

Aquastarz USA Synchro Swimmer Conduct and Responsibilities

Swimmer Name:

Date:

Swimmer: USA Synchro Competitive swimmers are expected to do everything within their power to reach their own personal potential. Please read and *initial* each section and sign/date.

Parents: The following expectations and guidelines are set forth by the Aquastarz Board and the designated USA Synchro coach. Please review this agreement with your swimmer. Sign a copy and return it before the first practice.

Each and every practice is a necessary component for success as a USA Synchro Competitive swimmer.

_____ Attend all mandatory practices, on time with a positive attitude.

It is expected that a USA Synchro swimmer will have limited interference from other high school activities. All synchronized swimming practices are considered *mandatory* unless an arrangement/agreement is made more than 1 week prior to the practice. Any absence due to illness must be reported by texting Denise Johnson @ 530-632-1826 or assigned coach prior to start of practice.

_____ Swimmers will have a limited amount of time in which to learn their routines and demonstrate a complete knowledge of the choreography. A swimmer who is unable to learn the routine in a reasonable amount of time may be removed from the routine at the discretion of the coaches.

_____ Foster a healthy coach-athlete relationship.

At the USA Synchro Competitive level, the swimming relationship must be limited to coach/athlete in order for the swimmer to have reached an appropriate stage of autonomy. The individual who has the most influence of the athletes' success is the ATHLETE. AS such, the swimmer will be responsible for communication with the coach.

_____ Live a lifestyle appropriate for achieving greatest personal success. Therefore, swimmers must maintain appropriate nutrition and sleep patterns, as well as abstain from the use of drugs, alcohol, and tobacco products.

_____ Arrive on time and ready to begin practice dressed according to the scheduled activity.

_____ Conduct yourself in the spirit of good sportsmanship at all competitions, understanding that you are representing Aquastarz at all times, regardless of the circumstances.

_____ Participate in clinics/activities offered for younger club members. Be a mentor and example to other members of Aquastarz. USA Synchro Competitive swimmers are leaders on the team and must present a model for younger swimmers to follow.

_____ Failure to meet the above expectations may result in revocation of USA Synchro Competitive membership. Participation at the VFCAL level can be considered the following season. The USA Synchro Competitive coach may administer other sanctions appropriate to the breach of any expectation of this agreement.

I have read understand the expectations. I welcome the challenge and will do my best to become a successful USA Synchro Competitive swimmer. I understand that if I do not adhere to these guidelines I can be removed from the USA Synchro Competitive group.

Swimmer Name

Swimmer Signature

Date

_____ (Parent's initials). Parental involvement at the USA Synchro Competitive level should be that of fostering and nurturing swimmer/coach goal-setting and decision making to attain the highest possible level of success for each swimmer.

I have read and understand my role in the USA Synchro Competitive level process and will do my best to support both swimmer and coach in achieving success.

Parent Name

Parent Signature

Date

Attributes and Characteristics of a Successful USA Synchro Competitive Swimmer

1. Has 100% attendance at practice sessions
2. Does not arrive late or leave early from practice
3. Understands that each practice is a necessary component for success
4. Incorporates a team approach to swimming
5. Loves to participate and support teammates
6. Loves the sport and is committed to it
7. Has an open mind and believes that anything and everything is possible
8. Has confidence in themselves and in the work they have put in, as well in the obstacles and challenges they have overcome
9. Enjoys challenges and difficult tasks, understands that these challenges build character and help the process of success in and out of the pool
10. Always seeks to do more than what is asked, is not satisfied do the minimum
11. Understands that confidence, not arrogance is a key factor in successful performances
12. Gives honest self-assessment in practice and meets
13. Takes responsibility for their actions in practice and meets
14. Understands that the "Athlete" has the most influence on the outcome
15. Comes to practice prepared with proper equipment and nutrition (water, sunscreen, goggles, noseclip, training suit, cap)
16. Consults the coach concerning injury or illness
17. Consistently offers the coach feedback on personal technique, training and meet performances
18. Practices good self-talk during all practices and meets
19. Understands that focusing on the solutions is far better than focusing on problems
20. Above all commits to doing everything within their power to reach their goals and maximize their own potential