SCCA Swimmer Commitment Agreement

As a swimmer of SCCA Swim Team, I will:

1. Display proper respect and sportsmanship toward coaches, teammates, officials, parents, and the public, and I will refrain from any behavior that may discredit or embarrass the team or myself.

2. Listen intently to every SCCA coach and follow instructions by the coaches at practices, meets and team activities.

 3. Never interfere with the progress of another swimmer.

4. Be on time to all practices and meet warm-ups.

5. Put forth my best effort during every practice that I attend.

6. Be respectful of other people’s possessions and property. I will refrain from activities that cause damage to either.

7. Follow all pool rules and facility rules at practices and meets.

 8. Use appropriate language at all times at practices, meets and all other team activities.

9. Be respectful of all practice areas, meet observation areas, and swimmer assembly areas.

10. Respect the staff at SCCA pool including lifeguards and/or swim instructors.

11. Support and encourage my teammates at practice and meets.

12. Keep my coaches informed of any illnesses or injuries and/or inform my coaches when I am unable to attend a meet.

 13. Know all my events/relays that I will be swimming at swim meets.

14. Display a positive attitude and give an honest effort in training and competition. I will:

* Accept assigned practices/events without complaining.
* Refrain from being disruptive in my practice group or disrupting other swimmers in my practice group.
* Be a good sport no matter how I finish my race and shake the hands of other competitors after my race.

**Failure to follow the rules in this agreement will result in the following disciplinary actions:**

**Step 1:** Verbal warning

**Step 2:** On-deck push-ups, additional laps, or cleaning/organizing team/pool equipment depending on the situation.

**Step 3**: 5-10 minute on-deck time-out: Parents/guardians will be contacted after practice.

**Step 4:** Asked to leave practice or meet: If asked to leave practice, the swimmer will be provided a phone to call and notify their parent/guardian.

One per family—All swimmers and parents/guardians must sign this agreement

Family Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

As a member of SCCA Swim Team I understand that all swimmers represent our team as the face of the team at practices, meets and team events. I understand that in order to remain in good standing with SCCA Swim Team I must follow all of the expectations in the Swimmer Commitment Agreement. I have read and understand my responsibilities as a member of SCCA Swim Team. I understand and agree to the consequences if I do not follow the team behavior expectations.

 Swimmer #1 Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Swimmer #2 Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Swimmer #3 Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

As the parent(s)/guardian(s) of the above swimmer(s) I have read and understand the team behavior expectations. I understand and agree to the consequences set forth by the team for violating the team behavior expectations. I agree to wait until the end of practice to discuss any discipline or other issues with the coach.

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_