



High Performance Group Contract

High Performance Group swimmers are expected to do everything within their power to reach the own personal potential.

The following expectations and guidelines are set forth by the High Performance Group coach. Each swimmer and parent must sign and return this contract to the head coach prior to admittance to the High performance Group.

1. Attend a minimum of 96% of practices.

Each and every practice is a necessary component for success as a High Performance Group swimmer. High Performance Group swimmers shall have limited interference from high school practices

2. Arrive to practice on time with a positive attitude.
3. Train at or above the level appropriate for current experience and speed.
4. Foster a healthy coach-athlete relationship.

At the High Performance Group level, the swimming relationship must be limited to coach/athlete in order for the swimmer to have reached an appropriate stage of autonomy. The individual who has the most influence of the athletes' success is the ATHLETE. Parental involvement at the High Performance Group level should be that of fostering and nurturing swimmer/coach goal-setting and decision making to attain the highest possible level of success for each swimmer.

5. Live lifestyle appropriate for achieving greatest personal success.

High Performance Group swimmers must maintain appropriate nutrition, as well as abstain from the use of drugs, alcohol, and tobacco products.

6. Attend all competitions recommended by the High Performance Group Coach.
7. Participate in events (every distance) recommended by the High Performance Group Coach.
8. Wear team suit and team cap to all swim meets

Team caps are available at the front desk; team suits pending arrangements with local vendors.

9. Conduct yourself with honor and selflessness at all competitions regardless of circumstances.

Sanctions: Failure to meet the above expectations may result in revocation of the privilege of High Performance Group membership. The High Performance Group coach may administer other sanctions appropriate to the breach of any expectation of this agreement, such as swimmer ineligible to swim at upcoming meet if team suit is not worn, etc.

I have read and understand the expectations. I welcome the challenge and will do my best to become a successful High Performance Group swimmer. I understand that if I do not adhere to these guidelines I can be removed from the High Performance Group.

Swimmer Name

Swimmer Signature

Date

I have read and understand my role in the High Performance Group process and will do my best to support both swimmer and coach in achieving success.

Parent Name

Parent Signature

Date

Attributes and Characteristics of a Successful High Performance Group Swimmer

(THESE ARE YOUR GOALS)

1. Has 100% attendance at practice sessions
2. Does not arrive late or leave early from practice
3. Understands that each practice is a necessary component for success
4. Incorporates both a team and individual approach to swimming
5. Loves to race, loves the sport and is committed to it
6. Has an open mind and believes that anything and everything is possible
7. Has confidence in themselves and in the work they have put in, as well as in the obstacles and challenges they have overcome. Understands that confidence, not arrogance is a key factor in successful performances
8. Enjoys challenges and difficult tasks, understands that these challenges build character and help the process of success in and out of the pool
9. Always seeks to do more than what is asked, is not satisfied doing the minimum
10. Gives honest self-assessment in practice and meets
11. Takes responsibility for their actions in practice and meets
12. Understands that the “Athlete” has the most influence on the outcome
13. Comes to practice prepared with proper equipment and nutrition (water, sports drink, etc.)
14. Carries at all times a spare suit, cap, and goggles
15. Consults the coach concerning injury or illness
16. Consistently offers the coach feedback on personal technique, training and meet performances
17. Practices good self-talk during all practices and meets
18. Understands that focusing on the solutions is far better than focusing on the problems
19. Above all commits to doing everything within their power to reach their goals and maximize their potential