

PSC Swim Team Contract

(Please keep this page and return signature page, please!)

Head Coach: Kendra Paul

Asst. Head Coach: Kelli Hunter

As a swimmer of PSC, I understand that I am expected to:

- Respect teammates, competitors, parents, coaches and all staff
- Support and encourage teammates at practice and meets
- Be on time for practices and meets
- Be ready and on deck for practices and meets
- Focus on my own swimming and not on others
- Maintain a positive attitude:
 - Accept assigned practices/events without complaining
 - Refrain from being disruptive or use inappropriate language
 - Be a good sport when we win or lose
- Inform coaches of any doctor/dental appointments, haircuts, etc. that would cause me to miss a mandatory practice/ swim meet.
- Keep coaches informed of any illnesses or injuries.
- Know all events/relays that I will be swimming at meets
- Know not to leave a meet without checking in with one of the coaches.
- Always be prepared for swims needed by the team.
example: fill in for a relay.
- Stay for the whole meet and show support for my teammates.

Consequences

Failure to follow the rules in this contract as well as pool rules will result in the following disciplinary action:

Step 1: Verbal warning

Step 2: 5-10 minute time-out (Time determined by action)

Step 3: Asked to leave practice or meet

(If asked to leave practice, swimmer's parents will be notified by phone)

Step 4: Suspension and contact with parents, head coach, and aquatic directors. Length of suspension will be determined by the severity of the swimmer's actions.

Step 5: Expulsion from the team

** Note One or more of these steps may be bypassed to address instances deemed by the coaches to be severe or threatening to others.

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I have read and understand the information within this contract and agree to adhere to these policies.

Swimmer Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Head Coach Signature: _____ Date: _____