**2019 SHHS Girls Swim Team Rules and Expectations**

**Respect:**

--Treat everyone on the team the way that you’d like to be treated. Let’s try to make this a “no drama” season!

--When captains are named, please listen to and respect them as you would the coaches.

**Dedication:**

--To achieve all that you can, please make the commitment to work as hard as you can in practice and at meets. Please try everything to the best of your ability!

**Attendance:**

--You are expected to be at all scheduled practices. If you must miss a practice for any reason, please communicate this to the coaches prior to the practice for approval. If you have an unexcused absence, you will be held out of the next swim meet. For clarification, excused absences are school-related activities (marching band, etc), being sick from school, etc.

**Practices are Closed:**

--This means that there are no spectators allowed in the pool during practice. This will allow the team to work with a minimal amount of distractions.

**One-Way Busing:**

Warren Consolidated Schools has a policy to only bus athletes to an away meet. There will be no busing home from away meets. Please make arrangements to have your athlete picked up in a timely manner at the end of a swim meet. A good rule of thumb is that athletes will be ready for pickup at about 730pm for a meet that starts at 6pm.

**Associated Costs:**

There is ***no cost*** to join the swim team. However, some incidental costs do come up throughout the season:

--Meets cost $5 to attend. Please consider purchasing a yearly sports pass.

--We will have t-shirts and sweatshirts for sale early in the swim season.

--Snacks after meets: We have a tradition of supplying treats (food, drinks) after a home swim meet for the competing teams. This happens throughout Macomb County. All athletes will be asked to participate or donate treats that can be used.

--Water donations. Girls are asked to donate a case of water (or $5) to share with everyone for practice. We have a refrigerator in the office for cold water for all who participate in this program.

**THERE WILL BE A PARENT MEETING PRIOR TO THE FIRST MEET OF THE SEASON. THE DATE IS YET TO BE DETERMINED**