

# 2011 Aliso Niguel Girls Swimming

Welcome to the Aliso Niguel Swim Team. We expect great things for the team this season, and to approach these expectations we need your cooperation and agreement on basic philosophy and methodology. Please read the following longwinded guidelines for swimming on the team, *sign the contract at the bottom, have your parents read and sign at the bottom, and return the bottom portion only (you keep this top portion)*.

1. **PREPARTION.** You will need the following equipment: suits, goggles (that work), a water bottle. Have *several spare pairs of goggles*, a pair of board shorts (for drag), and *at least one spare suit*. A non-suit, for any reason other than doctor's excuse (NOT a parental note) or the coach's discretion is considered a "present-absence/non-suit," meaning your grade and participation points will drop for each instance. Additionally, be on time, as tardies will be counted, just as in regular class, and will warrant grade drops, etc.... Lastly, our practices are pre-written: getting changed and into the water on time will determine whether we get out of the water on time, regardless of your after-practice plans.

2. **PARTICIPATION.** If you think that you may have a problem with attendance, please do the coaches and team a favor: save us the hassle of dealing with attendance problems that will eventually result in dropping you from the team—drop now. Being on this team is a *privilege*, not a right. Any unexcused absence may result in being dropped from the team at any time. Additionally, attendance at school, no matter how sick, necessitates attendance at practice, no matter how sick. If you are sick enough to stay out of the water, you are sick enough to stay home from class and rest completely, and *vice a versa*. Swimming is a class, just like your other courses; please treat it as such. Unless discussed with you &/or your parent, an excess of *excused* absences (exceeding 10) will also result in your involuntarily dropping the class. Of course, *early communication* with the coaches about a pre-known or *pre-arranged* absence is the best route for congenially getting it excused, and immediate communication with the coaches *during or after an absence* is **required**.

3. **TEAM.** While a trite cliché, "a chain is only as strong as its weakest link" is an unspoken motto on our team. Negative talk, to the face or behind the back, is forbidden, as it only erodes our chain: companionship, camaraderie, self-esteem, morale, and performance are the casualties of negative talk. Evidence of this may result in being dropped from the team. Contrastingly, encouragement and edification are much better motivators and team-builders – use them liberally. Additionally, although swimming is a seemingly individual sport, we will function as a team. This means we **ALL** watch and encourage each other at **ALL** levels. We get in the water together, and we leave meets together (on the bus – together). Please keep individual "special" requests to a minimum.

4. **ATTITUDE.** While ability is a natural talent and often a reward for previous hard work, a good, positive attitude and impeccable work ethic will reap much greater rewards in and out of the pool, especially later in life. When this seems impossible, fake it; it's amazing how much better a situation can become with a different perspective, especially one that stares adversity down and overcomes it despite overwhelming odds. *Ideal conditions never come*. The most successful people are those who press on toward their goal through difficult obstacles. Similarly, excuses are the fathers of failure – purge them from your mind and mouth. An explicitly and blatantly poor attitude will result in being dropped from the team, as this type of a cancer can become quite contagious.

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*I have read, understand, and agree to the above-mentioned guidelines to be on the Aliso Niguel Swim Team.*

**Athlete:** (Signed) \_\_\_\_\_

(Printed) \_\_\_\_\_

**Parent:** (Signed) \_\_\_\_\_

(Printed) \_\_\_\_\_

## Miscellaneous Policies (clarified):

1. Training with swim clubs *in place of* high school team criteria is twofold:
  - a) must be a true, **multi-year, year-round swimmer** on a club, having a **consistent, long term history** with that club &...
  - b) must have Senior National, Junior National, or **automatic** CIF qualifying times.
2. **Everyone** rides the bus together to and from meets. Do not ask to go home with your parents.
3. All morning practices are mandatory for varsity & JV swimmers; unexcused absences from any practice (morning or afternoon) will result in being dropped to lower levels, grade drops, &/or being dropped from the team.
4. If you know you will be absent (sick) the day of a meet, PLEASE communicate this to your coach (e-mail, phone, text, or teammates) **As Soon As Possible**: creating meet lineups is difficult, and last minute changes are VERY difficult, stressful, & frustrating for the coaches.
5. Attendance at practice the **day before & morning of** (varsity) a meet is necessary to participate in the meet, unless prearranged with a coach.
6. Attendance at a minimum of 5/7 Open, 9/12 JV & Varsity, spring break practices (April 2- April 10) is required to compete in league championships, as this untimely “break” is near the **very** end of our season. Consistency in training leading into a taper is **crucial** to a successful championship meet and a successful season.
7. If you drop the class AFTER Spirit Pack orders have been placed, you will receive the items ordered for you, not a monetary refund.
8. **Physicals** are required to practice. Failure to practice due to no physical is unexcused (see above for unexcused consequences).
9. You will *have to miss* all of or parts of 5<sup>th</sup> & 6<sup>th</sup> period classes for some meets. It is your responsibility to keep your grades up and teachers informed of your upcoming absences.

Contacts: [recox@capousd.org](mailto:recox@capousd.org), [eblynch@capousd.org](mailto:eblynch@capousd.org), [marinaprimer@sbcglobal.net](mailto:marinaprimer@sbcglobal.net)

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