

**LISBON BULLSHARK SWIMMER/PARENT CONTRACT**  
**2010/2011 SWIM SEASON**

**Focus:**

- Develop yourself and your swimming. Respect others for doing the same.
- Set goals and strive for “personal bests”.
- Always display good sportsmanship, which means winning and losing gracefully.
- Support your teammates and cheer them for their success.

**Swimmer’s responsibilities:**

- Arrive to practice on time.
- Bring water or sports drinks to practice (in a plastic bottle with your name).
- Arrive to practice in your practice suit, cap, and goggles ready to go.
- Have all equipment on deck for practice (fins, paddles, water, cap, etc.).
- Go to the bathroom before practice starts.
- Swim goggle adjustments should be made before you arrive on deck.
- Follow the pool rules at all times (i.e., behave responsibly, no running, no splashing or dunking others, and do not use kickboards or noodles as toys).
- Come to practice with a positive and polite attitude. **Rudeness and Disrespect will not be tolerated.**
- Ask questions of the coaches if you do not understand what you are told or required to do. Do not rely on asking a teammate.
- Help put away all equipment without being asked.
- Keep track of all your personal belongings.
- Clear the locker room as quickly as possible, do not play or linger around.
- If you miss school, don’t come to practice.
- If you are anticipating lettering in swimming as a school sport please refer to the addendum for Varsity Lettering.
- If you are caught using drugs and/or alcohol during any swim team event, you are removed from the team. **Zero tolerance.**

**Parent’s responsibilities:**

- Ensure your swimmer is rested, nourished, and hydrated.
- Ensure your swimmer is prepared with all equipment for practices and meets.
- Make every effort to be aware of upcoming swim meets and sign your swimmer(s) up as early as possible.
- Ensure your swimmer is at the prescribed place at the prescribed time if signed up for a meet. No-shows take a slot away from another swimmer that could have participated, which is especially important for relay teams.
- Notify coaches of any behavior or medical conditions affecting swimmer (i.e., ADD, diabetes, dyslexia, hyperactivity, medications, previous injuries, etc.).
- Ensure your swimmer adheres to the pool rules.
- You are welcome to watch practice anytime.
- Support your swimmer(s) with encouragement and praise at all times.

**Consequences for swimmers that exhibit unacceptable behavior:**

Swimmers who take a disproportionate amount of the coach’s time due to unacceptable behavior, lack of responsibility, or lack of interest in practicing may be removed for the remainder of the practice session at the coach’s discretion. The three-strike rule applies meaning that if this action occurs three times you will be asked to leave the team.

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Swimmer Signature/Date

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Parent Signature/Date