

Vision Charter High School Swim Team Contract

2018

By accepting a position on the Vision Charter High School Swim Team, I realize that I am committing to myself, my teammates and coaches, to give 100% effort at all practices and meets for the entire season. I understand that involvement with the team is an honor, not a privilege. I agree to abide by all Vision Charter, College of Idaho and IHSA & Coach Evans/Perkins' rules.

General Rules:

I understand that I:

1. Must always demonstrate behavior that reflects pride in Vision Charter School.
2. Must treat coaches, teammates, fellow competitors, meet officials and volunteers, and school personnel with respect.
3. Must exhibit good sportsmanship at all times.
4. Must abide by all YMCA rules while at the pool.
5. Must not smoke, drink, use drugs or alcohol, or use any other banned substances including over use of energy drinks.**

Practice Rules:

1. I understand that I am to attend ALL scheduled practices and team functions and that I must be on time. If I am late, or miss a practice, the following excuses will be accepted: a. Illness (requires a note from a doctor or parent) b. After school help/test make-up (requires a note from the teacher) c. Family Emergency (requires a note from a parent) I understand that if I am late for practice and do not have the approved note; I will not be allowed to participate in practice and will be charged with an unexcused absence. I understand that if I miss practice and do not provide the approved note, the absence will be unexcused. I understand that any 2 unexcused absences will render me ineligible to compete in the next competition and more than 2 may result in my not receiving a letter for the season.
2. I understand that practice is the time to prepare for upcoming competitions and that I will be focused on the task at hand. I will have all of the necessary equipment. I will give 100 % and will not distract my teammates. I will not engage in nor encourage any behavior that is detrimental to the team's preparation. If I am removed from practice for any of these reasons, I will forfeit any opportunity to compete in the next competition.
3. I understand that I am expected to attend ALL meets that I am scheduled to compete in, including Districts and States. Failure to attend will disqualify me from consideration for a letter. Absences from dual meets may be pre-arranged with the coaches prior to signing up for the events. After the season

begins, any absences from dual meets and any championship meets will only be excused for medical emergencies and deaths in the immediate family. Proper documentation will be required in these cases. Any unexcused absences will result in ineligibility for a letter.

4. I understand that dual meets are preparation for the championship meets and that the athletes will be scheduled to compete so as to allow the coaches to determine the best roster for the championship season. Any athletes who will not be available/eligible for the championship meets will be given a lower priority than the others, regardless of ability.

5. I understand that I must compete in more than one half of the dual meets to be eligible for Districts.

6. I understand that as a team member I have different roles at different times. I will be a representative of the school and team. I will be a competitor and sportsman. I will support and cheer for my teammates when I am not competing. I will give my best, whether it is in the pool, on the deck, or in the classroom.

7. I understand that I will wear the team uniform at all competitions. The team uniform consists of the team jacket, team suit, and team cap. I will not wear any unapproved apparel from the scheduled report time until the coach releases me at the end of the competition.

8. I understand that I will remain on the pool deck, except to use the restroom, during the entire competition period. If I leave the deck at any time without a coach's permission I may be removed from the competition. Any disciplinary action regarding this may result in forfeiture of eligibility for a letter. If I leave the facility prior to the post-meet team meeting I will be suspended from the next competition and will be charged with an unexcused meet absence.

9. I understand that wearing my team jacket, team suit and team cap is a privilege that is earned. It is paid for by the school and becomes the swimmers property after completing the entire high school swim season. Swimmers not meeting the school's, coach's and or the YMCA's expectations will be asked to return the team apparel.

Lettering:

1. I understand I must abide by all of the rules listed above.

2. I understand I must maintain academic eligibility throughout the entire season.

3. I understand I can earn a letter through one of the three methods listed below.

A. I understand I must earn a minimum of 15 - 25 points. (This number depends on the amount of meets the team is invited to. Swimmers can earn points through the following methods:

a. One point for each point earned in individual events in dual meets. In order to score you need to be in the top 6-8 seats over all, not just your heat. Points/Seats are based on the size of the meet.

- b. ¼ point for each point earned on a relay. Only two relays can score for any team
- c. 5 points for attending 35 or more practices during the season
- d. 5 points for a 3.5 GPA or above e. Additional points can be earned from team spirit activities and participation in other team activities at the coaching staff's discretion.

B. Qualify for the State Championship

- C. Seniors who are on the team for the duration of season and have not met the requirements to earn a letter, may be considered for a letter at the coaching staff's discretion.

4. I understand that if I miss any meet, don't have a pre-arranged absence approved by the coaching staff, and the absence is not a documented medical emergency or death in the immediate family, I will not be eligible for a letter.

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Complete and return this (last) page

Athlete's Name: _____

If you swim or dive year-round you must provide the following information.

Club Team: _____

Training Schedule: _____ Club Coach: _____

Coach's E-Mail: _____

My signature below acknowledges that I have read and understand the Vision Charter High School Swim Team participation rules. By accepting a position on the team I agree to abide by all of the rules as stated above.

Athlete's Signature: _____ Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____