

Rowland High School Swim Team

2019

Dear Swimmers:

PLEASE READ CAREFULLY BEFORE SIGNING!!!!!!

We are excited as we head into the 2019 season. This year we will be in the Valle Vista League and are fortunate to have our own pool on campus. As a part of this years team, you will be expected to be committed and hold yourself accountable. We are raising the expectations and level of the program. Accountability and commitment are Life Skills that will be beneficial to your success in the future as well as the success of the swim team at Rowland High School.

Expectations:

Policy: **3 missed practices may result in the athlete being dropped from the team.**

2 tardies will be considered as one (1) missed practice.

Schedule all appointments and projects after swim practice.

1 missed practice = 1 missed event in swim meets.

Team uniforms will be purchased through ASB.

“Fair Donation” Package is **\$175.00** which includes, swim suit, banquet, specialized instruction and team t-shirt. There will be numerous fundraising opportunities provided.

As communicated in the team meeting: To continue as a member of the Team, everyone will need to:

- Be cleared through the athletic department (Includes Physical) Athletes will not be able to participate until cleared.
- Have an ASB card
- GPA above **2.5 is highly encouraged 2.0 expected.**
- Sign & Return this **Expectations Letter**
- Pay a transportation fee. See attached letter.
- ALL Parents need to complete a **Transportation Release form** in the front office. This will allow you to pick up your child after any away swim meets. Athletes can not be released without this form on file.
- Parents are expected to attend the **Mandatory Parent Meeting** on March 7th.

Date Turned in: _____

Failure to attend to the previous mentioned items may result in a student being dropped from the TEAM. These expectations are fair to everyone and will help set us in the right direction for a great swim season.

7th Period Athletic PE Class

_____ (Initial) By signing below, I acknowledge that if my child is enrolled in swimming as an athletic class, I understand that they are required to attend the class daily. If they choose to skip the class, they are subject to disciplinary action. In addition, they could lose the opportunity of earning a grade and credit for the class.

Coach Mike, Coach Ian, Coach Matt and Coach Eva

I have read the above notice and understand the team policies:

_____ **I understand that Saturday and Monday mornings are part of participating and it is an important life skill that I should be present and on time.**

_____ **As a team member I am expected to stay with my team until after the Team cheer (away) or after cleanup (home meets).**

_____ **All my electronic devices will be turned off during practices and meets.**

_____ **I can honestly and unconditionally commit to our team goals.**

_____ **I can accept and embrace a role even if it is not the one I hoped for.**

_____ **I can make a positive contribution to the team every day.**

_____ **I am willing to be held accountable by teammates and coaches.**

_____ **I understand that being accepted onto the team does not guarantee that I will be entered in events at every meet.**

Athlete's Name (PRINT): _____

Athlete's Signature: _____ Phone: _____

Parent Signature: _____

Date: _____

Attach your ASB Receipt for "Fair Donation". Payment or check (made payable to Rowland ASB) Acct #2740 on memo line. Give this form to Coach Mike by January 25 th.

Scoring Rubric Turned in on Time: 100 Points
 Turned in Late: 70 Points
 Not turned in: 0 Points Not accepted onto team

Date Turned in: _____