

**GSCS**  
**Mako/Great White**  
**Athlete Agreement**  
**2021-2022**

I, the undersigned, pledge on my word of honor to MYSELF, my TEAM-MATES, and my COACH the following for the swim season.

1. I will attend all workouts without fail, unless I am ill or have special permission from the coach. If I am ill, I will try to let the coach know if it is at all possible.
2. During daily workout, my effort will be 100%. My coach will determine whether or not my effort is satisfactory to accomplish my goals.
3. I will do each phase of every workout exactly as planned for me.
4. I will apply myself 100% to the dry-land program the coach has set up for me.
5. In all areas regarding my swimming improvement, I will accept the fact that the knowledge and experience of my coach is the final word.
6. I realize that I represent my team-mates, parents, school and community and will act accordingly by choosing to behave in an honorable and fair way to all people.

In regards to all of the above, I sign my name below. I fully realize that if I fail to meet any of the above pledges, my coach has the right and the duty to dismiss me from the group. I also realize that I will be allowed to explain any infraction of the above to my coach, and if applicable, to my team-mates. I understand that this is not a legal contract, but rather a measure of how much my swimming means to me.

Name of swimmer: \_\_\_\_\_ Date: \_\_\_\_\_