



EXPECTATIONS and RESPONSIBILITIES

“Raising expectations, Lowering times!”

It is the mission of the HIS Dragons Swim Team to ensure a safe, fun and competitive swimming environment for all team members. Team members are encouraged to know and understand the Expectations and Responsibilities in order to enjoy safe, challenging, successful training sessions and competitions.

HIS Dragons swim team members acknowledge and agree to the follow Expectations and Responsibilities of being members of the team;

1. Swimmers are required to attend all scheduled practice sessions (unless injured, ill, or conflicting scheduled school activities). It is the swimmer’s responsibility to contact the coach, via email or in person, prior to missing a practice session.
 - a. Two missed absences without prior notice to a coach will result in possible dismissal from the team and/or forfeiture of participation in the next competition.
 - b. Three missed practices, without contacting a coach, will result in dismissal from the team.
 - c. Swimmers who miss a competition without contacting a coach, prior to the event, may be dismissed from the team.
 - d. School scheduled activities are agreed upon by a coach and the swimmer prior to the missed practice session(s). Examples of these activities include but are not limited to; drama, band/music, academics, school trips, etc. Swimmers are asked to plan their schedules responsibly.
2. Swimmers understand that academic performance is first and foremost. Swimmers may be placed on probation or dismissed from the team if academic achievement and student behavior falls below an acceptable level as outlined in the HIS Student-Athlete Eligibility Contract.
3. Swimmers are responsible to bring their own swimming gear/kit to practice and meets. Required items include the following;
All Swimmers: Goggles, swim cap, water bottle, and kick boards.
Pre-Gold & Gold swimmers: Pull Buoy and training Fins.
4. In any case of pool closure, parents and swimmers will be contacted, as soon as possible, via WeChat and/or email regarding the status of practice or competition.
5. Swimmers will be respectful of all teammates and coaches, other competitors and officials. Threatening and/or behavior perceived as “Bullying” will not be tolerated and may lead to dismissal from the team.



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6. Swimmers are expected to put forth their best effort and demonstrate optimal sportsmanship during practice and competition.
7. Swimmers are required to demonstrate pay attention and listen at all times during practice. Appropriate action will be taken for anything less than proper team etiquette at practice sessions and competition(s).
8. Swimmers are asked to use the restroom prior to entering the pool for practice and/or competition.
9. Swimmers who repeatedly stop or exit the pool during practice will be asked to exit the water. A coach will follow up with the swimmer to determine the reason and discuss solutions for the stoppage.
10. Behaviors deemed dangerous by the coaching staff may lead to dismissal from practice. Examples of dangerous behaviors include but are not limited to; horseplay, acrobatic or unsafe movements off of the starting blocks, in the water (flips, diving into shallow end, etc.), or on the pool deck.
11. During a swimming competition it is the responsibility of the swimmer to know what Event and Heat she/he is registered, and to check in with the meet marshal in order to compete. Missing an event demonstrates a lack of responsibility, and a conversation with the coach will take place immediately following the missed event.
12. Swimmers are to be responsible and respectful of others in the changing rooms. Appropriate action will be taken for unacceptable behavior.
13. Swimmers involved in multiple activities may not substitute practice sessions in order to make up missed practice days.
14. Swimmers will be challenged physically during practice. Swimmers who do not demonstrate full participation during practice will be stopped and redirected by a coach.
15. Swimmers are asked to contact a coach immediately if he or she is feeling unwell at any time during the training session. It is recommended that swimmers visit a medical professional prior to beginning practice for a physical exam.
16. Swimmers are responsible for learning and understanding how to read the posted workout, and how to use the pace clock during practice.
17. Swimmers are required to wear the specified HIS Dragons team uniform for all competitions.

Questions and additional information regarding the swim team are asked to be sent to the team’s email address; swimming@his-china.org.