

Choctaw Swim Team

"Perfect practice makes perfect."

One of the goals of the coaches is to instill in the swimmers reliability, responsibility, and accountability. These are important character traits to have as you grow and move into independence. As a member of the swim team, you have a responsibility to yourself, your teammates, and your coaches.

As a member of Choctaw Swim Team I agree to:

- come to practice on time every day and give 100%
- be a positive example for my teammates and peers
- bring a water bottle and 2 pairs of goggles to the pool deck
- go to the bathroom before practice
- put alcohol in my ears to prevent swimmer's ear infections
- demonstrate respect to my coaches, fellow athletes, referees, and teachers
- set high expectations for myself and my team
- be responsible for myself, my things, and my actions
- be the best swimmer I can be for myself and my team
- be accountable for my actions and decisions

Demerits will be given for the following infractions:

1

not swimming by 5:05am

getting out of the pool for water or goggles

demonstrating disrespect towards coach or teammate

skipping sets

excessively asking to go to the bathroom (more than twice a week)

horseplay

profanity

failure to follow directions

2

any unexcused absence (do not schedule detentions, doctors appointments, etc. during practice or meets)

skipping practice, but going to school (if you are well enough for school, you are well enough to swim)

not excusing an absence when absent from school and swim practice

displaying unsportsmanlike conduct at meet

not attending a swim meet (for anything other than a school function)

Consequences for receiving demerits are:

- two demerits in the 5 days leading up to a meet will result in the swimmer being suspended from that meet
- five demerits will result in a one week suspension from the team with parent notification
- ten demerits will result in the swimmer being dismissed from the team

Immediate dismissal will result for the following infractions:

lying, gossiping, spreading rumors, talking negatively about coaches or teammates, severe infractions of the code of conduct, any illegal activity

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swimmer signature

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parent witness