

# NHS Swimming Contract

No team can ever be whipped if they hang tough together and refuse to be beaten!

In our continued pursuit of excellence, the Northshore High School Swim Team requires its athletes to adhere to the following requirements:

1. Swimmers will be on time to practice. You should be at Cross Gates by 3:00 and in the pool at 3:05. We will start on time and finish on time.
2. Swimmers will be respectful to the coach, the sponsors, and other swimmers.
3. Swimmers will limit out of pool time (restroom breaks) and will listen to the next set before leaving so as not to disrupt other swimmers upon their return.
4. If a swimmer misses a meet, they are expelled from the team. This is a policy of the Northshore High School Athletic Department.
5. Swimmers must check out with the sponsors before leaving any meets. Failure to do so will result in an unexcused practice absence.
6. Members of the State Swim Team will be eligible for awards earned at that meet. Members of the State Swim Team are those who are listed on the official state meet entry forms, as determined by qualifying times, attitude, work ethic, and practice attendance.
7. Swimmers are expected to be respectful, hard-working, and to complete all sets with a positive attitude. Failure to meet this expectation will result in eviction from practice. Removal from practice counts as an absence regardless of the amount of time spent in the water prior to eviction. Two evictions will be cause for suspension from the team. On the swimmer's third removal from practice, they will be expelled from the team. Any student suspended from the team will be ineligible for lettering or other team awards.
8. As athletes, swimmers are responsible for keeping themselves hydrated. This means that they need to drink fluids (water, Gatorade, etc) throughout the day, and that they should always bring an appropriate drink to practice. It is one of their swim team supplies, and a necessity for practice.
9. NO Jewelry is to be worn to any practice or swim meet.
10. Swimmers are expected to support the NHS team goals and will be cut from the team if they fail to do so.

Lettering requirements for NHS swimmers are as follows:

1. Must attend 95% of practices. (This equates to 5 absences, excused or not.)
2. Must attend 100% of all meets.
3. Injured swimmers may be considered to letter provided that they were able to swim at least 75% of the season, have scored points, and that they remain a participating member of the team by attending practices, meets and assisting the Coach/Sponsor. (You must attend practice whether you are injured or not.) Note: This applies to injured, not sick, swimmers.
4. Disciplinary problems will not receive letters.  
Discipline problems include, but are not limited to:
  - a) Attitude/unsportsmanlike like conduct/not working at practice/  
cheating during practice. If a swimmer does anything to embarrass

themselves, the NHS swim team, or Northshore High School, they will face disciplinary actions from the team, including (but not limited to) dismissal from the team.

- b) Drug (including tobacco) or Alcohol use will result in suspension from the next meet, which will automatically make the swimmer ineligible to letter. \*\*\* see below for NHS policy
  - d) Problems with law enforcement
  - e) Academic deficiencies – athletes should strive to be their best both in the classroom and in the pool
  - f) Suspension from school
  - g) Poor grooming
5. Qualify and earn points for NHS at the Metro or State Meet. (Relay points are included.) Those who qualify for Metro or State, but who cannot swim due to entry limitations will have their seed time used to determine if they would have scored points.

I understand that only a limited number of swimmers can be entered in each event at a high school meet. I will accept my role on the team with a positive attitude whether I am entered for scoring, as an exhibition swimmer, or not entered in an event or meet. If I feel that I have been treated unfairly or I am unhappy with my role on the team, I will discuss my feelings as soon as possible, at an appropriate time, with the coach and/or the Sponsors. If I am unable to accept my role on the team or to conduct myself as a team player, then I will no longer have the privilege to be a member of the Northshore High Swim Team. The team is most important and athletes must put the team above their own interests; it must be “*We before Me*” in order for the team to reach its full potential!

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Swimmer’s signature

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Date

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Parent’s signature

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Date

\*\*\*Athletes that are arrested for drug violations on or off the school’s campus will be suspended from all participation in NHS athletics until athlete is either found guilty or not guilty by the legal system. If found guilty, the athlete will be dismissed from NHS athletics for one calendar year. Upon his/her return, documentation of their participation in a approved drug counseling program MUST be presented to the school’s principal. Parent and athlete must also agree to athlete’s testing in the next three drug testing visits provided by the parish. Refusal to comply to these guidelines, or any other subsequent arrest or positive test will result in PERMANENT dismissal from all NHS athletics. (Northshore High School Athletic Department Alcohol and Drug Policy).