



## Swimmer Commitment

- I will declare (In or Out) for each meet on the Team Website by the registration deadline.
- Within a single swim season, I will aim to attend at least 2 (two) league meets and will swim at least 2 (two) events at each of these meets (not to include relays).
- I will aim to attend the Championship Meet.
- I will aim to attend at least 3 practices each week.
- I will wear appropriate swimwear, goggles, and swim cap (long hair) to practice as directed by the coaches. The team uniform (or black racing suit) and team cap should be worn at all swim meets.
- I will be on time for all practices and swim meets.
- I will only be on the pool deck during my practice time, and I will let the coaches focus on the swimmers in the pool.
- I will show respect for all facilities and other property used during practices, competitions, and team activities.
- I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- I will not use, possess, or be associated with any alcohol, tobacco, e-cigarettes, or any illegal substances.
- I will always maintain a cooperative and positive attitude during practices and meets.
- I will refrain from bullying. If I witness bullying, I will notify a coach or a parent.
- I will respect myself and those around me by doing and being my best.