

LA COSTA CANYON SWIMMER CONTRACT 2010

Varsity Letter Policy

A swimmer in good standing, 80% attendance and required 2.0 GPA will receive a varsity letter after earning points in either an individual or relay event during a dual meet competition. Varsity team selection is based on racing times during the season. The faster swimmer receives priority. The final selection of events and relays will be what is best for overall team standings and is the responsibility of the Coach.

Meet Participation and Transportation Policy

ALL SWIMMERS are expected to arrive at each meet and DEPART from the meet with district transportation. Exceptions to this policy must have either a 24-hour notice approved by the coach or a parent signature on the check-out sheet with the names of swimmers leaving. All swimmers are expected to be at ALL meets until the conclusion. Injured athletes or other non-participants are expected to be at the meets to encourage their teammates and help with timing or other meet related duties. Any athlete who misses TWO or more meets may be dropped from the team.

Attendance Policy

Each athlete needs to make a decision to be an active participant in the swim team. All swimmers will need to maintain an attendance of at least 80%. Participants who are attempting to do two sports or activities, after the Coach's approval, during the same season may be allowed an attendance record of 65%. Optional practices (Saturdays and holidays) may be included in this total as well as any make-practices. Swimmers with poor attendance in practice may be limited in their competition choices and the opportunity to earn a varsity letter.

Club swimmers on a national training regimen must attend all meets and minimum one practice per week. The only exception to this policy will be if the team has two dual meets within one week then the club swimmer will not be required to attend practice. Club swimmers must adhere to the LCC swimmer contract and put into writing their goals and contributions to the high school team.

Communication

Swimmers are responsible for giving the coach 24 hours notice if they are going to miss a practice and 48 hours notice if they will miss a meet. The best form of communication is to speak to your coach in person. As a secondary option call or email your coach. Text messages will NOT be considered an appropriate line of communication.

Colleen Barnett 858.531.5698 colleen@lccswimming.com
Worth Archambault 404.388.9309 worth@lccswimming.com

If you have a concern with a coach or athlete, contact the coach either in person or writing. You may ask the team captain to assist you if you would find it helpful. After having discussed the situation with your coach, speak to the head coach, Colleen Barnett. If it is still unresolved at this point, it would be appropriate to share your concerns with the Athletic Director.

Swimmer/Participant Signature:

_____ (print name) _____ (sign name)

Parent Signature:

_____ (print name) _____ (sign name)

LA COSTA CANYON SWIM TEAM 2010
Mission Statement and Swimmer Sportsmanship Agreement

LCC Athletics Mission Statement

'The athletic facilities are our classrooms, and the game is our vehicle to teach lifelong lessons, to create memorable experiences and to have fun.

It is the mission of our program to establish character and sportsmanship in our student-athletes. Attitude, commitment, discipline and sacrifice will be used to build on our programs rich history and tradition to succeed.

Our plan is to expose athletes to a family atmosphere in the hopes that they will build on this tradition and understand the responsibility to hand it down to their younger counterparts.

Lastly, our mission is to continuously pursue excellence and over come adversity: as we strive to make daily improvements throughout the season. We will always prepare and play to win on the field, in the classroom and in life.'

As a student athlete participating on swim team I will:

- Follow the LCC Athletics Code of Conduct found in my sport package
- Follow the rules and expectations outlined by the coaches on the swimmer contract
- Represent LCC with an unprecedented level of sportsmanship to teammates and opposing teams
- Commit to giving 100% effort in both practice and in meets
- Maintain a GPA of 2.0 or higher
- Maintain an 80% attendance record at practice
- Communicate any problems or concerns with my coaches
- Be on time for the start of practice, meets and bus rides
- Represent LCC swim team as a TEAM not an individual sport
- Display honesty and integrity with teammates, parents and coaches
- Cheer on ALL teammates at meets
- Respect the rules of the bus drivers to and from meets
- Respect all of the locations we swim at, including the YMCA, by cleaning up trash and thanking the hosting team
- Understand that being part of an athletic team is a privilege that can be revoked if rules are not followed
- Represent LCC to the best of my ability

Swimmer/Participant Signature:

_____ (print name) _____ (sign name)

Parent Signature:

_____ (print name) _____ (sign name)