

# DC WAVE SWIM TEAM SWIMMER CONTRACT

I, \_\_\_\_\_, pledge to abide by the following policies and code of conduct as a member of the DC Wave Competitive Swimming Team. I understand that membership with the DC Wave Swim Team is a privilege, not a right, and that my continued membership with the team is dependent on my behavior and my willingness to adhere to team policies. I understand that this contract is not only for the benefit of the team, but for me as well. I understand that failure to live up to my obligations as a member of the DC Wave Swim Team will put my status on the team in negative standing, and repeated abuses will result in disciplinary action up to and including the termination of my membership with the team.

## As a member of the DC Wave Competitive Swimming Team I agree to:

- I. Treat all team members, coaches, parents, officials, and opponents with respect. Profanity, violence, bullying or any behavior that puts me or my team in a negative light will not be accepted. Failure to abide by this rule will result in disciplinary action up to and including the loss of my membership with the team.
- II. Give my best effort and bring a positive attitude to each workout, practice, and competition. My success and the success of my teammates depend on my ability to positively contribute to the team's goals as well as my own.
- III. Out of respect for my coaches and teammates, I will wear DC Wave Swim Team attire only at competitions, and not swimming attire from another team.
- IV. I will develop personal and swimming goals for myself each season. I understand that I am not a finished product, and that I must continue to improve in every area of my life. My coaches are here to help me in this process, and so I must share with them my goals and aspirations so they can assist me.
- V. I will memorize my personal best times and events for each swim meet. If I expect others to take my swimming seriously, I have to be the **first** person to take it seriously – **it starts with me!**
- VI. I will respect any and all facilities in which my team trains, visits, and/or competes at. I will not abuse these facilities by littering, destroying property, or misusing any part of the facility. Failure to abide by this rule will result in the immediate loss of my privileges to use these facilities.
- VII. I will respect the belongings of others. I will not steal, vandalize, hide, or misuse items that do not belong to me. If I find something that does not belong to me, I will give it into a parent or coach.
- VIII. I will be prepared for each workout that I attend with the required training equipment. I understand that I cannot be at my best if I am not prepared.
- IX. I will not lie to my coaches, parents, teammates or officials. When I lie, I tell people around me that I cannot be trusted. When I cannot be trusted, people are less likely to want to help me or work with me. I will be honest with myself and those around me.
- X. I will not engage in any behavior that is dangerous or reckless including fighting, horseplay, drugs, alcohol, or playing with weapons. If I see one of my teammates engaging in that behavior I will tell a parent or one of my coaches immediately. Any behavior that is deemed dangerous or brings discredit to the team will result in immediate disciplinary action up to and including expulsion from the team.

Signed: \_\_\_\_\_

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