**SWIM AND DIVE TEAM COMMITMENT CONTRACT**

**STUDENT CONTRACT:** I pledge to attend at least 4 swim practices per week. These practices may be at Lakeside with my high school team (morning or afternoon practice) or at another year-round location that has been approved by a Coach. If I swim at an alternate location, I will give Coach Newmyer or Coach Danielson the contact information for my year-round coach. If I have tutoring or a meeting for a club after school which would cause me to get in the water later than 6:45 am or 3:45 pm, then that day will not count for one of my four practice days. I UNDERSTAND THAT I MUST ATTEND FOUR PRACTICES EVEN IF THAT MEANS ATTENDING MORNING PRACTICE. I also understand that Coach Newmyer, Coach Danielson and Coach Lanford expect me to be a leader in the school, in the pool, and in the community. Therefore, I will abstain from illegal substances to be a role model and to achieve the best performance in the pool.

Grounds for Removal from the Team:

* Academic ineligibility
* More than one week of not making 4 practices without a medical excuse
* Missing a week without a medical or bereavement excuse
* Gross misconduct (including but not limited to bullying/hazing, stealing, disrespect toward coaches and parent volunteers, poor sportsmanship)

**PARENT CONTRACT**: As a parent, I understand that my swimmer/diver may not participate in every meet. My son/daughter might not even participate in any meets at all if they are on JV, due to the size of our team and the limitations of entries for each meet. I understand that my son or daughter must make 4 practices the week prior to even be considered for the meet.

* I will do my best to volunteer for at least 3 sessions, and in any other way possible.
* I will encourage my son/daughter to attend practices and make them a priority even when there is a heavy homework load (studies show that physical activity increases test scores).
* I understand that should my son/daughter violate the above team rules then they will be removed from the team. (Academic ineligibility does have a suspension period, rather than straight removal). However, the coaches support parental actions that might involve suspension or removal from the team based on grades or other behavior as well.

PARENT Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

STUDENT ATHLETE Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_