

Swimmer (Last, First): _____

Somerset Swim Team Participation Agreement

Commitment and Policies: Good sportsmanship is the focus of swim team at Somerset Rec Club. Swimmers will be surrounded by positive role models throughout the season. During the meets both swimmers and parents should be encouraging all team members and be respectful of opposing swimmers, parents, and coaches. Courtesy is to be shown towards all swimmers regardless of ability or which team they swim for. Swimmers should be thoughtful and respectful guests when at another pool. Swimmers should pick up after themselves in the locker rooms and deck area. They should also be considerate hosts when meets are at Somerset.

The Swimmer is responsible to:

1. Always put forth their best effort.
2. Commit to attend all possible workouts and all meets they are entered.
3. Treat coaches and parents with respect, whether with our team or the opponent.
4. Treat other swimmers with respect, whether a teammate or an opponent.
5. Encourage all teammates.
6. Listen to coaches and follow instructions for workouts and meets.
7. Come to workouts and meets prepared.
8. At meets, know their events and report on time to the appropriate lane.

Important Note: Somerset Rec Club has a **Zero Tolerance Policy** for disregarding physical boundaries and/or verbal assaults, and swimmers shall be disciplined for violations.

That means: Hands to yourself, and please, only nice things to say.

The Swimmer's Parents are responsible to:

1. Encourage swimmer participation and success with Swimmer Responsibilities.
2. Provide 4 shifts of volunteering at dual meets, and 1 shift at championship meets (Parent may elect to work an extra dual meet shift in lieu of their Championship Meet volunteer shift).
Provide 2 food items for home dual meet concessions.
3. Be responsible for finding a substitute for any volunteer shifts that you are unable to attend.
4. Be aware of all communications from Coaches and Swim Team Parent Rep Coordinator.
5. Sign up on the vacation schedule in the pool office by the Friday prior to the swim meet when the swimmer will be absent. Alert the Head Coach immediately if for any reason your swimmer is unable to attend a meet they are signed up for.
6. Make sure that your swimmer arrives on time to the meets they are signed up for, prepared for the meet (with goggles, other gear, food, and beverages), and that your swimmer knows what events they are entered and proper lane.
7. Do not take your swimmer from a swim meet prior to the conclusion without checking with the coaches because substitute swimmers may be needed for relays at the end of the meet.
8. Do not interrupt coaches during practice or at meets.
9. Act respectfully at all times to coaches, parents, and swimmers on our team and other teams.

We, the swimmer and swimmer's parent(s), agree to abide by these policies and responsibilities, which will be enforced pursuant to the Swim Team Discipline Procedures.

Swimmer Name or Signature

Parent Signature for both Parents

Date