

Swimming Program

Expectations

1. Every player is expected to be committed to the program.
2. Every player is expected to give no less than their best effort.
3. Every player is expected to be caring for their teammates.
4. Every player is expected to have fun.

Goals

1. **PRACTICE HARD.**
2. Swim **HARD.**
3. Be successful at swim meets.
4. Be successful at league swim meets.
5. Be successful at City Prelims swim meet
6. Be successful at City Final swim meet
7. Be successful at achieving your personal best for the swim season 2008

General Rules

1. All players must follow all rules established by the Swimming Program, Chatsworth HS , City and CIF.
2. All students need to maintain the appropriate grades in order to participate
3. (2.0 GPA per eligibility period and no more than 1 “U” in cooperation per 5 week period).
4. If there are any non appropriate interactions between two or more students, they must immediately work it out. If there is no resolution, they must meet with the team captain first to mediate. If there still is no resolution, the coach/ coaches will meet outside of practice and meet time and work on a solution until the problem is resolved.
5. Any use of alcohol, drugs, or tobacco is strictly prohibited.

Attendance

You must adjust your personal schedule around our training and competition schedule if we can hope to accomplish any of the goals we set for ourselves and our program. If you are unable to attend practice, each player has the responsibility to contact the coach at least 24 hours before the scheduled practice. In the case of an emergency, please notify someone as soon as possible (coach, teammate, administrator, etc.).

Practice Attitude

1. In order for the team to perform to the highest standard practices of the utmost importance. Quality work produces the best results! Therefore, you must always come to practice mentally, physically, and emotionally prepared to work hard!
2. To work hard is a privilege. It is important to know the coaching staff will to help each of the team members to achieve their personal best thus the team’s best.
3. Always pay attention and follow directions. When uncertain as to what has been said or what is to be done, make sure you ask the captains.
4. Always strive to do your personal best!

Practice Rules

1. Practice will always start on time.
 - a. Tardy at 6:01AM
 - b. Warm up is at 5:50 AM
 - c. Make sure you enter through the west entrance and leave all belongings along the west wall.
 - d. Make sure that you are dress to swim in the morning
2. There is no sitting out down during practices, unless so instructed by the coaching staff.
3. Coaches will coach and students will understand that they will
 - a. Pay attention and follow the coaches' directions.
 - b. Remember that students and captains are not the coaches.
4. Displays of displeasure or frustration are not acceptable to the welfare of the team.
 - a. The offender will be taken out of a drill, asked to sit down, or dismissed from practice.
 - b. Each person needs to exhibit and exercise personal and emotional control during practice and competition.
5. All students must be prepared with all their equipment prior to entering the pool.
 - a. Liquids, goggles, etc
6. If you must leave practice or the practice area for any reason...notify the coach
7. If you know you are going to miss or be late to practice, notify your coach at least the day before.
8. Players must report illness or injury to the coaching staff immediately upon detection.
9. Should you feel the need to use the restroom, do so before you get to practice permission may or may not be granted due to security reasons.
10. At the conclusion of practice, everyone will assist in putting away the swimming equipment.

I have read over all the rules and expectation for the Chatsworth High School Swim Team which I will abide by and uphold the integrity of a Chatsworth High School Athlete

Student Name

Student Signature

Date