

2016 WHS Swim Team Rules

- 1. Respect Each Other and Communicate with Respect.** To build a unified team we must respect and encourage each other. No negative talk will be tolerated. If you have concerns about the team, practices, etc., communicate them respectfully. Come talk to a coach. If you ask your parents to talk with a coach, we will ask you to be there also.
- 2. Manage your Time.** Respect yourself, your family, your teachers and your team.
 - Academics come FIRST, Swimming comes second.
 - We expect you to be able to balance both school and sports.
 - PLAN AHEAD. Get school work done AHEAD of TIME
 - Being a student-athlete is a privilege - don't lose it because of poor planning.
- 3. Be on Time.** It is a good life skill. It shows respect for yourself, your teachers and your team.
 - **NOTE:** Practice will start promptly at 3:30p unless the coaches call a meeting. Anyone NOT in the water at 3:30pm will be asked to leave the pool deck.
- 4. Practice is Mandatory.** Respect your coaches and your team.
 - Email/Text Coach Laura, Molly or Peter **beforehand** (24 hours) if you cannot attend.
- 5. We Will Enforce District Rules.** Respect yourself!
 - You have signed documents stating you will not drink, smoke or use drugs.
 - Zero-Tolerance Policy. One infraction and you are off the team.
 - Your mind and body are your two most important assets. Do NOT abuse them.
- 6. The PAL ALL-LEAGUE MEET is MANDATORY.** EVERY SINGLE swimmer will participate. If you cannot make the meet on May 4 (Girls), May 5 (Boys) and May 7 (EVERYONE), do NOT join the team.