

# BEND HIGH SCHOOL SWIM TEAM

## 2011-2012

### I. PHILOSOPHY

We believe in providing a positive and enthusiastic swimming experience that enhances each athlete's overall high school experience by encouraging physical, mental, and moral development. Our goals include; creating and developing strong interpersonal relationships among team members; creating an environment that encourages each student-athlete to identify goals and the tasks associated with their achievement; and teaching the necessary life skills to ensure future success.

Most importantly, we want our swimmers to have FUN and strive to become a better person first and a better athlete second.

### II. TEAM EXPECTATIONS/RULES

#### 1. PRACTICE

- Come to practice everyday and be on time.
- If you are not in the pool on time, and you have not notified a coach on your tardy, you will not be allowed to practice for that day.
- Attention is focused and practice to the best of your ability.
- If you have to miss practice you must notify a coach.
- If you need to leave practice for any reason you must notify a coach.
- If classroom work conflicts with practice check with a coach **before** being late to practice.

#### 2. SCHOOL

- Your first responsibility is to your school work.
- You are responsible for any classroom assignments missed because of swim team involvement.
- Unexcused tardies or absences from school may result in temporary or permanent suspension from the team.
- **To be eligible to compete in a scheduled swim meet you are required to attend school and be at practice the day before a meet. If a meet is on a school day, you must be at school to participate in the meet.**

#### 3. TRAVEL/MEETS

- Everyone is expected to travel to and from meets on the bus. The only exception is if your parent would like to drive you home from a meet. **A coach must have a written note and be verbally notified by the parent.**
- You are expected to keep the buses and hotel rooms clean at all times.
- Before checking out of the motel, swimmers will stay in their rooms until the room has been checked by a coach. After the rooms have been checked, swimmers will then load the bus.
- You are expected to follow all curfews and rules set by the coaches during travel meets at all times.

- No team members of the opposite sex are allowed in each others hotel rooms.
- The coaches reserve the right to search bags and hotel rooms at any time.
- Hotel/Travel payment is required before departure of meet.
- You are expected to give your best effort in every race.
- Support your teammates in their races.
- You must stay for the entire meet and support your team, even if you are not swimming in the last events.

#### 4. BEHAVIOR

- Good sportsmanship will be expected at all times.
- You are expected to behave appropriately, honorably, and in a mature manner as a Bend High School student/athlete at all times, in and out of the swimming pool.
- Respect the rules, staff, and property of Juniper Swim and Fitness Center at all times.
- Be supportive and loyal to your teammates. No profane and/or abusive language.
- When traveling, you are expected to behave in an appropriate manner, respecting the rules set by the coaches. **Remember that you are representing your school and your team. Non-compliance of the rules will have consequences.**
- Any behavior unbecoming of a Bend High athlete may result in temporary or permanent suspension of the team.

#### 5. LETTERING

- Swimmers must compete in 5 Varsity swim meets.
- Miss no more than 5 practices all season, **including holidays.**
- Coaches reserve the right to use their discretion regarding certain situations.

#### DRUG/ALCOHOL/ACADEMIC POLICIES:

We will strictly follow all Bend-La Pine School District drug, alcohol and academic policies and procedures. Please note the 2011-2012 Participation and Training Contract for Athletes/Activities in the Bend High athletic winter packet.

*I have read and agree to adhere to all of the above information.*

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Athlete Signature

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Date