

Team Contract

Team Expectations:

1. All athletes are expected to show respect for their teammates, their coaches and themselves. Consistently displaying a positive attitude toward themselves and the team is encouraged.
2. All athletes should understand that their participation in Sussex Central High School Athletics is a choice and a privilege rather than an entitlement.
3. All athletes are expected to arrive to training sessions and meets on time with all necessary equipment.
4. All athletes are expected to:
 - a. take personal responsibility for one's actions and choices, as well as their consequences,
 - b. be proactive in helping the team, and
 - c. hold oneself and others accountable to the standards set by the team, coaching staff and Sussex Central High School.

Practice Expectations:

1. As a participant on the Sussex Central Swim Team, athletes should be committed and dedicated to attending practices and swim meets. Athletes should understand that they have a responsibility to their teammates in preparing for competition during the season.
2. SCHS does not provide transportation to practice; swimmers must secure a ride from a parent/guardian or teammate.
3. Failing to report to practice or leaving early from practice without a valid excuse^a will be counted as an unexcused absence. Two (2) unexcused absences will result in a suspension from one (1) swim meet.
 - a. **to discern status of absence, coaches will accept a note from the student-athlete's teacher or parent stating reason for absence.*

Meet Expectations:

1. Athletes must attend all scheduled meets that they are eligible for unless excused by the coaching staff. Swimmers are not required to attend meets in which they are not entered although they are welcome to assist with meet setup, timing system operation, or scoring.
2. All members of the team must have their own transportation to and from home swim meets.
3. Student athletes may ride back home from away swim meets with parent or guardian, ONLY if written/electronic parental permission and approval of the coaching staff and athletic department is received. Parental permission must be submitted to the coaches prior to the excused transportation request.
4. All athletes who will be late or intend to leave a meet early must notify the coaching staff 24 hours prior to the event. A failure to notify the coaching staff could affect participation in future swim meets.

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5. All athletes will treat opposing teams and referees with respect. This will include the competitive interaction with opposing competitors and the judgment of game officials.
6. All swimmers are required to warm-up and cool-down with the team.

Varsity Lettering:

1. All swimmers must attend 85% of all scheduled workouts.
 - a. Exceptions may be made by the coaching staff due to club team practice or travel to meets, excused school related activities, illnesses, injury, and/or family activities.
2. All swimmers must meet the grade requirements set forth by Sussex Central High School/Indian River School District.
3. All swimmers must score at least one point in a duel meet.
4. All swimmers must ***consistently*** display a positive attitude toward themselves and the team.

Although individual results are awarded, athletes are expected to always remember to support and be constructive members of our team.

I agree and understand all the content within this contract and will abide by the rules and expectations for the 2019-2020 Swimming Season.

Student Athlete Name: _____ Date: _____

Student Athlete Signature: _____ Date: _____

Parent / Guardian Name: _____ Date: _____

Parent / Guardian Signature: _____ Date: _____