

# Senior Elite Group Contract

Athlete Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Purpose

The purpose of this contract is to outline the expectations, standards, and commitments required to participate in the Senior Elite Training Group. Acceptance into this group is an honor and requires consistent dedication to high-performance habits both in and out of the pool.

## Athlete Expectations

### 1. Attendance & Punctuality

- Maintain a minimum of 85% attendance for all scheduled practices. Attendance will be counted monthly, starting January, 2026
- Arrive on deck, ready to start at the scheduled practice time. Unforeseen traffic, bus issues, or other uncontrollable issues will be taken into consideration. In these cases, athletes are expected to join practice as quickly as possible.
- Notify the coach in advance of any tardiness or absence.
- Excused absences will apply to sickness with a doctor's note and High School swim meets that take place during practice time.

### 2. Training/Performance Standards

- Give full effort during all practices, dryland, and strength sessions.
- Follow training instructions with focus and professionalism.
- Maintain a positive practice environment for yourself and teammates.
- Achieve at least one FGC Senior Championships Time Standard.

### 3. Championship Meet Commitment

Athletes in this group are expected to compete in the following key meets:

- Winter Championship Meet – Winter Championships
- Spring Championship Meet – BB Champs, Senior Championships
- Summer Championship Meet – Senior Championships or Travel Meet

### 4. Lifestyle Expectations

- Prioritize sleep, hydration, and nutrition appropriate for elite training.
- Demonstrate integrity, sportsmanship, and respect for coaches and teammates.

### 5. Academic Standards

- Maintain good academic standing.
- Communicate school conflicts well in advance.

### **Parent Expectations**

- Support the training and competition schedule.
- Avoid coaching from the stands or giving conflicting technical advice.
- Communicate respectfully with coaches.
- Encourage athlete accountability and healthy habits.
- Ensure timely arrival to practices and meets.

### **Coach Commitments**

- Provide a structured, high-performance training environment.
- Offer individualized feedback and technical development.
- Communicate seasonal goals, progressions, and expectations.
- Support the athlete's long-term development.

### **Consequences for Non-Compliance**

Failure to meet expectations may result in:

- A meeting with the coach and parent.
- Temporary removal from the Elite Training Group.
- Placement in a different group until standards are met.
- Removal from certain travel or championship meets if expectations are not upheld

Parent Signature \_\_\_\_\_

Athlete Signature \_\_\_\_\_

Date \_\_\_\_\_