



# SHS Swim & Dive Team Athlete Contract 2019-2020

I, \_\_\_\_\_, will make a total commitment to the Sequoyah Swim & Dive Program. I understand that perfect attendance and participation is of the utmost importance to a successful program. I am totally committed to the Sequoyah Chiefs Swim & Dive team rules and regulations listed below.

- ◆ I will show up for all practices and meets unless a coach has granted me an excused absence in advance or an unforeseen emergency occurred to prevent me from attending. In case of an unforeseen emergency, I must contact the coach at the earliest possible time to inform her of the situation.
- ◆ I will show up for all practices and meets on time unless a coach has granted me an excused tardy in advance or an unforeseen emergency occurred to prevent me from being on time. In case of an unforeseen emergency, I must contact the coach at the earliest possible time to inform her of the situation. Three unexcused tardies counts as an unexcused absence. On time is late.
- ◆ I understand that the punishment for one unexcused missed practice or meet will be a one meet suspension. For two unexcused missed practices, meets, or combination (practice and meet), I will be removed from the team.
- ◆ I will be on the bus for all meets before the assigned time. On time is late. I will be properly dressed from the time I arrive at a meet until I have left the facility. The team uniform must be worn at every meet. The only exception to this is the wearing of tech suits at the county or state meet.
- ◆ I will refrain from communicating, including electronically, with anyone other than my teammates or coaches during practice or 45 minutes before meets and throughout meets, so I can focus on doing my best.
- ◆ I will remain at practice and meets until I am dismissed by my coach.
- ◆ I will attend at least three full class periods before I attend any school function. If the need arises to check in or out of school, a coach should be notified. Checking in or out of school is strongly discouraged.
- ◆ I understand that In School Suspension and Out of School Suspension are unexcused absences and will be treated as such. Failing grades and discipline problems will not be tolerated and will be dealt with immediately.
- ◆ I understand that I should always be neatly groomed. I understand the wearing of piercings is prohibited during practices/meets.
- ◆ I will be supportive both publicly, privately and on social media of the Sequoyah Swim & Dive program, my team mates and coaches.
- ◆ I will comply with all CCAC rules during practice and meets. I will comply with all the rules at our meet venues.
- ◆ I understand the SHS athletic communication chain of command. If I have a question, concern, etc., I understand that it is my responsibility to discuss said question, concern, etc. with my coach.
- ◆ I will act in and out of the pool as a young lady or gentleman always including on social media. Any conduct that breaks the CCSD Code of Conduct, any team rules, reflects negatively on the swim and dive program or is detrimental to the team's wellbeing will be dealt with as each situation presents itself. This includes, but is not limited to, inappropriate language, attire, drinking of alcoholic beverages, using of drugs, bullying and unsportsmanlike behavior. Possible consequences include, but are not limited to, additional conditioning, meet suspension, loss of the Varsity Letter and/or removal from the team.

I, the undersigned, agree to abide by all rules and regulations of this contract, Cherokee County Schools, Sequoyah High School Athlete Handbook and the Sequoyah High School Discipline Guidelines.

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Athletes Signature

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Parent/Guardian Signature

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Date