

## College Park High School Swimming

[www.collegeparkaquatics.com](http://www.collegeparkaquatics.com)

Head Coach: Vicky Dewey

### Athlete Contract

I \_\_\_\_\_ am joining the College Park High School Swim Team with the understanding that I will give my best mentally and physically at all times. I am TEAM first, myself second.

I will abide by the rules regulations and protocol of College Park High School, the College Park coaching staff, officials and the (National Federation of State High School Associations (NFHS) with no exception. If I do not know or understand or have any uncertainty of protocol it is my responsibility to ask a coach or official.

Even though the College Park swimming program is open to all levels of athletic ability, I do understand it is a privilege; not a right; to be a member and I must meet standards and uphold policies outlined on this contract in order to continue my eligibility as a member.

Please thoroughly read all Policies:

**Attendance/Lettering**

**Communication**

**Attitude/Disciplinary**

## Athlete Attendance/Lettering Policy

**Practice Timeliness:** In order to promote responsibility and courtesy to team and lane mates and avoid disruption; it is each swimmer's responsibility to be on time. We will close the gate 20 minutes after practice start time. It will be the individual swimmer's responsibility to make up the practice.

**Varsity Lettering Award:** In order to receive a Varsity Letter (in addition to the swim meets attendance policy) practice attendance must meet 90% or 4.5 practices a week by the end of the season which equals 54 practices attended. (based on 12 weeks)

**Participation Award:** In order to receive a Swim Team Participation Award (in addition to the swim meets attendance policy) practice attendance must meet 82% by the end of the season or 3.5 practices a week which equals 38 practices attended. (based on 11 weeks)

**Varsity:** All meets are required except: Roseville, YV, and non-league duals or double duals. *In addition to attendance, swimmer must have been either a varsity relay member and/or - individual event member for 80% of the meets of the season. (this does not include invitationals.)*

**JV:** All League meet and DAL JV Championship is required.

**Every Swimmer is expected to be in attendance at meets in entirety. If swimmer leaves meet early it will count as a meet absence. We will be a team at meets; this includes cleaning up together and cheering on our final relay. If extenuating schoolwork/test is the issue you must get a special clearance note from your teacher at least 3 days in advance.**

**-- Away meets: All swimmers are required to ride on the bus to the meets. If athlete is not coming home on the bus written note from parent must be given to the coach prior to the end of the meet.**

Practice Groups do not define eligibility for Lettering or that you will be placed as a Varsity Swimmer. Practice groups are solely for making groups organized based on send off times.

## Athlete Communication Policy

We expect SWIMMER-COACH communication no EXCEPTIONS. Parents please do not communicate on behalf of your swimmer. This is a life skill which can be started now. We welcome parents to view practice from bleachers. We discourage approaching coaches on pool deck during practice.

You are expected to communicate the following information:

\*If you can't attend a meet you are to sign out on **Team Unify**. If something comes up last minute you are still expected to communicate.

\*Only last minute extenuating circumstances that prevent you from being at a meet are to be texted or called.

\* We do understand you are a student first, an athlete second. Please talk to us about your academic goals and how we can help fit them into your athletic environment.

\* Injury- If practice sets can't be completed due to possible injury, after three days we will ask you to see a doctor. You may return to practice upon a doctor's note/clearance.

\*\*\*\*visiting the trainer- is not in place of a doctor visit if there is a possibility of injury.

*The trainer is available to make a recommendation for the next plan of action, if there is a possible injury he does not diagnose. The trainer is available for minor issues as well ie: stretching out sore muscles (over use) this is to be used before or after practice not during. The trainer does not determine what your workout is in effort, or other specifics of training.*

### Athlete Attitude Expectations:

**RESPECT YOURSELF:** Always do your best. Be positive about yourself. Learn how to make yourself better and apply it. Be willing to learn by listening to constructive advice and direction from your coaches. LISTEN WELL! COMMUNICATE WELL!

**Respect your TEAMATES:** Be supportive. Encourage them. Cheer them on. Find compassion in your heart. Be inclusive. Be positive during practice: "WE" can do this together.

**Respect your COACHES:** COMMUNICATE!! LISTEN!!

**We don't expect you to be an Olympian, but we do expect you to have a heart and attitude of one.**

### Disciplinary Action:

Although we don't anticipate disciplinary action and we set a tone for positive motivation there are times when we need to exercise certain protocol. Swimmers and Parent should be aware of this protocol.

Disciplinary action will be taken when **an athlete's behavior/attitude** (this is at the discretion/determination of the coach) **is interfering with the groups' ability to LEARN and GROW and it develops or can develop a possible negative moral of the team or safety protocol is violated.**

This includes sitting on the wall, not completing prescribed sets, (if injury related see **communication** protocol) timeliness at practice and meets including warm-up, talking when coach is talking.

Actions:

1. Coach-Swimmer Meeting- We will identify and discuss the behavior with the swimmer and what we can do together to modify it.
2. Coach – Swimmer-Athletic Director Meeting- We will discuss the behavior with both swimmer and Athletic Director.
3. If behavior continues the swimmer- the Athletic Director will notify the swimmer and parent and will be asked to leave the team.

I have read and understand the College Park Swimmers Contract.

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Print Swimmer Name

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Sign Swimmer Name

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Date

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Print Parent Name

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Sign Parent Name

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Date

***This sheet completely signed is required to be able to enter the water***

***This contract has been read and approved by the College Park Athletic Director James Keck, and reviewed and agreed upon by College Park coaching staff, operating committee and College Park Swim Team Leadership Committee.***