

Chapel Hill High School Swimming & Diving 2017-2018

Welcome to the 2017-2018 season of Tiger Swimming & Diving!

Please read over the following rules and expectations, sign and return to the coaching staff by Oct 30.

Practice Schedule & Attendance:

Practices will be 6-7:30am Monday-Friday at Homestead Aquatic Center every day except for meet days.

Athletes are expected to maintain a minimum 80% practice attendance.

- Failure to maintain 80% attendance will render an athlete ineligible for competition.
- Excused absences: absences for medical illness or family emergencies must be communicated via email BY THE ATHLETE to the coaching staff (CHHTigerSwimming@gmail.com) PRIOR to the missed practice.
- Optional practices will be held over winter break and will count towards improving attendance only

Meet Participation:

- Athletes are expected to participate in every meet they are eligible for.
- Athletes must participate through the end of the competition season.
- Athletes are expected to stay at meets through the end, not just their own final event.
- Travel Meets: all athletes are expected to ride the team bus to away meets; athletes may return from away meets with their parents but must notify coaches prior to leaving. Anyone carpooling must bring a signed note from a parent.
- Athletes must attend school the day of competition in order to participate in the meet.

Sportsmanship

- All athletes are expected to maintain good sportsmanship with teammates, coaches and competitors at all practices, competitions and social events.
- Remember that you are representing not only your team but also your school at all times.

All athletes are expected to adhere to the rules and regulations listed in the 2017-2018 Student Handbook which can be found on the Chapel Hill High School website.

Earning a Varsity Letter: In order to receive a Varsity Letter, athletes must maintain a minimum 80% practice attendance (year-round club team practice will count), represent CHHS & Tiger Swimming with positive sportsmanship for the entire season, AND meet at least *one* of the following:

Attend all meets they are eligible to participate in *OR*

Qualify for and participate in the Regional Meet

Please sign and date the following and return by the first practice (Monday, October 30)

I have read and will comply with the rules and expectations listed above. I have read and agree to adhere to the rules and regulations listed in the 2017-2018 Chapel Hill High School Student Handbook. I understand that failure to follow these expectations may result in removal from competition, practice or (with repeat issues) removal from the team.

Athlete Signature: _____

Date: _____