



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Swimmer Agreement

### Cross Island YMCA Barracudas Swim Team

Respect your opponent \* Be fair \* Be a gracious winner \* Never be a sore loser

1. This is a competitive swim team and therefore demands a certain seriousness be taken. Practices cannot be a free for all and if you are disruptive, you will be asked to get out of the water.
2. Limited pool time and space force the coaching staff to demand full cooperation, attention, and effort. Any foul ups on your part hurt the team as a whole (ex: leave the wall on time; if you stop, get out of the way, and do not fool around within a set.)
3. Swimmers should behave in a responsible and respectful manner with coaches, teammates and visiting teams.
4. Swim team equipment should be brought on the pool deck at the start of each practice and not used as an excuse to miss part of the workout.
5. Being timely and dependable are key. Excessive lateness and absenteeism defeat our purpose. Practice doors may have to be closed if the lateness problem persists. Being late for meets is unfair to coaches who must make scratches and to yourself since you miss warm up.
6. Getting fast results at meets requires you swimming through minor aches and pains at practice. Complaining of these problems frustrates coaches and lowers team morale. Please come to swim hard and arrive with a positive attitude. (Of course any serious or persistent pains should be brought to coaches' and parents' attention.)
7. Treat teammates with the respect and spirit that all good teams have. Fighting, arguing, insulting, spitting water, pushing, refusing to let swimmers pass, holding teammates up, etc. will not be tolerated.
8. All directions of coaches and YMCA staff members are to be followed completely. Member IDs are to be shown when entering the YMCA each visit.
9. A winning attitude just as important as great times in the pool. We will try hard and not quit in meets and practices.
10. Practice *teamwork* with all fellow swimmers and coaches by practicing the YMCA core values of *Honesty, Responsibility, Caring, and Respect*.
11. The Swim Team Coaching Staff is committed to working with all YMCA swim team members in a fair and consistent manner. The coach will follow the following procedure for program participants who do not follow team rules:
  - a) Warning
  - b) Warning - Inform participant's parent of concern
  - c) Warning - Meeting with participant and participant's parent to determine corrective action
  - d) Suspension from program
  - e) Dismissal from programProgram and membership fee refunds will not be given due to any disciplinary action taken

Our Goal is to compete and have a good time. If we win, Great!

Swimmer Signature \_\_\_\_\_

Date \_\_\_\_\_