

## SUMMATION OF SWIMMER RESPONSIBILITIES

- Appropriate behavior is required at all times. You represent your team. Inappropriate conduct will not be tolerated. Swimmers are expected to be cooperative and respectful of coaches and teammates at all times. Swimmers are not permitted to leave their chaperone/driver or the designated team area, without permission, for any reason. **Swimmers are not permitted to go anywhere alone.** You must be dressed modestly and appropriately at all times. Loud or disruptive behavior is not acceptable. Please remember that our neighbor guests in the hotel are likely traveling for business or vacation and do not appreciate being roused from sleep, as early as we usually have to, in order to get ready.
- Your equipment is YOUR responsibility both for practices and meets. (i.e. suits, goggles, noseclips, caps, towels, knocking materials, team uniform, clothes, toiletries, pack list items, etc.) You must come prepared. **Pack Lists are your friend. – Use them!**
- Assigned driver, room assignments and chaperones are non-negotiable. If there is a problem you should notify the coach immediately, and any changes are at their discretion.
- **Your presence is expected at ALL PRACTICES AND MEETS.** The schedule is posted in September for the upcoming season. If you have an unforeseen conflict or illness, please notify your coach in advance/immediately. There are occasionally additional practices prior to meets and shows. These practices are mandatory. Parents and Swimmers ~ Please realize that you are making a season-long commitment that affects your team. **Your teammates are counting on YOU!**
- **If a swimmer misses a meet** – At the following meet, she will be listed as an alternate on the team routine. Swimmer should also be aware that extra routines (solos, duets, trios) are subject to change for the following meet also.
- Consistent tardiness to practices is a problem for both your progress as a swimmer, and the progress of your teammates. Please make every effort to be at practice ON TIME. “On time” for practice means arriving early enough to stretch out and be ready to swim when practice begins.
- When traveling we dress as a team. When the team uniform is not required, please pack and dress appropriately. Attending breakfast at the hotel in your pj’s or swimsuit without a cover-up is not considered “dressed appropriately”. (just as an example)
- If you have an issue with another swimmer, let your chaperone know. If you have an issue with your chaperone, let your coach know. If you have an issue with your coach, let your parent know and they can contact Coach Karen. If you have issues in general..get over it.
- **Be cooperative, considerate and respectful, and SUPPORT YOUR TEAM!**

Poor conduct will not be tolerated at practice, competition or any team function. Acting or speaking out in public against/to a coach, chaperone or team member will not be tolerated and may result in your removal from the meet and/or suspension from the team at the coach’s discretion. This includes swimmers, chaperones and any family members.

**I have read and understood the above information.**

Swimmer’s Signature: \_\_\_\_\_

Parent’s Initials: \_\_\_\_\_