



CORONADO HIGH SCHOOL

2020 Swim Team Commitment & Expectations Contract

I, _____, as a student-athlete, understand that I am bound by a stricter moral and behavioral code than non student-athletes. As such, I will be responsible for conducting myself in a manner above and beyond non student- athletes.

I also realize that I am making a commitment to this program for the entire duration of the season. This commitment is not only to help myself improve and perform to the best of my ability, but to also help my teammates do the same and for the betterment of the team.

In choosing to accept this responsibility, I, along with my guardian, sign this contract and agree to be held to the standards set forth below:

- I will abide by all school rules and CIF guidelines and have completed all necessary paperwork to be eligible for competition.
- I will prioritize my life in a way so that family and self comes first, followed by my education and the swim team, with my social life coming after these are properly maintained.
- I will conduct myself in a manner that is consistent with the values and expectations placed upon on me to be a productive member of society and the team. I will exhibit respect to all teammates, coaches, opponents, and patrons at all times. This includes not using any profane or offensive language. I accept responsibility for all of my behaviors. Disrespectful conduct will be reviewed by the Head Coach and Director of Athletics and may result in disciplinary action.
- I will commit to proper hydration, nutrition, and rest throughout the season and will not partake in the use of illegal, recreational, or performance enhancing drugs.
- I will attend all classes as required and take advantage of any additional study opportunities needed in order to maintain a minimum “C” average grade. If I do not maintain this average, I will be subject to academic probation from competition.
- I will make attending all practices and meets a priority, and do my best to schedule other appointments and events around these.
- I will be consistent in coming to practice on time and fully prepared. This means I will show up every day and attend at least 3 swim trainings a week. While at practice, I will always give my best effort and focus on the task at hand. I will handle all borrowed equipment according to their intended function and be sure to clean up after myself.
- I will support my teammates at all times and push them to reach their fullest potential both in and out of the pool while looking out for the best interest of the individual and the team.
- During days of competition and at the event, I will represent the team through my actions and attire. I will always give my very best and win or lose with both honor and integrity. I will stay for the entire competition to cheer for and support my teammates even if I am not competing.
- If I know I am to miss a practice or meet, I will communicate that to the coaching staff at least 48 hours beforehand. I will email the coaches and CC my parents on it, so they are aware of me missing practice. If I don’t adequately communicate my absence to the head coach in this manner, I may be subject to suspension from the next competition.
- I know that suspension from competition does not excuse me from training. I will still be held accountable to attend all practices unless I have prior approval from a coach to miss them for academic, family, or medical purposes.

I understand that not meeting any of these commitments could result in my disqualification from receiving a Varsity Letter and any post-season honors, as well as potential dismissal from the team.

Student Name Printed _____

Student Signature _____

Date: _____

Guardian Name Printed _____

Guardian Signature _____

Date: _____



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Additions to Team Commitment & Expectations

The following are additional policies, procedures, and goals regarding team expectations:

- Although winning is a priority, personal and team growth is the main focus of this program. It is believed that building a culture where these are adequately strived for and attained, a winning season will naturally follow.
- Coaches are not on deck to simply be cheerleaders for the student-athletes. Coaches are hired to challenge and teach them adequate skills they can carry through life. This means that the coaches will provide guidance in discipline and accountability in a way that they deem is in the best interest of the student-athletes and the team.
- It is our goal for the student-athlete to not only develop necessary skills to perform in the water, but also in life. We hope that this program teaches student-athletes how to effectively meet their commitments, balance their time and obligations, communicate and work with other individuals, as well as redefine their own capacity to become the best version of themselves.
- Communication is important between coaches, student-athletes, and parents. Conversations regarding team roles, performance, expectations, etc. are to stay between the coach and student-athlete between the hours of 8am and 8pm.
- Communication between the student-athlete and coach should first be conducted in person, at practice or during meets. Necessary communication outside of these times should be conducted through email and, as a last resort, by phone call directly to the Head Coach.
- Issues regarding the team will initially be communicated between just the student-athlete and coach. If the issue cannot be resolved, meeting with a guardian, the athletic director, and school administrator will be conducted in that sequence if necessary.
- **Student-athletes are expected to register and commit to the swim team for the season by Friday, March 6, 2020.**

The following repercussions will be enforced if the student-athlete fails to meet the team commitments and expectations:

- If practice expectations for the week are not met (without proper communication and approval by Head Coach), the student-athlete will not be eligible to swim at the next meet.
- If meet expectations are not met (without proper communication and approval by Head Coach), the student-athlete will lose their eligibility to earn a letter in the sport.
- If the academic requirement is consistently not met and there is not a documented, concerted effort to progress with this requirement, the student-athlete may be subject to dismissal from the team.
- Severe/illegal behavioral actions that result in the physical or mental suffering of the student-athlete or another being will result in immediate dismissal from the team.