



## **Competitive/Novice Team Commitment Agreement**

Athletes and parents must be aware that no practice is optional. Prolonged or frequent absence from practice creates difficulty for the coach and interferes with team development, rehearsals and perfection of the routine and technical skills. Any absence **MUST** be reported to the coach **BEFORE** the practice either by email or by telephone for a short notice absence (the coach will inform the team at the beginning of the season of their preferred method of communication). In particular, the two weeks leading up to each competition are critical and no practice can be missed for any reason during a “cut-off period” (see calendar for identification of cut-off period). Any absence during a cut-off period for any reason other than an extraordinary and extenuating circumstance will result in the athlete being unable to compete in the associated competition.

This Team Commitment also encompasses the Nepean Artistic Swim Club’s Code of Conduct. By signing this document, athletes and parents agree to abide by the Code of Conduct. Parents agree not only to support the club and to help their child adhere to the standards, but also to hold themselves to the same standards of good sportsmanship outlined in the code of conduct.

This team commitment encompasses the entire competitive swim season (September to May). If an athlete wishes to become involved with any new activity (i.e. job, school sport or activity) during the swim year, the athlete and their parent(s) must ensure it does not conflict with practice and competition schedules.

For any extended absence, a doctor's note is required. After an injury, there must be consent from parents and the coach for the athlete to get back into the pool. Unless the illness or injury is contagious or debilitating, the athlete is expected to be on deck during their team’s scheduled practices. More guidelines are available in the NASC Injury Protocol.

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

Should any issue of concern arise for a parent, the first contact is with the team coach. This should be done immediately. The coach can be telephoned, e-mailed, or spoken to in person after a scheduled practice. If the issue cannot be resolved at this level, the Head Coach or an Executive Committee member can then be approached.

For menstruating and pre-menstruating athletes: Parents/guardians are asked to discuss monthly periods and the use of menstruation products/swimwear such as tampons, menstrual cups and/or menstruation swimsuits with their athlete. As it is recognized that menstruation is experienced differently by each athlete, not swimming for the duration of their period is a hindrance in a team sport where each team member's participation at each practice is vital. It is important for athletes to be prepared with a menstruation plan.

**“As an athlete of Nepean Artistic Swim Club, I will conduct myself with the highest level of sportsmanship by showing respect, responsibility, fairness, and pride for myself, my teammates, my coaches, and my club. As a sportsperson I will lose without complaint, win without gloating, and treat opponents with fairness, generosity and courtesy. I will show sportsmanlike behaviour when communicating with others by any means including social networking such as social media, emails and texting. I will be positive, considerate and kind. I will not hurt, humiliate or criticize others and will treat others as I would have them treat me.”**

We have read and understood the Team Commitment Agreement.

Date: \_\_\_\_\_

Athlete Name(Print): \_\_\_\_\_

Athlete Signature: \_\_\_\_\_

Parent Name(Print): \_\_\_\_\_

Parent Signature: \_\_\_\_\_