



Swimmer's Contract

I, _____ agree to follow the rules listed below to the best of my ability.

- 1) I will uphold the Four Core Values of the YMCA. Failure to do so will result in suspension from the team. I must have a meeting with my parents and the Coach (es) to be re-instated if this were to occur.
 - a. Caring
 - b. Respect
 - c. Responsibility
 - d. Honesty
- 2) I will arrive to practice at least 15 minutes BEFORE I am expected to enter the water to change into my suit and stretch out so I will be ready to swim at the START of practice.
- 3) I will be sure to attend my minimum number of practices required the week of a meet based on my commitment level.
 - a. Practices will not count toward meet requirements if I am late unless excused by the Coach.
 - b. I understand that 2 unexcused tardies = suspension from the team. I must have a meeting with my parents and the Coach (es) to be reinstated re-instated if this were to occur.

4) I will attend my requested number of meets based on my commitment level unless excused by the Coach. Failure to do so will result in suspension from the team. . I must have a meeting with my parents and the Coach (es) to be reinstated re-instated if this were to occur.

5) I WILL HAVE FUN!

Swimmer's Signature: _____

Parent's/Guardian's Signature: _____

Commitment levels:

Red Team: 3 practices per week – 2 required the week before a meet (week = 7 days before)
30% meet attendance expected

Blue Team: 4 practices per week – 3 required the week before a meet (week = 7 days before)
60% meet attendance expected

Green Team: 5 practices per week – 4 required the week before a meet (week = 7 days before)
100% meet attendance expected

Yellow Team: 3 practices per week – 2 required the week before a meet (week = 7 days before)
30% meet attendance expected