

YWMC

SWIMMING

2008-2009 SWIMMER'S CONTRACT

I _____ promise to fulfill the rules set forth below as my obligation to participate on the YMCA of Western Monmouth County Swim Team.

RULE 1. All swimmers must show good behavior, at all times. This includes being courteous to your fellow swimmers, coaches and others that will be in the building.

RULE 2. Be prepared to work out with proper equipment (suit, goggles, buoy, zoomers, water bottle, ect,) when you arrive.

RULE 3. Team suits are **NOT** to be worn during practice. Only YWMC swimming apparel is to be worn at swim meets. No other team cap, suit, shirt, or other clothing will be acceptable.

RULE 4. Practice will start on time. Late arrivals will be placed into any group that the coaches feel will cause the least disruption to the practice.

RULE 5. Participation to the best of your ability is required at all times. You must be prepared to practice with intensity for the entire time that you are at practice.

RULE 6. **80%** attendance is expected from all swimmers. Any practice conflicts must be communicated to the head coach. If you do not meet the **80%** attendance requirement you may need to try out again next year. Your spot is not guaranteed.

I have read the rules set forth above and agree to them. I realize that if I break any of these rules that I may be suspended from practice sessions or swim meet, and that my parents will be notified of that fact.

Swimmers Name (PLEASE PRINT) _____

Swimmers Signature _____

Parent's Name (PLEASE PRINT) _____

Parent's Signature _____

Date _____

One form required for each swimmer