

## Covington Woods Swim Team Contract of Expectations

I, \_\_\_\_\_, am a member of the Covington Woods Swim Team and am aware of and promise to meet the following expectations in order to remain on the team:

- I am expected to be a good role model because the younger ones look up to me and my not only copy my strokes, but also my behavior.
- I am expected to swim all the events that I have been entered in a meet, regardless of which heat or if it's my worst stroke.
- If 11&Up, I am expected to swim the 100IM at least one meet per season.
- I will swim at least 4 events at prelims, preferably all 5.
- I will notify the Head Coach **in writing** if I must miss a meet, preferably at the start of the season, but definitely as soon as possible. If I become sick on Monday morning, I will call the Head Coach and let them know **before the meet** that I will not be there because my teammates are counting on me.
- The following are considered violations of this contract:
  - Profanity/cursing
  - Poor sportsmanship
  - Poor effort
  - Missed races
  - Refusal to swim assigned strokes
  - Disrespect to coaches, board members or adults
  - Horseplay, running, or diving into the pool outside of coaches' instructions
  - Smoking, extreme disrespect, physical contact and threats of violence – considered 3<sup>rd</sup> Offense and result in immediate removal from the team.

**Any violation of this contract will result in the enforcement of the team's 3-Strike Rule, which is as follows:**

1<sup>st</sup> Offense: I will be punished at the next practice via an appropriate combination of calisthenics, working on my least favorite stroke, etc.

2<sup>nd</sup> Offense: I will be denied all participation at the next meet and will be removed from consideration for all Special Awards (including High Point).

3<sup>rd</sup> Offense: I will be removed from the team without a refund of registration fees and without a trophy.

With each offense, written notice will be sent home with the swimmer as well as a follow-up call from either the Head Coach or the Board President.

Swimmer signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_