**Swim and Dive Team Commitment Contract 2020-2021**

**SWIM AND DIVE TEAM COMMITMENT CONTRACT**

STUDENT CONTRACT: I pledge to attend as many practices as I can per week. These practices may be at Lakeside with my high school team (morning or afternoon practice depending on my assigned POD) 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. I am required to arrive 5-10 minutes before my practice session in order to answer COVID survey and have my temperature taken EVERY DAY. If I am late, I won’t be allowed in the pool area for practice. I also understand that Coach Newmyer, Coach Danielson, Coach Lanford, and Coach Creviston 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 any practices without a medical excuse (communication)➢ 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 the Ready Reserves due to the size of our team and the limitations of entries for each 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 grad es or other behavior as well.

COVID CLAUSE AND MOST IMPORTANT THIS YEAR: If we want to have a season, we MUST wear masks and socially distance. Masks should be the last thing that you take off before swimming and the first thing that you put back on before drying off after your practice or event. We pledge that we will wear our masks and socially distance not only on the deck but as much as possible in the pool for practice. I understand that I am assigned to a practice POD and lane. I am not allowed to attend a different session or even change lanes. When 2 –4 people are in attendance from my POD at practice, we will place ourselves on opposite ends of the pool or in the middle in order to ensure social distancing. After, Thanksgiving break and Christmas break, if I have been in a large group of people, I pledge to self-quarantine in order to help preserve the season and protect my teammates. Should I feel sick or be exposed to COVID, I will inform Coach Danielson or Coach Newmyer immediately. I understand this means I might not be able to practice for 10 days.

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

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