become a successful senior swimmer. I understand that if I do not adhere to these guidelines I can be removed from the Sr. National group.

Swimmer Name: _____

Swimmer Signature

Date

I have read and understand my role in the Sr. National level process and will do my best to support both swimmer and coach in achieving success.

Parent(s) Name: _____

Parent Signature

Date