

A I duPont 2016-2017 Swimming & Diving Student-Athlete Contract

The A I duPont swim program is designed to help our student-athletes grow athletically, academically, emotionally, physically, and socially. Along with your parents, it is the responsibility of the coaching staff to help foster success in an honest and sportsmanlike manner by teaching our student-athletes positive attitudes, safe and appropriate standards of behavior including scholarship, sportsmanship, responsibility, reliability, integrity, self-discipline, self-esteem, teamwork, and commitment. Our Swimming & Diving Handbook, which we review at the beginning of every season, (and is available on our website: <http://aiswimminganddiving.weebly.com>) clearly outlines the expectations of each athlete.

This contract serves as a reminder of the basic expectations as outlined in the handbook. By signing it, each athlete is agreeing to abide by these rules and any consequences that will follow if they are compromised or broken. Please remember that everything we, as coaches, ask of you, is done to make you a better student, athlete and ultimately a better person.

- You are a student before you are an athlete. Any swimmer/diver having academic problems at school should notify one of the coaches immediately.
- Should a swimmer/diver receive disciplinary action from the school, team policy mandates that action will be doubled before the athlete returns to practice. (i.e. one day suspension from school = 2 day suspension from the team).
- Coaches are to be treated with respect at all times. “Backtalk” and “horse play” will not be tolerated at practices or meets.
- All team members are expected to attend every practice unless a coach has been contacted prior to the start of practice. (Acceptable excuses for missing practice include schoolwork, illness, or family emergency)
- All swimmers & divers should arrive, properly prepared, at the pool in ample time to be ready at the start of practice.
- Any swimmer requiring an inhaler must have it available on the pool deck throughout practice.
- Cell phones are to be turned off and out of sight during practice and meets.
- Any swimmer or diver coming to practice or a meet under the influence of alcohol or drugs will be suspended from the team and will be referred to the school administration.
- Every swimmer is expected to attend ALL swim meets. If extreme circumstances arise prohibiting a swimmer from attending a meet, coaches must be notified immediately.
- Everyone will remain on deck or in our team area during the meet, separate from spectators.
- All team members will conduct him/herself in a sportsmanlike and courteous manner at all times to all coaches, opposing team members, officials, and parents.
- All swimmers are expected to be on pool deck during 400 free relay to cheer and shake hands immediately following the meet.
- No one is to change until after the meet has concluded.
- No team member will leave a meet early unless they have advance permission from a coach.
- All team members are expected to attend the Delaware High School State Championships, even if they do not qualify for an individual event.

The coaches are willing to help you with any problems or concerns, whether it is related to swimming/diving, academics, or personal. Do not hesitate to ask!!!!

Good sportsmanship can be viewed as a commitment to "fair play." It is one of the most important values held by our team. Tiger swimming and diving displays a high level of sportsmanship throughout the season, beginning with the basics of showing respect for our teammates, our competitors, our coaches, and ourselves. As a member of the swim team, you must always conduct yourself in such a way that promotes the sense of pride, determination, and integrity that the traditions of Al duPont High School demand.

My signature below indicates that I have read and agree to comply with the contents, philosophy, and eligibility expectations discussed in this contract and will strive to be "the best that I can be!"

PRINTED NAME OF STUDENT ATHLETE: _____

SIGNATURE OF STUDENT ATHLETE: _____

PARENT SIGNATURE: _____

DATE: _____