



## Tropical Storm Group Regulations Agreement

The Fox Valley WAVE Swim Team Tropical Storm group aspires to give swimmers a higher level of training to match their dedication level. This agreement holds swimmers to that standard.

Tropical Storm swimmers have dedicated themselves to the sport of swimming and want to focus on a higher training level with goals of being state champions and swimming at a national level and beyond.

Swimmers in this group will receive a higher level of attention and will be pushed to meet their goals. Swimmers will be expected to meet this high standard to remain in the group. These standards include, but are not limited to, the following:

- **WARNING ISSUING:**  
Any swimmer that does not meet the group standards will receive a warning. If the swimmer receives three warnings, they will be placed into another group (Tsunamis).
- **HEAD COACH COMMUNICATION:**  
Swimmers that are unable to attend a practice, or will be late, must let the head coach know as soon as possible. Missed practices that have been okayed by the head coach prior to practice will not result in a warning.
- **ATTENDANCE:**  
Swimmers are expected to attend ALL scheduled practices. Any missed practice, without prior communication with the head coach, will be met with a warning.
- **BEING ON TIME:**  
Swimmers will be “work out ready” a minimum of 5 minutes prior to the start of practice. This is the requirement for both dryland, weight room and swimming workouts. Swimmers that are not ready by this time will be given a warning.

- **ATTITUDE, ATTENTION AND EFFORT:**

Swimmers in this group are required to be at their best in every workout. Positive attitude, focused attention and maximum effort must be given at all practices. Swimmers consistently lacking in these areas will receive a warning.

- **TEAM LEADERSHIP/ROLE MODELS:**

Swimmers in this group will be looked up to by others on our team. Swimmers must present themselves in a positive and respectful manner while at practices and demonstrate a high level of maturity. Swimmers that do not meet this standard will be given a warning.

This form and its requirements must be agreed to, along with the coaches permission, in order to take part in this group. After speaking with your head coach, please return this signed agreement on, or prior to, the first day of practice:

Athlete/Participant: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

Parentboard Member: \_\_\_\_\_  
(From Fox Valley WAVE)

Date: \_\_\_\_\_