

DeWitt Girls' Swimming and Diving Team Agreement

The Reality of Swimming & Diving Sports

It is important that students and parents understand that this is a Varsity Sport and **not** a recreational program.

Swimming and Diving are tough and demanding sports. Participating in sports **will** take time away from other activities. Being a member of this team is your primary after school activity and takes priority over other after school activities.

It is often assumed that there are no injuries in swimming. The truth is, as with all athletics, injuries do occur in swimming and diving. And while the most common are repetitive stress injuries, swimming and diving, like all sports, have some risk of serious injury or death.

Student Expectations

Students are expected to...

- Conduct themselves in a legal, moral, and ethical manner at all times.
- Treat team-members, officials, coaches, opposing team members, and themselves with respect at all times.
- Read and adhere to the Dewitt Public Schools Code of Conduct as it applies to students.
- Read and adhere to the Dewitt Public Schools Athletic Handbook as it applies to students.
- Read and adhere to the team handbook.
- Arrive on-time and prepared for all team activities. Students who are more than 10 minutes late will be marked absent (and may or may not be allowed to participate). If a student needs to ice, see the trainer, Etc. that must be completed beforehand.
- Stay for all of practice. Students who leave early will be marked absent.
- Tell coach Brace when they arrive late.
- Tell coach Brace when they leave early.
- Behave in a positive manner at all times. If you don't have something nice to say, don't say anything. This includes all forms of communication.
- Help setup before and clean-up after practices, meets and other team activities.
- Treat equipment with care.
- At meets stay with the team and cheer for teammates. (Do not go into the locker room, visit with spectators, etc.) If a student wishes to go elsewhere they will tell coach Brace – when they return they will tell coach Brace that they are back.
- Leave cell phones in the locker room or swim bag.
- Follow all coach directions.
- Make a sincere attempt to learn the skills that are taught.
- Not waste the Trainer's time. Sore muscles are not a reason to go to the trainer. The trainer is for injury evaluation and mediation. If you think you might be injured, see the trainer. If the trainer says you are injured and need more visits, follow those directions.
- Diligently do assigned physical therapy at home.
- Read information available on website, in email and other team communications.
- Stay home when sick. Stay home from school. Stay home from practice. It isn't a question of you being tough enough to get through the day. It's about not getting others sick. Don't be selfish - STAY HOME.
- Tell coach Brace if they are injured or have any other situation that should be taken into consideration for workouts or competition. Don't hint, speak in plain language.
- Not to stop in practice, at meets, Etc. Students are expected to perform drills, sets, and activities as assigned. If a student is injured, ill or notices and emergency situation, they should immediately stop and notify coach Brace. Stopping in the middle of a drill or set because the student is bored or tired is not acceptable.
- Participate in fund-raising. Students are expected to sell meet program ads totaling at least \$250. Students are expected to participate in the Masters' Meet fundraiser. Students are expected to work concessions at least once per year for the swim & dive team. Students who would prefer not to fund-raise may make direct donations instead. To not sell ads donate \$250. To not work at the Masters' meet donate \$100. To not work at concessions, donate \$100. Checks should be made payable to: DeWitt Public Schools.
- Maintain grades throughout the school year.
- Turn in this agreement, signed & date by the student and the parent.

Good Standing Status.

Only students who are in good standing will be allowed to attend team activities (practices, dinners, meets, Etc.) To be in good standing all paper work (physical, insurance information, this form, Etc.) must not be past due. Any payments owed (sports fee, Oscoda fee, Etc.) must not be past due. Attendance and grades must be at acceptable levels. Full participation in fund raising and team events is required.

Consequences to Student for failing to meet expectations

Failing to meet expectations may result in consequences. All consequences are at Coach Brace’s discretion. Possible consequences include (and are not limited to): not entered into (or removed from) competition, not permitted to participate at practice, suspension from the team, removal from the team.

Parent Expectations

Parents are expected to...

- Attend all parent meetings.
- Be the parent, not the coach.
- Inform coach Brace of student injuries, illnesses, or similar situations.
- Read information available on website, in email and other team communications.
- Behave in a positive manner at all times. If you don’t have something nice to say, don’t say anything. This includes all forms of communication including on-line.
- Sign up to help with meets, fund-raising, trips and other team events.
- Tell their students that they love them and that they are proud of them.
- Treat team-members, officials, coaches, opposing team members, and other parents with respect at all times.
- Bring concerns to coach Brace.
- Read and adhere to the Dewitt Public Schools Code of Conduct as it applies to students.
- Read and adhere to the Dewitt Public Schools Athletic Handbook as it applies to students.
- Read and adhere to this handbook.
- Keep their student at home (from school, from practice, Etc.) when the student is sick.
- Pay all fees (sports fee, Etc.) on time.

Consequences to Parents for failing to meet expectations

Failing to meet expectations may result in consequences. Consequences are at Coach Brace’s discretion in consultation with the Athletic Director. Possible consequences include (and are not limited to): not allowed to attend team functions, not allowed to communicate with other team members without the athletic director present.

This agreement may be amended from time to time. If it is amended notice will be sent to the email provided by the student and parent. Unless otherwise specified, the amended version will be in force as of the date the email is sent.

_____	_____	_____
Parent’s name printed	Parent’s signature	Date

_____	_____	_____
Student’s name printed	Student’s signature	Date