

# Plainview Swim and Dive Team

## SWIMMER/PARENT AGREEMENT

### SWIMMER

As a swimmer on the Plainview Swim and Dive Team , I understand and agree to the following:

1. I will attend practices regularly.
2. I will be on time and properly prepared for practice and meets.
3. I will listen attentively to the coaches and follow their instructions.
4. I will show respect towards myself, coaches, teammates, officials, competitors and other volunteer at all times.
5. I will display a positive attitude toward the coaches and the team.
6. I will always show good sportsmanship.
7. I will be a positive, supportive, and encouraging teammate.
8. I will follow all safety guidelines before, during, and after practices and meets.
9. I will show respect for the facilities, property and equipment at all practices and meets.
10. I will swim the strokes and heats as assigned by my coaches in meets.
11. I will display good behavior at all times.
12. I will work to my full potential at all practices and meets and ALWAYS put forth 100% effort.

### PARENT

As a parent on the Plainview Swim and Dive Team, I understand and agree to the following:

1. I will make certain my swimmer attends practices regularly. (Minimum three times per week ).
2. I will make certain my swimmer is on time and properly prepared for practices and meets.
3. I will encourage and support my child.
4. I will be a positive role model for my child at all times.
5. I will display good sportsmanship at all times and will not engage in criticism, name-calling, gestures, or other negative behaviors.
6. I will be supportive of the coaches, officials and other volunteers.
7. I will support the coaches' disciplinary procedures.
8. I will communicate with coaches before and after practices as needed never during practice.
9. I will display a positive attitude and not criticize or voice disagreements with the coaches in the presence of the swimmer.
10. I will keep updated with communication about the team through the website, email, parent meetings and notices.
11. I will support fundraising efforts and will volunteer for meets, team events or for other activities as needed.
12. I will display respect for the facilities, property and equipment at practices and meets.
13. I am solely and totally responsible for my swimmer's behavior and that of any other children in my care during any swim team practice, meets, or functions.
14. I have discussed the swimmer agreement above with my child and he/she understands it.