



Seattle Synchrono, LLC

2022-2023 Team Agreement

The following is an agreement between Seattle Synchrono, LLC and the athlete and parent/guardian(s). Please read this agreement carefully. By registering in the team, both athlete and parent/guardian(s) agree to fulfill the obligations stated herein.

Athlete and parent/guardian commitments

1. Participation on a team or individual routine(s) constitutes a commitment for a **full season**. Seattle Synchrono, LLC's swimming season is from September 7th through July 15 (dates may vary slightly due to scheduled competitions).
2. Parent/guardian(s) must be an active member of Seattle Synchronized Swim Team Booster Club to have a swimmer with Seattle Synchrono, LLC. Parent/guardian(s) are strongly encouraged to attend Booster Club meetings a minimum of three times a year.
3. Parent/guardian(s) and athletes are responsible for understanding and abiding by all information distributed or posted by Seattle Synchrono, LLC.

Seattle Synchrono, LLC commitments to athletes and parent/guardian(s)

1. Seattle Synchrono, LLC agrees to provide:

- Qualified coaching staff and trainers.
- Facilities for training and practice.
- Information in various formats including, but not limited to, e-mail, flyers, printed materials, and phone calls, in a timely manner.

2. Coaches and staff agree to:

- Provide a rewarding and motivational environment for all athletes.
- Motivate athletes to learn and improve skills and achieve long-term and short-term goals.
- Emphasize improvement, competence, and striving for excellence.

-Teach athletes to enjoy successes and to respond to failure/hardship with positive sportsmanship and renewed determination.

-Set an example with a positive personal attitude and ethic that inspires athletes to make the most of their abilities and those of their teammates and club.

Athlete code of conduct and responsibilities

1. Demonstrate good attendance, high level of commitment, and positive attitude.

*Note: athlete must get approval from coach prior to an absence. A doctor's note is required if athlete is sick more than once a month. **Athletes risk losing the opportunity to participate in competitions due to absences from practice.***

2. Be on time for practice and competitions; come prepared and ready to work hard.

3. Call or text your coach on team group chat when unable to attend practice.

4. Notify coach ahead of time when you must miss a practice or competition.

5. Keep coaches informed of any illnesses or injuries.

6. Cooperate with coaches and teammates.

7. Be responsible for yourself and help other teammates.

8. Behave respectfully and appropriately at all times, displaying good sportsmanship.

9. Be a team player.

10. Abide by the handbook rules while traveling with the team.

11. No drugs or alcohol are allowed at any time.

Note: Prescription drugs or inhalers may not be shared.

12. Be responsible for your own equipment and belongings.

13. Compete at all competitions as designated by the head coach.

14. Maintain good health habits, including getting sufficient sleep and eating properly.

15. Set realistic short-term or long-term goals.

16. Promote the sport of artistic swimming.

Parent/guardian(s) code of conduct and responsibilities

1. Volunteer for Booster Club operations, fundraisers, and competitions.
2. Be supportive and help your athlete meet the above responsibilities.
3. Be supportive of the coaches, officials, and judges.
4. Resist giving advice on how to do the coaches' job. Let coaches coach and do their job.
5. At practice, remain in the lobby area unless otherwise requested by the coach.
6. During competitions, remain in the spectator area (unless volunteering) and do not coach your athlete or her/his teammates.
7. Be a role model for good sportsmanship; keep control and display good sportsmanship behavior.
8. Communicate with your athlete in a positive manner, avoiding criticism.
9. Show interest, enthusiasm, and support for everyone in Seattle Synchro, LLC and the Booster Club, and not just your athlete and your athlete's team.
10. Abide by the coaches' requests on how to communicate with athletes.
11. Be prompt in arrival and pickup for practices, competitions, and events.
12. Show appreciation for the coaches, officials, and other volunteers who conduct competitions.
13. Promote the sport of artistic swimming.

Coaches code of conduct and responsibilities

1. Demonstrate good attendance, high level of commitment, and positive attitude.
2. Cooperate with other coaches and teams, building club unity.
3. Be a team player and a role model for good sportsmanship.
4. Listen to and acknowledge athlete, coach, and parent/guardian communication.
5. Treat all swimmers fairly and equally.

6. Regularly communicate with parents and club members.

7. Ensure that all swimmers belong to the appropriate team for their skill level