



2019-2020 GRADY SWIM TEAM COMMITMENT CONTRACT

I, _____ (*swimmer name – print clearly*) understand that my participation on the Swim Team requires a **minimum** attendance of 2 water practices and 1 dryland workout per week. Attending practice means signing in, being in the water or the gym on time, and staying for the duration of practice. USS club swimmers may continue to train with their club teams and will provide the Grady coaches with their club coach's contact information to verify attendance.

Swim Practice Requirements to Remain on the Team:

Before the First Meet (11/9): Minimum = 12 practices Recommended = 18+ practices

Before Winter Break (12/21): Minimum = 25 practices Recommended = 35+ practices

Before APS Championship (1/29): Minimum = 35 practices (will not letter or earn PE credit without 35 practices)

Meet Attendance Requirements:

- ALL athletes are expected to attend ALL meets in which they are eligible to compete.
- Athletes must report for meets at the designated check in time.
- Athletes are required to stay until the end of the meet.
- To be **excused** from a meet (or from staying for the entire meet) means that a coach has given the athlete permission **in advance** (before the meet entry deadline) to miss without penalty. Excuses are granted in **very limited circumstances** – such as a conflicting **school function** (performance, competition, etc.) or **USS club meet**. Practices, meetings, rehearsals, and homework are NOT considered an excuse.
- Athletes are excused from meets when they are **ill** if they provide the coaches (within 7 days of the illness) a doctor's note or a screenshot of an excused absence for illness from Infinite Campus. *If you are not at school for at least a half day on the day of a weekday meet you are not eligible to compete.*

PE Credit Requirements:

- Athletes must attend a minimum of 35 practices before the APS Championship (1/29)
- Athletes must attend a minimum of 5 meets and must not have ANY unexcused meet absences.

Varsity Letter Requirements:

Athletes must meet 3 out of 4 criteria:

1. Make the State Team
2. Place in the top 10 in any individual event at an invitational meet
3. Attend all meets in which they are eligible to compete (unless excused)
4. Attend 35+ practices during the season (or verified attendance from USS club coach)

In addition, I understand that the coaches expect me to be a leader in the school, in the pool, and in the community. Therefore, I will abstain from illegal substances in order to be a role model and to achieve the best performance in the pool. Students may be removed from the team for violating the APS Code of Conduct. Students who become academically ineligible will be suspended from the team until they become academically eligible.

Consequences for Failure to Follow this Commitment Contract:

1. Be pulled from the lineup (and not receive meet attendance credit).
2. Lose the opportunity to earn a varsity letter or PE credit.
3. Removal from the team.

Signature: _____ Date: _____