

TEAM RULES AND POLICIES

WOODLAND HILLS SWIMMING AND DIVING TEAM

Expectations and Responsibilities

As a member of the Woodland Hills Swimming and Diving Team, you must realize that it is a **privilege**, not a right, to be a member of this team and represent the Woodland Hills School District and its athletic department. It is your responsibility to agree to and follow the Team Policy and Rules set forth on the 1st page and below in this document. If you do not adhere to the team policy and the rules listed, you will be subject to **progressive disciplinary action (depending on the severity of the action)** and may be excluded from practice and held out of competition(s). If a violation is severe enough and/or is a chronic issue, you can also be suspended and/or dismissed from the team (as determined by the head coach and the Woodland Hills administrative staff).

You must agree to act in a law-abiding, upstanding, and forthright manner at all times and obey all rules set forth by the Woodland Hills Swimming and Diving coaching staff, the Woodland Hills School District, the WPIAL, and the PIAA. In addition, you agree to the team policies and rules in this document. **All of this is part of being a Woodland Hills Wolverine.**

Attendance and Effort

Being on time and in attendance both physically and mentally at every practice, competition, and any other obligations is mandatory unless excused by the **head coach** prior to a particular event. It is **your** job to communicate any situation with the **head coach** prior to a particular event. You will also be expected to give an honest **100 %** effort at every practice and competition, which will also require that you perform in any manner that is requested by any member of the coaching staff.

Absence, tardiness, and a lack of communication with the **head coach** that occurs from team practices, competitions, any other obligations, etc. and/or giving less than an honest effort while in attendance at those activities may end up in your being excluded from practice and held out of competition(s). In addition, if your attendance at practice falls below 90%, you may be precluded from postseason relays (WPIAL, PIAA meets). If a violation is severe enough and/or is a chronic issue, you can also be suspended and/or dismissed from the team (as determined by the head coach and the Woodland Hills administrative staff). **Members of the Woodland Hills Swimming and Diving Team realize that punctuality and honest effort are central to achieving success.**

Politeness, Respect, Honesty & Integrity

If it is determined that you have misrepresented yourself or lied to a coach, teammate, WHASD official or member of law enforcement, you may be excluded from practice and held out of competition(s). If a violation is severe enough and/or is a chronic issue, you can also be suspended and/or dismissed from the team (as determined by the head coach and the Woodland Hills administrative staff).

In addition, you must understand that at all times whether in practice or not, whether in uniform or not, you represent the Swimming and Diving Team and the Woodland Hills School District. If you choose to tarnish that representation, you can be excluded from practice and held out of competition(s). If a violation is severe enough and/or is a chronic issue, you can also be suspended and/or dismissed from the team (as determined by the head coach and the Woodland Hills administrative staff).

You will also always remain respectful towards the head coach and his coaching staff. At no time will "back talk", discourteous behavior/attitude or insubordination be tolerated. If you choose to disrespect or not listen to the coaching staff, you will be subjected to a **progressive disciplinary action** which could include being excluded from practice and held out of competition(s). If a violation is severe enough and/or is a chronic issue, you can also be suspended and/or dismissed from the team (as determined by the head coach and the Woodland Hills administrative staff).

If you choose to publicly display a negative opinion of a member of the coaching staff, teammate, opponent, or school official (on-line in any form, texting, statements made in the locker room or in any other public venue) you can be excluded from practice and held out of competition(s). If a violation is severe enough and/or is a chronic issue, you can also be suspended and/or dismissed from the team (as determined by the head coach and the Woodland Hills administrative staff).

The coaching staff at Woodland Hills is putting in as much time in and out of the pool as you are. We sacrifice time we could spend with our own families and friends to better your lives in and out of the pool. Disrespect and disobedience toward us will, again, **not** be tolerated.

It is important that every member of the Woodland Hills Swimming and Diving Team hold themselves to the highest possible standard of integrity and show supreme levels of respect to fellow team members, opponents, school district staff and coaches, law enforcement and parents/guardians. **This is all a part of learning how to become a responsible and productive member of society.**

Representing Woodland Hills in the Public Forum

You should be cognizant that your behavior both at and away from the pool is part of the image that is relayed to others about your school, your athletic department, your team and ultimately, yourself. Once you have decided to join this team, you are committed to it. Thus, you are a representative of the team immediately and that representation is always on-going. With that in mind, you must understand that as a member of an athletic team, your actions will not be viewed like the actions of members of the regular student body. You therefore must consider your actions on a 24 hour-a-day, seven day-a-week basis. You must understand that your actions represent the Woodland Hills Swimming and Diving Team, the athletic department, and the Woodland Hills Area School District.

At no time, without permission from the head coach, will you give an interview, post an opinion (on-line) or in writing (outside of class assignments). Any classroom assignments and/or on-line posts/texts, etc. that include comments about any member of the coaching staff or any member of the team (swimmers, divers, managers, etc.) are forbidden without prior approval. If you choose to not adhere to this rule, you can be excluded from practice and held out of competition(s). If a violation is severe enough and/or is a chronic issue, you can also be suspended and/or dismissed from the team (as determined by the head coach and the Woodland Hills administrative staff).

Academic Responsibility

The guidelines set forth in the Woodland Hills Student-Athlete Handbook pertaining to academics will be followed. Anyone in violation of those responsibilities will be subject to the consequences set forth by the Woodland Hills Area School District and its school board. **Members of the Woodland Hills Swimming and Diving Team should strive to make the greatest possible gains in their academic life while at school here.**

It is your responsibility to be successful academically. Part of that responsibility includes attending all classes, adequately preparing for evaluations, successfully completing homework and leaving enough time to complete project based assignments. Missing practice due to academic responsibilities will not be accepted by the coaching staff. Teachers give students adequate time to be successful in the classroom. Not only that, missing practice because of your lack of academic preparation hurts the team and will not be excusable in the eyes of the coaching staff. **Procrastinating will not be tolerated.**

Unless approved by the head coach, missing practice due to any academic issues can lead to your being excluded from practice and held out of competition(s). If a violation is severe enough and/or is a chronic issue, you can also be suspended and/or dismissed from the team (as determined by the head coach and the Woodland Hills administrative staff).

Sportsmanship and being a good Teammate

Good sportsmanship toward teammates and opponents, coaches and officials, at all activities in practice and at competition is a part of being a team member. A show of unsportsmanlike conduct is grounds for being excluded from practice and held out of competition(s). If a violation is severe enough and/or is a chronic issue, you can also be suspended and/or dismissed from the team (as determined by the head coach and the Woodland Hills administrative staff).

It is important as a member of this team to support and nurture your teammates on a daily basis while you help yourself to embrace the ideals set forth in the Team Policy and Rules. You need to try to encourage, respect, and lead each of your teammates to be better individuals every day.

It is also important to understand that in order for the team to be successful, it will be necessary at times to make sacrifices as an individual for the betterment of the team. To quote a science fiction movie of the past, "The good of the many outweighs the good of the few, or the one." In other words, you will at times have to sacrifice your own wants, needs, desires and even your pride for the betterment and success of the team.

Personal Property and Team Equipment

At all times, members of the team understand the value of having respect for others' property and for their own equipment. Stealing property of other members is not acceptable and can lead to your dismissal from the team. It is expected that if you check out or are loaned any equipment from the athletic department or team, it should be cared for and stored in the best possible manner. You are responsible at all times for keeping track of all equipment given to you.

_____ cut along here and return to Coach Reamer _____

PERSONAL AGREEMENT TO THE TEAM RULES AND POLICIES

By signing below, I agree to, and will uphold to the best of my ability, the above cited Team Rules and Policies for the Swimming and Diving Team at Woodland Hills and the common coaches rules set forth by the Woodland Hills Area School District Athletic Department. I understand that if I am found in violation of any of the rules I may be excluded from practice and held out of competition(s). If a violation is severe enough and/or is a chronic issue, I can also be suspended and/or dismissed from the team (as determined by the head coach and the Woodland Hills administrative staff). If I am dismissed from the team or quit the team, I understand that I will lose any privileges associated with being a member of the Woodland Hills Swimming and Diving Team.

Team Member's Name (PRINT) : _____

Team Member's Signature: _____

Date: _____

By signing above, I indicate my agreement.

Parent/Guardian Signature: _____

Date: _____