



# Grosse Pointe South Boys Swimming & Diving

## 2018-19 Team Policies Agreement

### Attendance Policy

- A commitment to join this team is one made equally to oneself, teammates, coaches, parents, and the school.
- Only under rare circumstances should a swimmer be absent. Swimmers must seek approval from the head coach more than 24 hours in advance of any planned absence. The conversation must occur outside of practice time.
- **All absences of any kind will factor into your attendance percentage except in cases of absence from school, ACT/SAT testing, other pre-approved school co-curricular activities, pre-approved college visits, or at head coach discretion.**
- If a swimmer is absent or is dismissed early from school due to illness, please make sure the swimmer or parent notifies the coach.
- Unexcused “No Call-No Shows”, excessive absences, or behavior issues may result in the athlete being withheld from competition in addition to the coach enacting the steps below:
  - o 1<sup>st</sup> occurrence: swimmer/coach discussion.
  - o 2<sup>nd</sup> occurrence: parent/coach meeting, o 3<sup>rd</sup> occurrence athletic director notified, discuss what it means for the swimmer to be on the team.
- Attendance does not mean merely showing up. You must also give 100% effort every day, consistently complete intervals/sets/workouts as assigned, and behave in a manner that is both productive and respectful to your teammates and coaches. Cell phone use is not permitted (see below). Instances where behavior is not conducive to individual or team success will result in a coach-athlete discussion, followed by a parent meeting as described above.

### Timeliness / Completion of Workouts

- Being on time means arriving early, having all equipment adjusted, and being ready to begin practice at scheduled time.
- For tardies to be excused, In cases where a student meets with a teacher after school, please provide a note from the teacher. If there is an emergency on the day of, contact the coach to discuss why you need to be late. In any case of tardiness, the practice will not count if a significant amount of it is missed.

### Participation / Uniforms / Conduct

- A minimum 90% attendance average is expected to maintain full meet participation.
- Arriving late for a home meet without prior notice may result in removal from the lineup.
- Arriving late for a bus to an away meet will result in the athlete being left behind.
- The team suit, cap, will be required for all meets.
- The team suit is the only suit allowed for competition. Legal tech-suits will be allowed for championship meets only.
- Talking, texting, browsing, tweeting, posting, etc. are all distractions from productivity at the pool. Cell phones are also a theft liability, and should be left locked in your locker. At away meets, cell phones should remain in your bag, out of view. Swimmers may not have cell phones on their person during practices or meets, including warm-ups, without first obtaining permission from a coach. The exceptions to this rule are championship meets with excessive downtime specified by coach. If there is an emergency that requires you to use the phone, please speak with a coach first.

### 2018-19 Girls Swimming Team Policies Acknowledgement

I, \_\_\_\_\_, have read and understand the rules and regulations set forth in the team policies above in addition to the Grosse Pointe Schools Extracurricular Handbook and Code of Conduct. I agree to abide by the policies set forth, and I understand the consequences for failing to comply with them.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent(s)/Guardian(s) \_\_\_\_\_ Date \_\_\_\_\_