



## 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!

(over)

Commitment levels:

**Yellow Team**: 3 practices per week (T,W,Th, 5:15-6:30) – 2 required the week before a meet (week = 7 days before)  
30% meet attendance expected

**Red Team**: 3 practices per week (T,W,Th, 6:15-7:30) – 2 required the week before a meet (week = 7 days before)  
30% meet attendance expected

**Orange Team**: 3 practices per week (M,W,F, 6:15-7:30) – 3 required the week before a meet (week = 7 days before)  
60% meet attendance expected

**Green Team**: 5 practices per week (M-F, 6:15-8) – 4 required the week before a meet (week = 7 days before)  
100% meet attendance expected

**Blue Team**: 4 practices per week (M-Th, 7:15-9) – 3 requires the week before a meet. (week = 7 days before)  
80% meet attendance expected

Swimmer's Signature: \_\_\_\_\_

Parent's/Guardian's Signature: \_\_\_\_\_