

# Westfield High School Varsity Swim & Dive Participation Contract 2009-2010

By accepting a position on the Westfield High School Varsity Swim & Dive Team I realize that I am committing myself, and to my teammates and coaches, to give 100% effort at all practices and meets for the entire season. I understand that involvement with the team is an honor, not a privilege. I agree to abide by all Virginia High School League, Northern Region, Fairfax County Public Schools, Westfield High School, and WHS Swim & Dive team rules.

## General Rules:

I understand that I:

1. Must always demonstrate behavior that reflects pride in Westfield High School and WHS Swim & Dive.
2. Must treat coaches, teammates, fellow competitors, meet officials and volunteers, and school personnel with respect.
3. Must exhibit good sportsmanship at all times.
4. Must abide by all Fairfax County Park Authority rules while at the pool.
5. Must not smoke, drink, use drugs or alcohol, or use any other banned substances including energy drinks.
6. Must abide by all aspects of the Student Participation Policy and Athletic Participation Policy, including the pledge to avoid any type of hazing.

## Practice Rules:

1. I understand that I am to attend **ALL** scheduled practices and team functions and that I must be on time. If I am late, or miss a practice, the following excuses will be accepted:

- a. Illness (requires a note from a doctor or parent)
- b. School activity (requires a note from the activity sponsor at least one week prior to the event)
- c. After school help/test make-up (requires a note from the teacher)
- d. Family Emergency (requires a note from a parent)

I understand that if I am late for practice and do not have the approved note, I will not be allowed to participate in practice and will be charged with an unexcused absence. I understand that if I miss practice and do not provide the approved note, the absence will be unexcused. I understand that any unexcused absence will render me ineligible to compete in the next competition and more than one may result in my not receiving a letter for the season.

2. I understand that according to Northern Region rules that if I don't attend at least one water practice the week of a competition I am ineligible to compete.

3. I understand:

- a. If I train with WHS Swim & Dive I may be ineligible if I miss more than one practice per week, including excused absences.
- b. If I train with a club team for three days per week I may miss up to two WHS practices per week.
- c. If I train with a club team four or more days per week I may miss up to three WHS practices per week.
- d. If I don't attend my club practice I must attend the WHS practice that day.

4. I understand that practice is the time to prepare for upcoming competitions and that I will be focused on the task at hand. I will have all of the necessary equipment. I will give 100% and will not distract my teammates. I will not engage in nor encourage any behavior that is detrimental to the team's preparation. If I am removed from practice for any of these reasons I will forfeit any opportunity to compete in the next competition.

5. I understand that only WHS and/or generic suits, caps, and other apparel are permitted at practice & team functions. Any apparel with obvious ties to any other team, including club and summer teams are not appropriate and will not be allowed to be worn.

## Meets:

1. I understand that I am expected to attend **ALL** meets whether or not I am scheduled to compete, including Districts, Regionals, and States. All team members are required to attend ALL sessions of the District Championships, except for those that occur during classroom instructional time. Failure to attend will disqualify me from consideration for a letter. Absences from dual meets may be pre-arranged with the coaches prior to the start of the season. After the season begins, any absences from dual meets and any championship meets will only be excused for medical emergencies and deaths in the immediate family. Proper documentation will be required in these cases. Any unexcused absences will result in ineligibility for a letter.
2. I understand that dual meets are preparation for the championship meets and that the athletes will be scheduled to compete so as to allow the coaches to determine the best roster for the championship season. Any athletes who will not be available/eligible for the championship meets will be given a lower priority than the others, regardless of ability.
3. I understand that I must compete in more than one half of the dual meets to be eligible for Districts.
4. I understand that as a team member I have different roles at different times. I will be a representative of the school and team. I will be a competitor and sportsman. I will support and cheer for my teammates when I am not competing. I will give my best, whether it is in the pool, on the deck, or in the classroom.
5. I understand that I will wear the team uniform at all competitions. The team uniform consists of the team tee shirt, team suit, team cap (if desired), and team warm-ups. I will not wear any unapproved apparel from the scheduled report time until the coach releases me at the end of the competition.
6. I understand that I will remain on the pool deck, except to use the restroom, during the entire competition period. If I leave the deck at any time without a coach's permission I may be removed from the competition. Any disciplinary action regarding this may result in forfeiture of eligibility for a letter. If I leave the facility prior to the post-meet team meeting I will be suspended from the next competition and will be charged with an unexcused meet absence.
7. I understand that if I am late for the pre-meet team meeting I may be removed from my first event. If I miss warm-ups I may be removed from the meet for safety and health reasons at the coach's discretion. All team members must ride the team bus to away meets. Exceptions will only be granted to athletes who are involved in another school sponsored activity that extends beyond the time the bus leaves WHS. Written confirmation from the activity sponsor will be required. All team members must ride the bus back to the school.

## Lettering:

1. I understand I must abide by all of the rules listed above.
2. I understand I must maintain academic eligibility throughout the entire season.
3. I understand I must earn a minimum of 25 points for swimmers/ 15 points for divers. I can earn points through the following methods:
  - a. One point for each point earned in individual events in dual meets (First –seventh= 8,6,5,4,3,2,1)
  - b.  $\frac{1}{4}$  point for each point earned on a relay (First –third= 10,5,3) Only two relays can score for any team
  - c. 5 points for attending 32 (24 for Divers) or more practices during the season
  - d. 5 points for a 3.5 GPA or above
  - e. Additional points can be earned from team spirit activities and participation in other team activities at the coaching staff's discretion.
4. I understand that if I miss any meet, don't have a pre-arranged (prior to the start of the season) absence approved by the coaching staff, and the absence is not a documented medical emergency or death in the immediate family, I will not be eligible for a letter.

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Athlete's Name: \_\_\_\_\_

My signature below acknowledges that I have read and understand the Westfield High School Swim & Dive participation rules. By accepting a position on the team I agree to abide by all of the rules as stated above.

Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

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