

## Rock Canyon High School Swim and Dive Team Contract 2024-2025

The Rock Canyon High School (RCHS) Swim and Dive Team's goal is to provide opportunity for dedicated student athletes to improve & be the best they can be in their sport individually and collectively, while also being a supportive and respectful teammate & competitors. By signing the Team Contract, each athlete and family agrees to abide by the expectations set forth by the school and Coaches.

### School Expectations:

1. As a Representative of your School, Family & Team, RCHS Swim and Dive athletes are expected to abide by School Rules and lead by example throughout the school day. Athletes should treat their classmates & teaching staff with respect.
2. RCHS Swim & Dive athletes are expected to maintain a GPA of 2.5 and cannot have 2 F's at any time. Failure to meet these requirements will result in suspension from meet(s) and or dismissal from the team. You are a student before an athlete.
3. RCHS Swim & Dive athletes are expected to refrain from the use of tobacco products, alcohol and illicit drugs at all times. Student athletes will be subject to DCSD policy discipline upon violation.

### Team Expectations:

1. All athletes are expected to show respect for themselves, teammates & coaches. Consistently displaying a positive attitude towards themselves and team is encouraged. Athletes are expected to eat healthy and stay hydrated throughout the season so you are physically prepared.
2. All athletes are expected to arrive to practice & meets on time with necessary equipment.
3. All athletes are expected to take personal responsibility for your actions and choices, as well as their consequences. In addition, be proactive in supporting your Jaguar Swim and Dive Team and hold yourselves and teammates accountable to the standards set by the team, Coaches and RCHS.

### Practice Expectations:

1. As a participant on RCHS Swim & Dive Team, athletes should be committed and dedicated to attending practice and swim meets. Your participation on our Team is a choice and a privilege. Athletes should understand you have a responsibility to your teammates in preparing and competing to your best ability during the season in order to achieve personal and team goals.
2. Athletes are expected to attend all Scheduled Practices if you are a Non-Club Swimmer. We expect to see all Club Swimmers twice per week. This could either include one practice per week in addition to a meet or if no meet then two practices per week. Swimmers must fulfill CHSAA requirement of 5 practices prior to first competition. If Club Swimmer does not attend Club Practice, they must attend High School Practice.
3. All Athletes are expected to be on time. If you arrive late, miss or leave early from practice the following excuses will be accepted: \*Exceptions are considered and must be Pre-approved by Coach
  - a. Illness (requires a Doctor's or Parent's note) Missed school day due to illness is accepted.
  - b. After school help/test make up (requires note from the teacher)
  - c. Family Emergency (requires a note from Parent)

If Athlete misses practice and does not have approved note, the absence is unexcused. One unexcused absence results in suspension from next meet. Two unexcused absences result in suspension from next meet & parental involvement. Three unexcused absences could result in dismissal.

**Meet Expectations:**

1. Athletes must attend all scheduled meets unless excused by coaching staff in advance of meet.
2. Athletes must notify coaching staff 24 hours prior to meet if you will arrive late or leave early. Failure to do so could affect participation in future Swim meets.
3. Athletes must meet CHSAA requirements of competing in at least 5 swim meets during season. Includes Invites but not League Meets.
4. As a representative of RCHS Jaguar Swim Team, athletes must show highest level of Sportsmanship to their Teammates, Competitors and Officials along with a positive attitude!
5. Swimmer/Divers are required to warm up with Team unless excused by Coaches.
6. Athletes must wear Team Suit and Cap during all competitions.

**I agree to abide by and understand the RCHS Jaguar Rules and Expectations as stated in this contract for the 2024-2025 Swim and Dive Season:**

Student Athlete Name: \_\_\_\_\_ Date: \_\_\_\_\_

Student Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

USA Club Swimmers Only:

USA Club Team: \_\_\_\_\_

USA Club Coach: \_\_\_\_\_

Coach's E-Mail: \_\_\_\_\_

Contract must be signed by all parties prior to getting in the water on the first day of practice 11/18

Please give a copy of your signature page to your Coach the first day of practice. You may also turn in your signature page to Coach Seaquist in room #2300 during regular school hours.