SPRUCE CREEK HIGH SCHOOL
SWIM TEAM POLICIES 2010-2011

In order to maintain a successful program, we need the support of parents and athletes in establishing the following expectations for all team members:

1. All students participating in athletics must enter the season with a 2.0 GPA. If you receive an F in any core subject, you may not participate.

2. Absences from school or practice:
   a. If a student is absent from school, he/she may NOT practice or compete in a meet that day.
   b. A student who has an UNEXCUSED absence from practice the day before a meet will NOT be permitted to compete.

3. Practice for swimmers is Monday - Friday from 3:15 to 4:30 at the Port Orange YMCA.
   (Note: Group 3 swimmers will practice till around 5:30 or 6:00)
   Practice for divers is set by the dive coach.
   Athletes are expected to attend ALL PRACTICES. Absences must be prearranged with the coaches, or excuses presented in case of illness.

4. **An athlete must have the following before he/she can practice**:
   a. Sports physical on approved FHSAA form
   b. FHSAA Consent and Release from Liability Certificate (must include the proof of insurance part of the form)
   These forms are available on the team web site swim.sprucecreekhigh.com.
   Athletes must have all paper work, including this document, turned in by Friday, August 20, or they will not be able to participate on the 2010 team.

5. An athlete should report any injury (caused by swimming, diving, or otherwise) to one of the coaches.

6. Horseplay will NOT be permitted. This includes running, reckless diving, pulling, pushing, etc.

7. Foul language and/or poor conduct directed to ANY adult or staff member or another student is inappropriate. Athletes MUST conduct themselves appropriately at all times when involved in team activities. This includes practices, competitions, fundraisers, riding buses, at hotels and at after meet get-togethers. Athletes who violate these rules of conduct are subject to dismissal from the team.

8. In order to LETTER in Swimming or Diving, a student must:
   a. Attend a MINIMUM of 5 (4 for divers) practices per week (meets count as a practice).
   b. Attend ALL meets unless other arrangements are made with the coaches. (Invitational meets and post season meets are required for selected athletes.)
   c. Attend ALL TEAM FUNCTIONS such as Team pictures, Record-Breaker Invitational, Up the Creek 5K, Five Star Conference, and the Awards Banquet.
   d. **Place top 16 in a post-season meet – 5-Star, Districts, Regionals or State.**

9. All fees MUST be paid before an athlete can compete. **Families with financial issues/problems relating to team fees must make arrangements with the coaches by August 20.**
   The $100 (girls) or $85 (boys) uniform fee is due by August 30.
   The $75 Pay-to-Participate fee is due by September 3.
   The $100 YMCA rental fee is due by September 10. Diving fee TBA.
   Failure to pay fees on time will result in your swimmer not being able to practice until fees are paid.

10. **Participate in all fundraising activities. The letter solicitation program and car wash pre-sales can help fulfill the athlete's fees. Other fundraising will go towards other team expenses.**

The above policies are to be followed in order to maintain a position on the Spruce Creek High Swim and Dive Team. The coaching staff will review any infraction of these rules. The coaching staff reserves the right to restrict your child from participating in team activities if he/she has violated ANY OF THESE POLICIES.

I agree to abide by the policies of the Spruce Creek Swimming and Diving Team.

_____ Student _____Parent Date _____