



Best Practices for Athletes

WSC's Best Practices for Athletes are the WSC Coaching Staffs' *suggestions* for personal habits they feel, in their experience, are in the best interest of individual swimmers in meeting their personal goals and potential in the pool and in life. Consequently, these practices and habits act in the best interest of Wichita Swim Club, as well.

I UNDERSTAND MY COACHES BELIEVE IT IS IN MY BEST INTEREST TO DO THE FOLLOWING:

- ☐ Take responsibility for my own actions and words.
- ☐ Be honest in my words and interactions, even if it is difficult.
- ☐ Choose integrity; which means I will choose to do the right thing, even when no one is looking.
- ☐ Be personally committed to doing my best every day.
- ☐ Attend all team meetings and training sessions, unless I am excused by coach.
- ☐ Be on time and prepared for each practice and meet session.
- ☐ Meet with a coach before and after each event I swim in a meet.
- ☐ Check with a coach prior to leaving a meet early to confirm my role in either a relay or as an alternate.
- ☐ Compete in the finals, including as an alternate, if I qualify.
- ☐ Not disrupt practice.
- ☐ Leave the WSC team area in a neat and clean condition at the end of each meet session.
- ☐ Wear WSC gear during swim meets and abide by the WSC Performance Swimwear Policy.
- ☐ Keep coaches informed of academic or school-related schedules/needs so the WSC coaches can be flexible and work with swimmers to help ensure success in school and the pool.
- ☐ Let my coach(es) know if there is something physical affecting my swimming or hurting when I swim.
- ☐ Let my coach(es) know if there is something at home or school that is affecting me emotionally.

I have read the WSC Best Practices for Athletes, and I understand that these are not required, but following them will likely make me a better swimmer and teammate.

Signature of WSC Athlete

Date Signed