



Valparaiso High School Men's Swimming & Diving

In an effort to lessen the disparity between our team ideals and individual behavior, and to personalize these ideals in our athletic experience, the Valparaiso Men's Swim Program adopts the following basic expectations of its members:

1. I will respect and abide by all Valparaiso Swimming and Diving policies and procedures, school rules, regulations, and policies.
2. I will respect the dignity of all persons; therefore, I will not physically, mentally, or psychologically abuse or bully any person, online or in person.
3. I will neither use, nor support the use of illegal drugs or alcohol.
4. I understand the importance of school attendance and I know I must be in school before 11:15 am to be eligible to practice or participate in a contest.
5. I will exhibit good sportsmanship in and out of the pool.
6. I will cooperate with and be respectful of teammates, coaches, and officials.
7. I will respect the property of others; therefore, I will neither abuse, nor tolerate the abuse of property.
8. I have reviewed the team attendance policy, understand it, and will comply with it.
9. I will strive for academic excellence and therefore; I will do my homework, go for extra help when needed, and do whatever it takes to strengthen my high school experience.
10. I understand that I must be passing at least 5 classes to be considered eligible to participate in any sport.
11. I will do everything in my power to help the swim team be successful.
12. I understand that I represent Valparaiso Swimming and Diving both in school and in the community and will represent the program in a positive light.

I, _____ have read and understand this athletic contract. I know if any rules are broken; the coach has the right to take appropriate actions including the possibility of suspending me from the team for as long as he/she feels necessary.

Student Signature

Date

As a parent of a prospective swimmer, I have read and understand the above policies. I approve of these policies and will help my son/daughter maintain these standards.

Parent Signature

Date