

## AquaStarz USA Swimmer Conduct and Responsibilities

Swimmer Name:

Date:

**Swimmer:** AquaStarz USA program swimmers (“USA swimmers”) are expected to do everything within their power to reach their own personal potential. Please read and *initial* each section and sign/date.

**Parents:** The following expectations and guidelines are set forth by the AquaStarz Board and the designated AquaStarz USA program (“USA program”) coaches. Please review this agreement with your swimmer. Sign a copy and return it before the first practice.

Each and every practice is a necessary component for success as a USA swimmer.

\_\_\_\_\_ Attend all mandatory practices, on time, with a positive attitude.

USA Swimmers agree to attend at least 90% of all practices, and understand that non-attendance impacts the ability of the other team members to effectively practice and achieve team goals. All practices are considered *mandatory* unless an arrangement/ agreement is made in writing with the coach more than 1 week prior to the practice. Any absence due to illness must be reported by texting Lisa Carlock and Meredith Simoneau prior to start of practice.

\_\_\_\_\_ Swimmers will have a limited amount of time in which to learn their routines and demonstrate a complete knowledge of the choreography. A swimmer who is unable to learn the routine in a reasonable amount of time may be removed from the routine at the discretion of the coaches.

\_\_\_\_\_ Arrive on time and ready to begin practice dressed according to the scheduled activity.

\_\_\_\_\_ Foster a healthy coach-athlete relationship.

- Be respectful toward and follow instruction provided by the team coaches. AquaStarz currently has multiple USA certified coaches and any one of those coaches may be assigned to coach practice. AquaStarz also occasionally contracts with outside coaching staff and USA swimmers represent AquaStarz when they work with those coaches.
- The USA swimmer is the primary contact with her coach and the swimmer is responsible for communication with her coach. This encourages swimmer autonomy and places control of her success with the individual swimmer. Parents should use the established communication channels through your USA Representative for coach communication and other team issues.

\_\_\_\_\_ Foster a healthy and supportive relationship with teammates.

\_\_\_\_\_ Live a lifestyle appropriate for achieving greatest personal success. Therefore, swimmers must maintain appropriate nutrition and sleep patterns, as well as abstain from the use of drugs, alcohol, and tobacco products.

\_\_\_\_\_ Conduct yourself in the spirit of good sportsmanship at all competitions, understanding that you are representing AquaStarz at all times, regardless of the circumstances.

\_\_\_\_\_ Participate in AquaStarz team activities and be a mentor and supportive teammate to all AquaStarz swimmers.

\_\_\_\_\_ Failure to meet the above expectations may result in removal from a routine or dismissal from the AquaStarz USA program. The USA program coaches or the AquaStarz board may administer other sanctions appropriate to the breach of any expectation of this agreement.

I have read and understand the expectations listed above. I welcome the challenge and will do my best to become a successful USA program swimmer. I understand that if I do not adhere to these guidelines I can be removed from the USA program.

\_\_\_\_\_  
Swimmer Name

\_\_\_\_\_  
Swimmer Signature

\_\_\_\_\_  
Date

I have read and understand my daughter's responsibilities in the USA program and will do my best to support my swimmer, coaches, and the team in achieving success.

\_\_\_\_\_  
Parent Name

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

\_\_\_\_\_  
Date

#### **Attributes and Characteristics of a Successful USA Swimmer**

1. Has 100% attendance at practice sessions
2. Does not arrive late or leave early from practice
3. Understands that each practice is a necessary component for success
4. Incorporates a team approach to swimming
5. Loves to participate and support teammates
6. Loves the sport and is committed to it
7. Has an open mind and believes that anything and everything is possible
8. Has confidence in themselves and in the work they have put in, as well in the obstacles and challenges they have overcome
9. Enjoys challenges and difficult tasks, understands that these challenges build character and help the process of success in and out of the pool
10. Always seeks to do more than what is asked, is not satisfied do the minimum
11. Understands that confidence, not arrogance is a key factor in successful performances
12. Gives honest self-assessment in practice and meets
13. Takes responsibility for their actions in practice and meets
14. Understands that the "Athlete" has the most influence on the outcome
15. Comes to practice prepared with proper equipment and nutrition (water, sunscreen, goggles, noseclip, training suit, cap)
16. Consults the coach concerning injury or illness
17. Consistently offers the coach feedback on personal technique, training and meet performances
18. Practices good self-talk during all practices and meets
19. Understands that focusing on the solutions is far better than focusing on problems
20. Above all commits to doing everything within their power to reach their goals and maximize their own potential