**Wardlaw-Hartridge**

**Middle School Swim Team 2016-2017**

Being a member of the swim team requires dedication and teamwork. Even though swimming can be viewed as an individual sport, it is still a team sport as every swimmer’s effort and performance and attitude affects the entire team. Below are some guidelines that must be followed in order to ensure each swimmer is doing their best to help our team.

1. Practice is mandatory and you are required to attend everyday. If you must miss please email the Athletic Director or coaches. If you are sick or injured but able to attend school, you must see the coaches or trainers beforehand.
2. You must be on time for practice. Swimmers should be on deck by 2:55 leaving plenty of time to change and walk on deck and sign in.
3. Practice ends approximately 4:05 everyday, unless the High School has a home swim meet. On those days we usually dismiss around 3:45. After swimmers change they should immediately report to the Middle School entrance for pick-up. At 4:30, any swimmers not picked up should report to encore program.
4. Be prepared for practice everyday. That means having a swimsuit, goggles, cap, and towel. Parents will be notified if a swimmer continually shows up unprepared.
5. The coaches design the meet lineups to provide the team with the best chance of winning while trying to give all swimmers a chance to compete. Effectively planning the meet lineup can take time so please give at least 48 hours notice if you must miss a meet.
6. RESPECT you teammates and coaches! Remember that even when you think “no one is looking” your behavior both positive and negative IS noticed! Everybody on our team is an equal and should be treated as so. Everyone learns at different speeds and we want all swimmers to meet and exceed their full potential.
7. Conduct yourself is a manner that represents your school, team, and family in a positive light. Follow school rules and policies at all times. When traveling, remember that you are a representative of Wardlaw-Hartridge. Please behave accordingly.

Thank you in advance for your hard work and dedication this season!

Athlete: .

Parent: .