

Parent and Swimmers Agreement

1. Practice: I understand that swimmers should be on time, in the pool and ready for the start of practice with a water bottle and all needed equipment (ex. fins, cap, goggles, etc..).
2. Parent Viewing Area: I understand that parents who would like to stay and watch need to do so in the 2 dedicated viewing areas. I understand that parents are not to stand at the railing in the lower viewing area. I understand that parents and swimmers are not to speak to each other or the coaches during practice from the viewing areas.
3. I understand that swimmers must show respect for their coaches at all times and not be talking when coaches are giving instruction.
4. I understand that if a swimmer will not be at a meet they **MUST** respond to the weekly email. I also understand that if it is a last minute emergency they **MUST** send an email or REMIND text **immediately**. I understand that by not showing up and not letting the coach know that other swimmers may not get to swim in a relay and the coach will have to rearrange the meet which takes a lot of time.
5. I understand that swimmers may not be dropped off at meets without letting a deck parent or coach know they are present.
6. I understand that during meets swimmers are not allowed in the viewing areas, hallways or at concession unless it is an emergency and coaches/deck parents have been informed.
7. I understand that during meets swimmers are **ONLY** allowed in the locker room to use the bathroom and **MUST** have permission from their deck parent.
8. I understand that swimmers need to be hydrated during meets. I will pack all food/drinks for my child to take on deck. Parents may meet swimmers in the locker room to get extra food or drink but they **MUST** have permission from their deck parent.
9. I understand that **ONLY** parents with clearances and assigned deck volunteers are allowed on deck during meets, deck parents must have their clearances.
10. I understand that swimmers must clean up after themselves both on the deck and in the locker room. (8 & under parents are asked to assist their children in the locker rooms.)

11. I understand that swimmers are **NOT** allowed to change or enter the locker room until the meet is complete and the final cheer has been done.

12. I understand that if an emergency arises during a meet Coach must be notified immediately.

13. Medical Needs: I understand that if my child has medical needs Coach must be informed prior to the meet and any necessary medications must be on deck with that child. (Ex. inhaler)

14. I understand that swimmers must wear their team cap for all AG and USA meets and cannot wear any jewelry during a swim meet & should have their names written on all property (ex. towels, suits, caps, water bottles, etc..)

15. Meet Attendance- I understand that I should attend all meets and Championships, but I am required to attend at least 5 of the 8 regular season meets.

16. Siblings- I understand that any of my children that are not participating in the current practice or meet will need to remain under my supervision at all times.

16 Swimmer Disciplinary Policy:

- 1.1. Verbal warning for the swimmer, at the discretion of the coaching staff. Coaches should clearly state that this is a “Verbal Warning”, and clearly state what policy the swimmer was not following.
- 1.2. Sit swimmer out at practice, at the discretion of the coaching staff. Coaches should clearly state that this is a “Sit Out” disciplinary act, and clearly state what policy the swimmer was not following.
- 1.3. Dismiss swimmer from practice, at the discretion of the coaching staff. Mandatory follow-up meeting with the swimmer’s parents.
- 1.4. Require that swimmers parent be on deck or visible in stands (coaches discretion) during the entire practice until their coach feels it is no longer necessary.
- 1.5. If swimmer is showing unsportsmanlike conduct at a meet it is at the coach's discretion to have the swimmer sit out of 1 event, multiple events or the entire meet.
- 1.6. Suspend swimmer for a specified period of time, including meets. Determined by the coaching staff and Administrative Director. Meeting with swimmer’s parents, their attendance is mandatory.
- 1.7. Dismissal from the Swim Team. Determined by a unanimous vote of the coaches and Administrative Director. Mandatory letter to the parents from the Administrative Director and Coaches.

Nothing in this stated policy requires that the Coaching Staff or Administrative Director follow the sequential steps outlined above for a specific or repeated policy violation. Egregious or severe violations of pool safety or accepted conduct policies will result in appropriate actions without following the sequential order specified above.

Parent and Swimmer Agreement Acknowledgement

Please read this entire document with your swimmer(s) before you sign off on it during the registration processes. You will also be asked to sign this form with your swimmer at practice. Your signature below indicates the understanding and acceptance of the above policies by both the swimmer and parent(s) or guardian, and acknowledges responsibility for adherence to said policies. Please return **ONLY** this page. If you are receiving and reviewing this document electronically during Registration, you confirm the above by proceeding with your swimmer's registration.

Swimmers name(s): _____

Swimmers Signature: _____

Parent Signature: _____

Parent Signature: _____

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