

# Leland Swimming 2015

## Leland Swimming Philosophy and Expectations:

- Respect your teammates by giving 100% mentally and physically to every set in practice, and every event they swim in meets. The only way to get better is to have work with the same intensity in practice as you would in a meet.
- Athletes have made a commitment to this team. Every athlete needs to respect that commitment by making **ALL** practices and working hard. Come with a positive attitude; striving to reach and exceed your potential as an individual athlete and a team.
- The team comes first, and no one is guaranteed a spot at meets. You have to earn that! Everyone must be at the meet to help whether you make the meet roster or not
- In order for meets to run successfully on time, we need parent volunteers to time at meets. Please come and help.

Athletes who don't follow these expectations may be removed from the team.

Keys to being a better player and teammate:

1. Attitude - positive, always ready to help the team and give their all
2. Boldness - a determination and fearlessness to want to be the best
3. Coachability - willingness to listen, learn, and handle criticism
4. Desire - a drive to want to improve in every aspect and achieve their potential

## Academics

1. Good students make good athletes. All athletes should arrange their priorities so that their academics and commitment to the team come **FIRST!** Only those who can balance sports with academics will be successful.
2. All athletes are expected to maintain a C in every class. Any athlete who earns a grade lower than a C may be suspended or dropped (at the coach's discretion) from the team. There is no probationary period if you become ineligible (under a 2.0) - in this case you will be dropped from the team.

## Attendance

1. This is the high school team, and to be a team we must practice together. **ALL** swimmers are expected to practice with the team for the first two weeks during tryouts. After that time, year round swimmers may practice with their clubs, as long as they turn in their daily workouts each week (email to me).
2. Swimmers are expected to be 15 min early to practices and 60 min early to meets. Promptness also includes being **IN** the POOL at the appropriate time (this includes warming up prior to meets).
3. All swimmers are expected to help set up and clean up after each practice and meet.

4. All swimmers are also expected to stay for the ENTIRE meet and support their team. It is disrespectful to the team to leave the meet early! We expect everyone to stay and cheer for their teammates, and to help clean up after the meet! If you leave early it will count as a CUT and negatively affect your grade.
5. Unexcused absences are NOT permitted - if you are at school, you ARE at practice! Don't be late--that shows a lack of respect for your teammates. You may be **suspended** or **dropped** from the team after the **first** unexcused absence!
6. Meets will be during the week, as well as on 1 or 2 weekends. All swimmers are expected to attend ALL meets. Missing meets are unacceptable, and can result in a lowered grade or immediate dismissal from the team.
7. Athletes will also be expected to make practices during the Spring Break. You have made a commitment to be a part of the Leland Swim team. The spring break occurs the week before our Pioneer meet. Hence, we can't afford a week off. Missing practices may result in lowered grade or dismissal from the team.

***Athletes who do not respect their teammates enough to show up on time OR miss practices or meets may be dropped from the team!***

#### **Attitude**

1. Players represent Leland Swimming during the season. Proper language and proper sportsmanship is expected at all times. Players not maintaining these standards may be dismissed from the team.
2. Swimming is still a team sport. We are trying to win meets! You must be willing to put the team first! Swimmers must be ready to swim any event that the coach feels will help the team win! **Only the coach** decides who swims what events. That may mean you only swim 1 event or you may swim 4 events. Complaining about your event is unacceptable.
3. Respect for teammates, coaches, opponents, officials and spectators is expected at all times. Players unable to follow normal standards of conduct will be dismissed from the team.
4. Come to every practice and meet with a positive attitude ready to improve. Bring intensity and focus! Practice is not social hour! We're here to play improve our swimming speed. Athletes who do not take practice seriously, giving 100% to improving, are disrespecting their teammates.
5. Swimmers are expected to follow the coach's instructions at all times.

***Removal from practice due to an unwillingness to follow these expectations will count as an absence or possible immediate dismissal from the team.***

## **HEALTH**

Athletes must care for their health. It is disrespectful to your teammates and your potential as an athlete to use anything that can harm you. Any drug use, drinking alcohol, or smoking will result in IMMEDIATE & PERMANENT REMOVAL from the team.

**This includes attending parties where such things are present.**

## **Care of Equipment**

All athletes are responsible for all equipment used during the season. Athletes will be assigned set up and clean up duties and are responsible for executing these duties quickly and with care to pool covers, lane lines, kickboards, pull buoys, and other equipment.

Practice ends when everything is clean and put away! NO ONE leaves until EVERYTHING is cleaned up -- no excuses! AND EVERYONE HELPS! Any athlete who leaves early or is unwilling to clean up will be marked as absent.

I \_\_\_\_\_ (athlete's name - first & last) hereby agree to the expectations stated above for Leland Swim & Dive Team.

\_\_\_\_\_  
athlete signature                      date

\_\_\_\_\_  
parent signature                      date

parent email: \_\_\_\_\_

home phone: \_\_\_\_\_

I would like to see if we could do team dinners the night before meets. The swim team is large, so maybe parents can buddy up to organize a night. Split into varsity & JV.

\_\_\_\_\_ I am willing to host a team dinner.

Also, I need a parent to organize & collect suit orders. If you are willing to do that, please let me know.