

**Nepean Synchro Club
2009 - 2010
Team Commitment Agreement**

Athletes and parents must be aware that all practices are mandatory. Prolonged or frequent absence from practice creates difficulty for the coach and interferes with team development, rehearsals and perfection of the routine. Any absence **MUST** be reported to the coach **BEFORE** the practice either by e-mail or by telephone for a short notice absence (the coach will inform the team at the beginning of the season of her preferred method of communication). **In particular, the three weeks leading up to each competition are critical and no practice can be missed for any reason in this time leading up to competitions.**

This team commitment encompasses the entire swim season (September to June). If a swimmer wishes to become involved with any new activity (i.e. job, school sport or activity) during the swim year, the swimmer and her parent(s) must contact the team coach to discuss the commitment involved and ensure it does not conflict with practice and competition schedules.

For any extended absence a doctor's note is required detailing the illness or injury. After an injury there must be approval from parents for the swimmer to get back into the pool. Unless the illness or injury is contagious or debilitating, the swimmer is expected to be on deck during her team's scheduled practices.

Parents are asked to discuss menstruation and the use of tampons with their daughters if they are pre-pubertal. Not swimming for a week each month because of periods is not an option in a team sport where each team member's participation at every practice is vital, so it is important for our young swimmers to be psychologically prepared for this eventuality.

If the coach feels a swimmer is missing too many practices or is sitting out too often, the coach will discuss this with the swimmer and (or) the parent(s).

Swimmers must also note that the figure training commitment hours per month must be met, and properly documented during the synchro season. Figure training is not only beneficial to the team and the club, but is also an essential training component of every swimmer's personal development.

Should any issue of concern arise, the first contact is with the team coach. This should be done immediately. The coach can be contacted by telephone or spoken to in person after a scheduled practice. If the issue cannot be resolved at this level, the Head Coach or Executive can then be approached.

By signing this document, swimmers are agreeing to support this sport and to treat all swimmers and coaches within our club with equal respect. Every swimmer will represent Nepean Synchro Swim Club with pride.

We would like to thank swimmers and parents supporting this team commitment.

Your Head Coach and Club Executive

We have read and understood the Team Commitment Agreement.

Athlete: _____
Print Name Signature

Parent: _____
Print Name Signature

Date: _____