

Bishop Shanahan High School Varsity and Junior Varsity A and B Team Swimming and Diving Team Contract 2009-2010

Coach:

Mrs. Kelli Kessler e-mail: swimcoach11@comcast.net
610-563-7377

Philosophy:

You have chosen to participate in the Swimming and Diving Team. Along with this privilege comes responsibility. I hope you are prepared to make a commitment to the team. I expect you to give 100% effort to the team and to abide by team rules. All team members have the opportunity to compete for a Varsity Letter.

Commitment:

All high school swimmers who do not currently swim for YMCA or USA teams must attend four practices each week. A meet day does not mean a practice day. If we have two meets during the week the second meet day will count as a practice. This is due to our limited practice days at the YMCA.

All swimmers who are currently swimming for a YMCA or USA team must attend Sunday practices and one other practice per week. Sunday practice is expected of all swimmers and divers. All swimmers and divers must commit to the meet schedule, including the Ches-Mont League Championship Meet. The AAA and AA district meet is a time required meet. High School Swimming is a team sport; we need committed team members only.

Team Rules

1. Turn in all appropriate paper work by the end of practice on November 17th 2009.
 - Medical Physical (to School)
 - Athletic Fees paid (to me)
 - Contract Signed
2. Practices will be Monday and Wednesday 8:00-9:30pm and Tuesday and Thursday 3:10-4:30pm water and dryland 4:30-5:00pm, Sunday 6-7:30pm. There will also be practice on days that school is not in session. Thanksgiving and Christmas schedule will be as follows:

Thanksgiving Day - No Practice

Practice resumes Sunday Nov. 29th with a mock meet and dinner starting at 4pm dinner and Meet at 6pm-7:30pm This is a required event.

Christmas Schedule

No practice December 24th & 25th Practice resumes December 28th

New Year Schedule

No Practice December 31st

No Practice January 1st . Practice resumes January 4th

- Team members must notify the coach (before practice) if unable to attend practice or if leaving practice early.
- 3. Every swimming member will be expected to participate in **all** swimming meets, home and away. The Diving Team will be expected at all away meets where diving is part of the meet. Please review the Swimming and Diving schedule. The coach must be notified in advance, in writing, (email Ok) if you are unable to participate in a meet. Failure to notify the coach will result in a one meet suspension. A second offense will result in an immediate termination from the team.
- 4. All athletes must take the bus to all away dual meets. Both to and from the meet. Exceptions are at the coach's discretion.
- 5. All participating team members are expected to remain for the entire meet. Again exceptions are the coach's discretion.
- 6. Team members will dress appropriately for all practices and meets. It is strongly recommended that you do not leave valuables in the locker room. All valuables can be placed on deck.
- 7. Follow all team rules as set forth by the coach. Sportsmanship is a top priority. At no time shall a Bishop Shanahan athlete act negatively towards a coach, opposing coach, teammate, official or an opponent. Foul language is unacceptable. Athletes unable to act in the proper manner when with the team and are subject to be disciplined by the coach.

The athlete and parent are acknowledged with their signature that they understand the rules of the Swimming and Diving Team for Bishop Shanahan High School.

Athlete



Date _____

Parent