

Swimmer Conduct and Responsibilities

Swimmer Name: _____

Date: _____

Swimmer: Please read the following with your parent and sign/date at the bottom of the second page.

Parents: Please read this list of swimmer responsibilities and conduct expectations with your swimmer, print this form and initial on each line beside each responsibility, then sign and date on the page 2 and return this form at the first practice.

Parent Initials:

_____ Show up at practice on time and with a positive attitude. Be ready to begin as soon as you arrive at practice – this includes being sun screened and dressed **before the scheduled start time**.

_____ **If you will miss a practice** for any reason and the date has not been included on your Swimmer Availability Form, **you must text Denise Johnson @ 530-632-1826** as soon as you know practice will be missed to let the coaches know you will be absent.

_____ Swimmer Absences need to be noted on the Swimmer Availability Form at the start of the season. Routine practices are scheduled based on the availability of the swimmers in each routine, so please be accurate in reporting planned absences. Swimmers who have not completed the Availability Form by the deadline will not be assigned to a routine.

_____ Once routine practices begin in May, these practices are mandatory. Successful routine practices rely on the presence of all routine participants, therefore, any swimmer with 2 unexcused absences will be removed from the routine. **An unexcused absence is any absence not reported on the Swimmer Availability Form at the beginning of the season OR as soon as the absence is known about either via text or email to Denise.**

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

_____ Follow the "Rules of the Pool" at our pools and at the pools we visit for meets:

- Walk on deck - no running.
- No rough play or profanity allowed.
- Language and conversation topics at practice should remain appropriate for all age levels.
- Do not enter the pool without a coach or lifeguard at
- No swimmers are permitted on the diving boards.
- No glass bottles, jars, mugs, etc. on the pool deck.
- No cameras or video recording devices allowed in the locker room.
- No swimmer may participate if under the influence of drugs or alcohol. She will be sent home and a parent will be contacted.

_____ Establish goals, and actively train to achieve them.

_____ Work together with your teammates.

_____ Show respect for all coaches and lifeguards.

_____ **Keep your ears above water when coaches are giving directions.** Coaching many girls in the water is challenging due to the noise level of splashing water and all swimmers need to be extra good listeners.

_____ The consequences for talking back to coaches or not following directions will be as follows:

1. A verbal reminder will be given.
2. If needed, the swimmer will be asked to get out of the water for a short period of time to regain a positive attitude.
3. Swimmer will be asked to get out of the water for the remainder of the practice and parents will be contacted.

I, _____, agree to abide by the Aquastarz Swimmer

(Swimmer signature)

Conduct and Responsibilities.

Parent Signature: _____

Date: _____