

Amherst Varsity Girls Swimming

Team Contract

Attendance Policy:

- Will be taken at every practice.
- In order to be eligible for the meet you must be in attendance at the practice prior to the meet.
- Each swimmer is allowed 2 unexcused absences all season. This means if you do not show up to practice and do not inform a coach with a valid reason then you will be disciplined accordingly. The coaches will determine what is a valid excuse.
- Being late practice twice will result in 1 unexcused absence.
- On time means that the swimmer is in the water swimming the warm-up at the time that practice begins. Get to practice 15-20 min early to change, get the lane-lanes in, and stretch.
- Saturday practices are mandatory, if we see low attendance at Saturday practices, the entire team will be disciplined.

Discipline for attendance:

- If a swimmer is not in the water at the start of practice 25 push-ups will be assigned.
- If the swimmer has more than 2 unexcused absences she will be suspended from the competition for a week.
- More than 4 unexcused absences the swimmer may be removed from the team.

Preparedness:

Swimmers are to come to practice/meets with the following:

- Suit, goggles, water bottle, towel, team suit for meets.

It is a smart idea to come with extras of all of the above as well as warm clothing for meets.

Injuries:

- All injuries are to be reported to the school trainer or nurse.
- There is a difference between a *good* hurt and a *bad* hurt. Soreness from hard workouts are not injuries. It is up to you to determine what is a good hurt or bad. Remember if you are trying to get out of practice, it hurts yourself and your team.

-Any swimmer that is injured **MUST** see the trainer within the next school day.

Academics:

- Swimmers can be ruled ineligible for competition if a certain grade average is not met.
- The athletic department will let us know if you are failing any classes.
- If you need extra help make sure that you get it. Many teachers are willing to meet you before school, therefore you will not need to miss any practice.

Dress Code:

- Away Meets: all swimmers are to dress up, this means a nice skirt, blouse, or dress pants. NO JEANS
- Home Meets: it is up to your captains on what you wear to school.

Nutrition/Sleep:

- Try to eat 5-6 times throughout the day, every 3 hours or so.
- Bring snacks with you to school.
- Bring a water bottle with you to class and stay hydrated throughout the day
- Swimmers burn an excessive amount of calories and need to eat A LOT.
- Make sure you are getting proper rest, especially on nights before meets.

The coaches have the rights to make changes where it seems necessary. If all goes well, everyone will be rewarded. We are not intending to be drill instructors. We want you to take care of yourselves, succeed in the classroom, and to succeed in the pool. A strong team can police themselves. Hold your teammates accountable. Remember you are representing your school, family, teammates, coaches, and yourselves.

PRINT NAME _____

SIGNATURE _____

DATE _____